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# UNIT: 01

## CUISINES OF ANDHRA PRADESH, TAMIL NADU AND KERALA

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## 1.1 INTRODUCTION

Andhra Pradesh is one of the south Indian states and is positioned in the coastal area towards the south eastern part of the country and because of its location in the merging area of the Deccan plateau and the coastal plains and also transverse by Krishna and Godavari rivers, the state experiences varied physical features. This typical topography of the state enables it acquire rich and heterogeneous culture and heritage. Being ruled by some of the famous dynasties in the historical times, this south Indian state is said to have a rich cultural heritage. Historically the state is known as the “*Rice Bowl of India*”. Andhra cuisine or Telugu cuisine is a cuisine of South India native to the Telugu people from the states of Andhra Pradesh and Telangana. Generally known for its tangy, hot and spicy taste, the cooking is very diverse due to the vast spread of the people and varied topological regions.



Tamil Nadu has always been a hub for food connoisseurs to take a great pleasure of some of the finest traditional cuisine in the country. The state is reckoned to be one of



the best places in India for offering a bagful of culinary treasure for tourists to savour. But, the fascinating things about Tamil Nadu are the touch of their customary culture which is served with its every delectable fare. Idli, Sambar, Dosa, Uttapam, and Vada are just a few names whenever it comes to popular South Indian food. Whereas, there are some other equally popular traditional foods of Tamil Nadu that are not much in outside world except the region but are sure to delight your taste buds. The region is known to offer a wide variety of both vegetarian and non – vegetarian dishes with each holding a unique flavor some taste. Tamil Nadu is also recognized for its varied range of spices which are also exported in

different nations like Chillies, Tamarind, Cardamom, Coriander, Pepper, Curry Leaves, Cloves, and Mint. The state also bids an extensive range of tea, coffee, banana and coconut, which together with other fares, makes Tamil Nadu one of the best food getaways in India. Whereas, the food habit remains almost the same in all season as the weather of the state does not fluctuate much. The popular cuisine of Tamil Nadu perfectly connects with its people and is incredibly dipped with the right amount and quantity of spices along with all other ingredients.

Kerala, lovingly called "*God's own country*" is truly a land of eternal bliss and a tropical Eden with the mesmerizing beauty of its sun bathed golden seashores edged with abundant coconut trees, the zigzag rocky terrain of the Western Ghats, straggling plantations and paddy fields, the cerulean lagoons and the bountiful rivers and mighty

waterfalls, fascinating bio – diversity of its flora and fauna. The age – old heritage and tradition, bright festivals and dances, and elating boat races are among Kerala's prime attractions. Kerala is an epicurean paradise and the Keralian cuisine is one of the cuisine that enjoy worldwide recognition and appreciation, which one can describe as extremely exotic and relishing. Kerala has been influenced by many culinary methods in past which are deeply rooted in the traditional Keralian cuisine in the lives of people. Cooking in Kerala is more than just preparation of food. It is a celebration of the rich culture that is deeply imbued in the life of Keralian. This south Indian state that cradles between Western Ghats and Arabian Sea swings between juicy seafood and aromatic traditional dishes. It is indeed true that the geography culture and to some extent history play an important role in giving the cuisine of Kerala some unforgettable flavour. Kerala cuisine is famous for its mouthwatering recipes and authentic Malayali dishes. Kerala food is spicy and delectable. Kerala has its own distinctive cuisine using the ingredients locally available. Sea food is popular among Malayalis. The evolution of the culinary style of Kerala can be traced to the society, culture, history and topography of the state.




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## 1.2 OBJECTIVES

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After learning this unit the learners will be able to understand:

- Geographical Perspectives
- Brief Historical Background of the three states
- Climatic conditions of the states
- Agriculture and Staple Food
- Characteristics & Salient Features of Cuisine
- Equipment and Utensils Used
- Specialties during Festivals and Other Occasions
- A few representatives dishes of the state

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## 1.3 ANDHRA PRADESH

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The cuisine of Andhra Pradesh will be discussed under the following sub – sections:

- Geographical perspectives
- Brief historical background
- Culture and traditions of the people of Andhra Pradesh
- Climate of the state
- Agriculture and staple food of the people
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals and other occasions of the state

- Community foods served during occasions
- A few representatives dishes of the state

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### 1.3.1 GEOGRAPHICAL PERSPECTIVES OF ANDHRA PRADESH

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Andhra Pradesh is one of the 29 states of India. Situated in the south – east of the country, it is the seventh – largest state in India. The state is made up of the two major regions of Rayalaseema, in the inland southwestern part of the state, and Coastal Andhra to the east and northeast, bordering the Bay of Bengal. The state also boasts of having the second



longest coastline in India, which stretches up to 970 km. The state is bordered by Telangana in the north – west, Chhattisgarh and Odisha in the north – east, Karnataka in the west, Tamil Nadu in the south, and to the east lies the Bay of Bengal.

The north – western portion of Andhra Pradesh was separated to form the new state of Telangana on 2 June 2014, and Hyderabad, the longtime capital of Andhra Pradesh, was transferred to Telangana as part of the division. Presently Amravati has been announced the Capital of the state of Andhra Pradesh. The entire state is divided into the following 3 distinct regions: Telangana Region, Rayalaseema Region and Coastal Andhra Region. Godavari, Krishna, Pennar and Tungabhadra are the four major rivers that pass through this state. The northern side of the Deccan plateau is marked as the Telangana region, while the southern side is known as the Rayalaseema region. River Krishna separates these two regions from each other. The coastal area of the state is mostly formed by the deltas of these rivers of Andhra Pradesh. Apart from these major rivers, there are around 17 other rivers and streams flowing through Andhra Pradesh whose basins cover almost 75% of the state territory.

Andhra Pradesh possesses many hills that run intermittently, separating the state into western and eastern (coastal) Andhra. The hill ranges like Simhachalam, Annavaram, Srisailem and Tirumalai – Tirupati, have become the integral geographical part of states life and history.

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### 1.3.2 BRIEF HISTORICAL BACKGROUND

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Andhra Pradesh's history dates back to the Vedic period and is said to have been the home of the Pre – Dravidian inhabitants. The earliest mention of the Andhras was mentioned in the Aitareya Brahmana and it was called Dakshina Pandit during those days. It has mention in the famous Indian epics Mahabharata, Ramayana, the Jataka Tales and the Puranas. The glorious past of Andhra Pradesh is a result of the many different dynasties that have ruled the region. The influence of the rulers on the culture and tradition of this south Indian state have been immense. This state located in the Godavary valley witnessed absolute political power during the reign of Chandragupta Maurya of Mauryan dynasty. Historical evidence proves that between

624 AD and 1323 AD a significant change in social, religious and the literary fields were brought about. The identity of Andhra Pradesh as an established region was brought about during the reign of the Satvahanas, Ikshvakus, Pallavas, Chalukya's, the Rashtrakutas and the Cholas. During the 12th and 13th century the Kakatiya dynasty ruled the empire and developed culturally. In 1370 the administration of the region was overtaken by the Vijayanagar Empire. The last Hindu empire it spread in size and strengthened its position easily. The dynasty was founded by Hukka and Bukka and reached its pinnacle of glory at a very early stage. In 1323 CE, Ghiyas-ud-din Tughlaq captured Warangal, with the assistance of Ulugh Khan and established the Kutub dynasty, which ruled for 200 years and witnessed the rise of the independent Muslim power in the region. In 1518 the Sultan Quli Qutub Shah declared himself independent and founded the Qutub Shah dynasty which existed till 1687. During this period literature, art and architecture are advanced. The city of Hyderabad was laid in 1591 by Muhammad Quli Qutub Shah. The Mughals put an end to the Qutub Shahi rule in 1687. After this the Asafjahis called Nizams emerged. They influenced Andhra Pradesh till the 18th century till Andhra Pradesh was ceded to the East India Company who named it Rayalaseema.

Gradually the whole of Andhra Pradesh except Hyderabad was under the British till 1947. The Nizams still controlled the princely state of Hyderabad. In 1947, India became free from the clutches of the British. The Muslim Nizam of Hyderabad preferred to be independent from India; however Hyderabad was enforced to become part of the Republic of India in 1948. Andhra state was merged with the Telugu speaking area of Telangana and Andhra Pradesh was created in 1956. In February 2014 both chambers of the Indian parliament gave approval for the division of Andhra state and creation of Telangana state, which became India's 29th state on June 2.

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### 1.3.3 CULTURE AND TRADITIONS OF THE PEOPLE OF ANDHRA PRADESH

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The Andhras are also known as Telugu. Their traditional home is the land between the Godavari and Kistna (Krishna) rivers in southeastern India. Today, Andhras are the dominant group in the state of Andhra Pradesh. They have a concoction of various communities, religions, customs, lifestyles and cultures. In broad terms, the people of Andhra are nice and friendly, who live in perfect harmony, in spite of belonging to different castes and following different religions. They are highly pious people, who follow their religion with the highest regard. In Andhra Pradesh, the major religions are Hinduism, Islam, Christianity and Buddhism. Around the state, you can find people following different religious practices, along with their own notions and customs. Hero worship is important in Andhra culture. Andhra warriors who died on the battlefield or who sacrificed their lives for great or pious causes are worshiped as gods. The state is dominated by Hindus. The Brahman castes (priests and scholars) have the highest social status, and Brahmans serve as priests in temples. Andhras worship Shiva, Vishnu, Hanuman, and other Hindu gods. Andhras also worship *Ammas* or village goddesses. *Durgamma* presides over the welfare of the village, *Maisamma* protects the village boundaries, and *Balamma* is a goddess of fertility. These deities are all forms of the Mother Goddess and play a big role in daily life. These deities often have priests drawn from the lower castes, and low castes may use their own priests rather than Brahmans. The areas especially in and around Hyderabad there is a significantly large population of Muslims. The richest sections of Andhra society are the Raos and the Reddys. These landowning classes with a penchant for flashy lifestyles dominate the social scene in cities like Hyderabad. While urban



Andhra Pradesh is educated, cosmopolitan and leads the way in conspicuous consumerism, the rural areas are still remarkably poor and lead agricultural lifestyle.

A typical house is square in shape and is built around a courtyard. The walls are made of stone, the floor is made of mud, and the roof is tiled. There are two or three rooms, used for living, sleeping, and housing livestock. One room is used for the family shrine and to keep valuables. The doors are often carved, and designs are painted on the walls. Most houses lack toilets, the inhabitants using the fields for their natural functions. There may be a backyard used for growing vegetables and keeping chickens. Furnishings consist of beds, wooden stools, and chairs. Kitchen utensils are usually of earthenware and are made by the village potters.

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#### **1.3.4 CLIMATE**

The state has a tropical climate. Summer lasts from March to June, a season of tropical rains that runs from July to September, and a winter lasts from October to February constitute the three seasons of Andhra Pradesh. Summers are extraordinarily hot and humid, with maximum daily temperatures exceeding 35 °C and even surpassing 40 °C in the central portion of the state. Winters are somewhat cooler, with January maximum temperatures between 30 and 35 °C in all but the northeastern portion of the state. Winter lows drop below about 15 °C only in the extreme northeast.

The state is principally fed by the southwest monsoon while the northeast monsoon contributes about one – third of rainfall. Coastal areas receive about 40 to 47 inches per year, while the westernmost part of the plateau may receive only half that much. Rainfall totals in portions of the northeastern mountains exceed 47 inches and can be as high as 55 inches. The east coast region has been prone to disastrous cyclonic storms, which have destroyed much life and the livelihood of the villagers in the area.

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#### **1.3.5 AGRICULTURE AND STAPLE FOOD**

Agriculture is the backbone of the economic structure of Andhra Pradesh. Most of the people of the state are cultivators who earn their living by cultivating the lands of their forefathers. Andhra Pradesh is historically called the Rice Bowl of India. The State has a large river system which supplements the rainfall in the State. It is one of the few States in the country blessed with riverine geography. Agriculture is the main occupation of about 62 per cent of the people in Andhra Pradesh.

Rice is the major food crop and staple food of the state contributing about 77 per cent of the food grain production which almost accounts for 25 per cent of the state's gross cropped area. Andhra Pradesh was among the very few states in the country which went in for the *Green Revolution* in rice cultivation in the 1970s. Other important crops are jowar, bajra, maize, ragi, small millets, pulses, castor, tobacco, cotton and sugarcane etc. Four important rivers of India, the Godavari, Krishna, Penna, and Tungabhadra flow through the state, providing irrigation. Recently, crops used for vegetable oil production such as sunflower and peanuts have gained favour. There are many multi – state irrigation projects in development, including Godavari River Basin Irrigation Projects and Nagarjuna Sagar Dam. The state also produces other important cash crops like Groundnut, Pulses, Castor, Sunflower, Cotton, Oilseeds, and Sugarcane which helps the state to earn huge amounts of revenue. Andhra Pradesh is also an important producer of horticulture crops. Mango, banana, grapes, papaya, guava, brinjal, cabbage, chillies and turmeric are the main horticultural produce.

Aquaculture such as cultivating fish, crustaceans, mollusks, shrimp production etc. is the major occupations of coastal areas. Andhra Pradesh is the largest producer of shrimp in the country, with 70% of the production from the state itself.

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### 1.3.6 CHARACTERISTICS & SALIENT FEATURES OF CUISINE

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The cuisine of Andhra is based mostly on regional variation, its rich cultural heritage and the influence of the Royal recipes from the Nawabs. The cuisine of Andhra Pradesh is mixed between the eating habits of the Hindus and Muslims style of eating. The influence of external powers has influenced every aspect of the Andhra society. From music, dance, cuisine and literature, the foreign powers have left a mark of their own. This variety and diversity has helped the culture to become richer and more successful. The Nawabs and Sultans who ruled over the Deccan brought some of the best cooks from all over the country to make the Deccan the food capital. So much so that when you talk of Andhra or its capital, Hyderabad, visions of a mouth – watering biryani comes to mind. If there is any one statement that can, in a nutshell, describe the Andhra kitchen, it is: Andhra food is hot! Local legend says that there was once severe famine in the area and all that grew, and grew well, was chillies – red chillies, famous in a place called Guntur in Andhra. So people made as many dishes as possible with chillies. A more realistic explanation comes from nutritionists who say that being a very hot area, there are more chances of stomach infection for the local people. They probably make use of large quantities of chillies to guard against stomach infection. A parallel can be found in the desert state of Rajasthan in northern India. The cuisine of Andhra Pradesh can be broadly classified into 4 regions:

- Kosta (Circar)
- Hyderabad
- Rayalaseema
- Telangana

**Kosta (Circar)** – The Coastal Andhra region is dominated by Krishna and Godavari delta regions and is exposed to the long coastline of Bay of Bengal. Hence the recipes mainly consist of rice, dal and seafood. This region has its own variations, but ultimately the dishes are predominantly rice – based and sweeter in taste and they often cook lentils in jaggary (referred to as *Bellam Pappu*) enjoyed with butter and steamed rice. This region is one of the largest producers of rice and chilies. The coastal region is endowed with plenty of natural resources; hence the cooking and preserving methods are highly sophisticated. *Ulava charu* is a famous soup made from horse gram; *Bommidala Pulusu* is a fish stew that is a specialty of this region. They cook vegetables in gravies of *menthipettina kura* (fenugreek seed paste), *avapettina kura* (mustard seed paste), *nuvvugunda kura* (sesame paste), etc.

**Hyderabad** – also known as *Deccani* or *Nizami* cuisine, is the native culinary art of the Hyderabad Muslims. This is an amalgamation of Mughlai, Arabic, and Turkish delicacies, blended with native Maratha and Telugu culinary traditions; it subsequently became a royal legacy of the Nizams, the erstwhile rulers of the State of Hyderabad. The cuisine, mainly comprising of rice, wheat, and meat dishes prepared with various natural edibles, spices, and herbs, has different recipes for different occasions. It is broadly classified into banquet foods, festival foods, travel foods, and foods for weddings and parties. *Jahaji Korma*—a spiced meat delicacy—for example, derives its name from ‘Jahaj’, which means a ship, and can be categorized as a travel food meant to be carried for long – distance journeys. Another popular non – vegetarian dish are the ‘*Kababs*’, which is meat pieces or minced meat cooked in many

different styles such as '*Boti Jhammi*', '*Kalmi*', '*Shikampur*', '*Sheek*', '*Lagan – ke – Kababs*', '*Dum – ke – kababs*'. '*Kormas*' is yet another preparation which is either meat or vegetables cooked in rich with creamy gravy and '*Lukhmi*', a pastry. The cuisine boasts for its biriyani world over. Unlike the biryanis of Lucknow where all the ingredients are mixed together and put to Dum (*Pakki biriyani*), the Hyderabad biriyani is prepared with all the material in raw state cooked together in Dum style to perfection (*Kachchi biriyani*). They have also adopted foods from different countries and molded them in their own style, like Biryani and *Asaf Jahi Kebab* is from Turkey, *til – ki – chutney* and *Haleem* is from Saudi Arabia, *Dalcha* and *Lukmi* from Persia and *Sheermal* from Uzbekistan. They also adopted and developed accordingly to their taste many dishes from their Mughlal counterparts of north India like *Sheer Korma*, Chicken Korma, *Bina Masale Ka Murgh*, or *Gajar – ka – halwa*, *Dum Ke Baingan*, *Colocasia Curry*, *Mirch – Ka – Salan*, and *Bagaara Baingan*, *sheermal*, *Double Ka Meetha* (Shahi tukda of Mughlai), '*Qubani – ka – Meetha*' (stewed apricot dessert); '*Ande – ka – Piyosi*' (made with eggs, almonds and purified butter); '*Badam – ki – Jhab*' (marzipan) and '*Dil – e – Firdaus*' (a rich, milk – based sweet)..

Rayalaseema has its own culinary delights. It is influenced mainly by Tamil Nadu and south Karnataka cuisine. Due to the region's dry and arid areas, the level of pungency and spice is highest in the world. Vegetarian as well as meat and seafood (coastal areas) feature prominently in the menus. Lentils, tomato and tamarind are largely used for cooking curries. Popular dishes from the Rayalaseema regions are the *Alsandala vada*, *Ulavacharu*, *Peetala Kura*, *Brain fry*, *Liver fry* and *Prawn Iguru* which can be combined with Sajja or Jonna rotis and Raagi sankati (a very healthy and nutritious food) etc. *Attirasaalu* or *Aresalu* (rice – based fritter using jaggery), *Badeshi*, *Jaagiri*, *Jilebi*, *Pakam Undalu* (mixture of steam rice flour, ground nuts, jaggery), *Borugu Undalu* (a sweet variety made corn of jowar and jaggery), *Pala Kova*, *Rava Laddu* are few of the mouth watering sweets also known as *Bakshalu* of this region. The "*Naatu Kodi Biryani*" is hotter than the usual Biryani.

**Telangana** – Telangana is known for its distinctive cuisine that includes a wide variety of sweet and savoury dishes. Being a semi – arid state, the staple food in Telangana is not rice but sorghum and millet breads. The food in this region is spicy and hot due to inclusion of red chillies. On the other hand, due to the Islamic dynasties reigning over centuries, the Telangana region has a distinct Mughlai flavor. In the Telugu cuisine of the Telangana region, meats play a dominating role. Popular vegetarian dishes from the land of Telangana are the *Ulli akku kura* (spring onion curry), *Kakaraya pulusu* (gravy made of bitter gourd), *pesarattu pulusu*, *rasam*, *Karapu Annam* (Chilli rice) etc. The famous non – vegetarian dishes are *Chapala Pulusu* (fish gravy), *Kodi Kura*, *Guddu Pulusu* (also known as Egg Pulusu), Meat curry, Shrimp curry, etc. Famous snacks of the Telangana region are the *Billavakka* (snack prepared with rice flour and deep fried), *Sakinalu* – a traditional snack usually prepared during Sankranti festival made of rice flour and sesame seeds. Common breakfast includes *Sarva Pindi* (a flatbread made of a mixture of various flours flecked with peanuts, coriander, chillies, garlic, ginger, sesame seeds and chana dal). Sweets include *Kobbari Pappu Payasam* (moong dal cooked in milk and grated coconut) and *Garijelu* (deep fried dumpling with a sweet coconut and sugar filling inside).

Common characteristics include –

- Rice is the staple food of the region.
- The cuisine of Andhra Pradesh is mostly vegetarian but the coastal areas have a vast repertoire of seafood preparations.



- Fish and Prawns are major seafood eaten here. They are mainly found with curry in sesame and coconut oils along with grounded pepper flavor and are eaten with rice.
- Biriyanis are mostly cooked using raw materials cooked altogether in dum style to perfection using secret spices which are prepared and passed on through *Ustad* (Chef/cook) to his *Shagird* (pupil).
- Red chillies are predominantly used in the cuisine making it one of the hottest and spiciest. The chillies grow well in the Guntur region.
- Pickles are an essential part of the cuisine and the variety is countless. Podis, a mixture of various ingredients which are dried or broiled and powdered, are as important as pickle. These homemade podis are sprinkled over rice, and a dollop of pure ghee is offered, which is also mixed with the podi and rice and eaten.
- Gongura is an edible plant grown in India. It is a species of the Sorrel leaves. *Gongura pachadi* is quintessentially Telugu cuisine along with pachadi (chutney or relish). While it has many culinary uses, the most popular is the pickled version. Although Gongura is widely consumed all over Andhra Pradesh, Guntur Gongura is more popular. Gongura is a very rich source of Iron, vitamins, folic acid and anti – oxidants essential for human nutrition. It is a summer crop, and the hotter the place, the more sour the leaf gets.
- Modati Mudda / Starter – Rice with some podi, khaaram, or a certain variety of pickles and ghee is eaten as the modati mudda (the first bite). Modati mudda items tend to taste sour or hot, have strong aromas, and include ingredients with medicinal values, such as dry ginger and curry leaves. They are usually intended to stimulate appetite and aid digestion.
- Pappu – Toor Daal (Kandi Pappu) or Moong Daal (Pesara pappu) cooked with a vegetable or green. No masala is added to the dal. Some regions include garlic and onion in the seasoning while some regions prefer asafetida (hing/Inguva).
- Pachadi / Ooragaya – For a typical Andhrite, no meal is complete without this very essential item. It is consumed on its own mixed with rice and is also eaten as a side dish with pappu / koora. There are two broad varieties – Pachadi (chutney) is typically made of vegetables/greens and roasted green/ red chillies. It is prepared fresh and is consumed within a day or two. *Ooragaya* is prepared in massive amounts seasonally and uses liberal amounts of chilli powder, methi (fenugreek) powder, mustard powder and oil.
- Light Bite – The range of snack is also quite good here. Some of the snacks that can be enjoyed here are onion '*Pakodas*', '*Vadas*', '*Murku*' (roundels of rice flour that are deep fried), and '*Appadams*'. Some of the desserts that are a part of this cuisine are, '*Putharekulu*', '*Kakinada Kaja*', '*Bobbatlu*', '*Booralu*', and '*Bandhar Ladoo*'.

Other ingredients used the cuisine are:

- Cowpeas (*Bobbarlu*): This is also known as black eyed beans or lobiya in northern India. It can be stewed or can be braised with spices.
- Field beans (*Chikkudu*): These beans are from the family of Broad beans. They are used fresh and even the leaves are eaten curried.

- Agathi leaves (*Avise*): These are classified under green leafy vegetables. The plant that produces white flowers are suitable for eating while those producing red flowers are not.
- Sorrel leaves (*Chukka koora*): These resembles spinach but has a slightly sour taste. The sour flavour of the leaves combine well with the spices used in the Andhra cuisine.
- Banana rhizome (*Arati dumpa*): The rhizome or the roots of the banana plant is often used in stir – fried dishes or even in curries.
- Spine gourd (*Akakara*): It resembles bitter gourd in shape but is not as bitter. It is used in sambhars or curries in Andhra cuisine.
- Cudapa seeds or chironji or chaoroli nuts (*Sara Pappu*): These are nuts that are used as a thickening agent.
- Zizyphus (*Regu pandu*): These are a type of jujubes and are extensively used in pickles and chutneys. The dried Regu pandu is often crushed with red chillies, jiggery and tamarind and used in curries.

#### Some common food items:

Dhaniyala karappodi	Roasted chillies ground with coriander seeds.
Allam	Ginger
Allam khaaram	Ginger ground with raw or roasted red and green chillies.
Avakaya	Green mango pickle
Chepa	Fish
Chintakaya	Chutney made of grounded tamarind seeds, salt and red chillies
Chuppulu	Chakli's made using rice flour, sesame seeds, ajwain
Dabbakaya	jackfruit
Dabbakaya pachadi	Jackfruit sauce
Karam	Various types of dry powders make from lentils or chillies, eaten with ghee.
Karivepaku karappodi	Roasted chillies and curry leaves.
Karivepaku khaaram	Curry leaves ground with raw or roasted red chillies.
Killi	Pan
Kodi	Chicken

Koora	Curry
Korivi Khaaram	Spicy sauce made of ground red chillies, tamarind and salt.
Kottimeera khaaram	Cilantro leaves ground with raw or roasted red chillies.
Kottimeera	Green coriander
Magaya	Ripe mango pickle
Majjiga Pulusu	Buttermilk cooked with turmeric and boiled vegetables.
Mudda pappu	Plain toor dal cooked with salt
Neeti kaya	Avakaya made by grinding mustard paste with water
Nimmakaya	Lime marinade made with salt, methi powder and chilli powder.
Nuvvula podi	Sesame seeds ground with roasted chillies.
Ooragaya	Pickle
Pachadi	Pickles or raita or chutney
Pachimirapakaya khaaram	Roasted and ground green chillies.
Pappu	Dal
Peethal	Crab
Perugu	Curd
Ponganalu	Fried batter puffs
Royyalu	Prawn
Shonthi podi	Dry ginger ground with a pinch of salt.
Ullipakodi	Fritters made with sliced onion and spices in chickpea batter.
Usirikaya	Sauce made by grinding goose berries, salt and red chillies.
Usirikaya pachadi	Pickled Indian gooseberries typically mixed with roasted red chillies or chili powder.

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### 1.3.7 EQUIPMENTS AND UTENSILS USED

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- **Chippa:** This is a clay pot that is wok – shaped and is used for cooking chippa gosht – a lamb dish that gets its name from this equipment.
- **Tathee:** This is a metal stand similar to a bar – be – que griller, which is placed on smouldering charcoals to grill kebab.
- **Tiragali:** This is a stone mill that is used grinding rice to a perfect consistency for certain desserts such as *adhirsam*. Too fine a powder would make the dessert too sticky to eat and too coarse a powder would not allow it to shape properly.
- **Kavam:** This is a kind of churner used for churning buttermilk – it is nearly similar to a whisk. It is manually twisted between the palms for churning the liquid food, for example – churning of yoghurt for making buttermilk.
- **Ponganalu:** This equipment is made up of cast iron and is used for making a dish called *ponganalu*, which is eaten for breakfast. It has round depressions into which a batter of rice and dal is poured and cooked over fire.
- **Jaadilu:** These are traditional pickle jars used to store home – made pickles. These are made from ceramic as it does not react with pickles.
- **Rolu / Pothram:** This is a stone mortar and pestle and is used for grinding whole spices and making chutneys.
- **Kancham :** broad steel food plates
- **Vistari** – Plantain leaf plate.
- **Katti** – vegetable knife

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### 1.3.8 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

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Burani raita	It is a creamy raita from the Hyderabadi cuisine, which is very easy and quick to prepare and pairs perfectly with spicy biryanis. This raita is not only refreshing but is packed with the flavours too. This raita has hints of garlic and roasted cumin powder.
Palathalikalu	Rice flour is made into a very thick batter which is pushed through small holes into boiling milk and simmered for a long time to achieve a thick consistency.
Pappu koora	Boiled vegetables stir – fried with a small amount of half – cooked lentils (dal).

Chepa pulusu	A variety of hot piquant fish curry dish, in which fish is tossed in tamarind sauce and assorted with spicy flavorings.
Bobbatlu	It is a popular Indian sweet prepared with maida (all-purpose flour) stuffed with mashed chana dal mixed with jaggery. It is similar to puran poli of Maharashtra.
Bongu kodi	The marinated chicken is stuffed into a fresh green bamboo and cooked in live coal. The heat penetrates the bamboo and then it makes the chicken tender, the nutrition's, flavour and taste is completely retained in the dish.
Boorelu	A mixture of boiled chana dal, jaggery, elaichi, ghee, coated in rice flour batter & deep fried.
Challa pulusu	Sour buttermilk boiled with channa dal and coconut paste.
Chapa vepudu	One of commonest recipes of Andhra Pradesh, Chapa vepudu is a spicy, marinated fish fry. Chapa means fish in Telugu, and this fried murrel fish preparation has been an evergreen choice for the admirers of the Telugu cuisine.
Charu	A very dilute concoction of tamarind and charu podi (made of coriander seeds, dal, ginger, pepper and hing). It is also taken as such during the meal like a soup without mixing with rice.
Dondakaya fry	The Dondakaya fry is a stir fry item, prepared with ivy gourd curry, also known as parwal, kundru, and tindli in other languages of the country.
Double meetha ka	It is a delicious dessert recipe which is popularly made on the day of Eid. It is made using bread slices and reduced milk and is loaded with dry fruits for a delicious crunch.
Garijalu (kajjikayalu)	A traditional sweet that is prepared by rolling out small balls of maida dough into thin puris and filled with a mixture of dry coconut, sugar, semolina and cardamom powder and deep fried. Similar to gujia of Uttar Pradesh.
Gavvalu	Shell shaped sweets made using rice flour, ghee, jaggery, milk.
Gonghuraa pachadi	Also known as gongura chutney. Gongura leaves which are further spiced up with coriander, cumin, fenugreek and mustard seeds. The mix is well ground to make chutney with thick consistency. It is a signature dish of Andhra Pradesh
Gongura pickle ambadi	Fiery spicy pickle made with ambadi leaves, otherwise known as sorrel leaves.



Gosht pasinde	Gosht pasinde is one of the most classic and popular Hyderabadi dishes, that is loved in equal measure by locals and tourists alike. The dish has thick gravy, shallow fried vegetables along with moist chunks of meat. French beans and potatoes are most popularly used in Gosht Pasinde but you can find preparations with different seasonal vegetables.
Gutti vankaya koora	Eggplant stuffed with roasted spicy herbs and seasonings to give to a perfect delicious taste.
Haleem	It is a type of stew popular in Hyderabad. It is a stew composed of meat, lentils and pounded wheat made into a thick paste. Most popular during Ramzan.
Hyderabadi marag	It is a soup recipe made with tender mutton attached to bones which has been getting quite popular in Hyderabad. The soup has become one of the starters at Hyderabadi weddings.
Jantikalu	Long streaks of <i>sev</i> made using gram flour, rice flour and salt, turmeric, chilli powder, and deep fried
Kaaram petti koora / koora podi koora	Sauteed vegetables cooked with curry powder or paste, served as a solid mass. The vegetables can be stuffed with curry powder or paste and are usually cooked whole.
Kakinada khaja	Is a sweet preparation made using, wheat flour, refined wheat flour, rice flour, ghee, which is made into flaky rectangles and soaked in sugar syrup
Keema samosa	Keema samosa is a popular road side snack recipe which is deep fried and delicious. This snack recipe is made using mutton keema and maida. It is ideal for snacks and occasion like kitty party.
Khajalu	It is a sweet preparation made using, refined wheat flour, rice flour, ghee, which is made into flaky rectangles and soaked in sugar syrup.
Kharam pulusu	Any vegetable cooked in much diluted tamarind juice and Pulusu Podi (made of roast red chillies, coriander powder).
Khatti dal	It is a very popular dal recipe mainly made in Hyderabad which is a tangy tamarind tomato dal and often accompanied with kebabs or koftas as side dishes.
Kobbari pulao	An exotic version of coconut rice, also known as Kobbari pulao, is enriched with flavour of coconut. The main ingredients are rice and coconut. Kobbari pulao finds its place in kitchens often during festivities and special gatherings.

Kothimira annam	This is a coriander rice dish.
Kothimiri kodi:	This is a chicken curry form the telugu cuisine. This Andhra chicken curry preparation made by using coriander leaves paste. Kotimira means coriander and kodi means chicken in Telugu.
Kubani meetha	Or Qubani Ka Meetha is an authentic Hyderabadi delicacy made with dried apricots and is a traditional dessert often served during occasions like weddings and gatherings.
Lukhmi	It is a typical mince savoury or starter of the cuisine of Hyderabad. It is usually a flat square shaped flour parcel with a flaky and crisp upper crust and stuffed with beef or mutton – based filling.
Maghaz masala	This spicy brain fry is a famous lamb dish from Hyderabad. The thick, fiery gravy with juicy meat is a must try for every non – veg lover.
Medu vada	Known with a variety of names like Ulundu Vadai, Ulli Garelu and Uzhunnu Vada, the delicious doughnut – like savoury is prepared widely during all festivals and celebrations. The main ingredient is the urad dal,
Menthi challa / menthi majjiga	Sour buttermilk seasoned with ginger / green chili paste and methi seeds fried in oil.
Minapattu	These are spicy and crispier dosas like masala dosa, rava dosa, sada dosa, and rava masala dosa
Mirchi ka salan	Or curried chilli peppers is a delicious, complex and classic dish originally from Hyderabad, but relished all over the country. Large green chillies are cooked in tamarind, peanuts and spices which instead of heightening the spice, works well to create a beautiful blend of tastes.
Mutton dalcha	It is made with meat or mutton mixed in bottle gourd it is made with mutton, chana dal and a host of spices. . It is the most common dish made in Hyderabad which has been passing on since the Nizam's era.
Nelluru chepalapulusu	A variety of fish curry, popularly known as Chepalapulusu in the state of Andhra is a hot piquant dish with fish tossed in tamarind sauce and assorted with spicy flavourings and tamarind juice to give it a die – for taste.
Paaya	It is a soup served at various festivals and gatherings, or made for special guests. Paaya means trotters of goat, sheep or beef. The chopped trotters are stewed with herbs and spices.

Pachi pulusu	Unheated version of the pulusu. It includes finely chopped raw onions in a very dilute tamarind juice with jaggery. In the summer season when mangos are abundant, tamarind is replaced by stewed raw mango. It is mostly consumed during the hot season.
Pesarattu	Pesarattus are similar to dosas, but the batter is made of green mung beans. It is thin and crispy, usually topped with chopped onions, green chillies, ginger pieces, and coriander. It is generally eaten with ginger chutney.
Pootharekekulu	The one and only signature dish of east Godavari district. This dish is prepared with rice flour batter and cooked on the special pot in low heat. It come like thin sheet of paper and then it is stuffed with sugar powder or jaggery, nuts and rolled.
Pulihora	An exotic version of tamarind rice, also known as Chitrannam, Pulihora, Puliyodhara or Puliyodharai is enriched with spicy flavours to give it a sour and salty taste at the same time. One of the main ingredients is tamarind along with curry leaves, tomatoes, and mustard seeds. A festive dish served to people as prasadam.
Punugulu	Prepared with idli batter and deep fried till golden brown, the mouth – watering snack is served with coconut ginger chutney for a perfect lip – smacking taste.
Qabooli biryani	It is a lentil – based biryani made from split Bengal gram or channa dal. Biryani is a spicy rice dish that is typically made with vegetables and/or meat. This dish is a specialty item from the kitchens of Hyderabad.
Sakinalu	A traditional Telangana snack made with homemade rice flour and sesame seeds. It consists of concentric circles made of rice flour dough, spices and fried in oil.
Sheer korma	Or sheer korma is a traditional recipe which is a must make for the festival of Eid. It is made using nylon vermicelli cooked in milk and dry fruits. Saffron is added to it for a unique flavour.
Talawa gosht	It is a very simple fired meat preparation with lamb, onion, and basic flavorings originating from Hyderabad. It is usually prepared with Mithi dal or Khatti dal, and is eaten with rice.
Telangana sakinalu	Dish is made from rice flour. It is traditional and snack of Telangana region. This crispy and tasty dish is made mostly on occasion of Sankranti.
Tiyya pulusu	Mild and sweet vegetables like pumpkin or sweet potato cooked in light tamarind juice with jaggery.

Ulusu koora / Boiled vegetables cooked in tamarind sauce and mustard paste.  
 aava petti  
 koora

Uppindi Uppindi or Arisi Upma, as many call it, is a popular rava upma dish

Urgai mamsam Another spicy non – vegetarian recipes of Andhra Pradesh, is *uragai mamsam*, a delicious dish where tender morsels of lamb are cooked to perfection in pickled masala. *Mamsam* means meat in Telugu, and this non – vegetarian preparation has been a trademark dish of the Telugu cuisine.

Vepudu Crispy fried vegetables, typically including Bendakaya (okra), Dondakaya (tindora), Bangaladumpa (potato), and Colocasia (chamadumpa).

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### 1.3.9 FESTIVALS AND OTHER OCCASIONS

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- Pongal:** This is an important festival native to South India, particularly Andhra Pradesh that marks the commencement of the harvest season or the sun's northward movement. Marking the onset of the new season, the Pongal festival is a great way of thanking God by wiping out old clutter and welcoming the year with new crops. The literal translation of the word 'Pongal' means "*boiling over*" or "*spilling over*" in Tamil, which in Indian tradition is a way of denoting abundance and prosperity. In this festival, milk is boiled over as a sign of plenty. It is a four day long celebration consisting of Bhogi Pongal, Surya Pongal, Muttu Pongal and Kaanum Pongal. Sweet rice called 'Pongal' is cooked on the festival.
- Ugadi:** The word Ugadi also known as Yugadi has been derived by combination of two words Yuga meaning age and adi meaning beginning of a new age. This festival is the celebration of Telugu New Year. It falls in the month of April – May. The people wear new clothes, decorate their houses and make sweets on this day. *Purampoli* or *Bhakshya* is the special sweet made on this day. People also make festoons with mango leaves (called Torana) and hang them on the doors of the house and also draw colorful patterns on floor called *kolamulus* or *Rangoli*.
- Ganesha or Vinayak Chaturthi:** This is a festival honoring the birthday of Lord Ganesha or God of New beginning, who removes all obstacles and provide wisdom and intelligence. Stretching for ten days, the festival is marked by worshipping the Ganesha with flowers, fruits, leaves, sandal paste, corns, vermilion, payasam, rice milk porridge (kheer), etc. It is celebrated in the month of August/September. The culmination of the festival is marked by the immersion of the idol of Ganesh in the lake.
- Deccan Festival:** The festival is basically celebrated to rejoice the era of Qutab Shahi. Qutab Shahi rulers in Hyderabad are believed to be as the great patrons of art and literature of their times. It is a five – day long festival celebrated at Qutub Shahi Tombs in Hyderabad on Second Friday, Saturday and Sunday of April every year. It is dedicated to Hyderabad's arts, crafts, cuisine and culture. It is the he

most vibrant and enjoyable of all the festivals in Andhra Pradesh. During the festival a food and handicrafts fair is also held.

- **Lumbini Festival:** This three day long Lumbini Festival is an annual festival organized at Nagarjuna Sagar in the state of Andhra Pradesh in the month of December every year. It is a Buddhist festival. The festival is named after the place *Lumbini*, which is considered the birth place of Gautam Buddha who was the Guru behind Buddhism. Buddhism being once a major religion followed in the state, so to highlight the Buddhist culture and heritage, this festival is organized by the Department of Tourism of the Government of Andhra Pradesh.
- **Krishna Nandi Festival:** In Kurnool district of Andhra Pradesh, there are some ancient temples at a place like 'Prathama Nandi' and 'Krishna Nandi'. The most important festival here is that of Krishna Nandi celebrated during January – February. This shrine is one of the "*Navanandis*" in the neighbourhood of Mahanandi and Nandyal. The pilgrims numbering about 50,000 proceeding to Mahanandi from this State as well as Mysore and Maharashtra States, visit this forest shrine during Mahashivaratri.
- **Rayalaseema Food and Dance Festival:** The festival is celebrated to promote the rich heritage, art, culture and cuisine of Andhra Pradesh of the region that dates back to more than 400 years. It is held in the month of October is one of the biggest and most widely celebrated cultural festivals of Andhra Pradesh, particularly Rayalaseema region of Tirupati in Chittoor district.
- **Yellamma Jatra:** The Yellamma Jatra attracts lakhs of people and is the star attraction of this place. The deity is invited to preside over the function, with mud pots filled with water and chanted *Margosa* stems. Special prayers are offered by ladies, who are almost naked without outfit, but covering their bodies with knee garlands. They march to the temple in procession to the accompaniment of instrumental music. It is a unique tradition, practiced nowhere.
- **Tirupati Tirumala Brahmotsav:** This festival coincides with Rayalaseema Food and Dance Festival. It is a famous nine days festival celebrated at the world famous Tirumala Venkateswara Temple in Tirupati marked by a beautiful procession of *Lord Venkateswara*. During the festival, the Utsava – murti (processional deity) of the presiding deity Lord Venkateswara, along with his consorts *Sridevi* and *Bhudevi*, is taken on a procession on different Vahanams on the streets (Madaveedulu) surrounding the temple. The celebration attracts pilgrims and tourists from all parts of India and across the world.
- **Pushkaram** is held once in twelve years on the banks of the rivers Godavari, Krishna and Pennar in Andhra Pradesh. The Hindus consider a holy dip in these rivers sacred and so people gather in large numbers on the banks of these rivers sacred and so people gather in large numbers on the banks of these rivers, when the Pushkaram is held. Even before sunrise people take the sacred bath and offer prayers to the Lord. Various rituals are performed and it is believed that a holy dip will wash away all their sins. Cultural programs are organised. Many shops come up in the nearby area selling jewellery, sweets, decorative items etc.



- **Visakha Utsav:** Promote the culture, arts, crafts, music and dance of Visakhapatnam and Andhra Pradesh, this festival is organized by the Andhra Pradesh Tourism Development Corporation. This four day long festival is marked by cultural shows, garment exhibitions, heritage tours, sports events, traditional crafts and flower shows.
- **Bhogi:** Bhogi falls on the 13th / 14th January every year. The day before Makara Sankranti is celebrated as Bhogi. It is a festival of family gathering that brings joy



Deccan Festival



Krishna Nandi festival



Lumbini Festival



Pongal



Pushkaram



Tirupati Tirumala Brahmotsav



Ugadi



Vinayak Chaturthi



Visakha Utsav



Yellamma Jatra



Deccan dance and food festival



Bhogi

### Festivals of Andhra Pradesh

and happiness in the families. The married daughters of the family visit their parents' house along with their husbands and children. The festival is very special for '*kotha allullu*' i.e new sons – in – law. It is compulsory for the newlywed daughters to visit their parents' house along with their husband. This biggest festival of Andhra Pradesh involves lots of preparation well in advance which includes clutter – clearing, whitewashing / painting the house, decorating the house and compulsory purchase of clothes for the all the members of the family including the servants of the house.

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### 1.3.10 COMMUNITY FOODS

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**The Chowki Dinner:** A unique and traditional feature of this cuisine is the famous Chowki dinner. The Chowki dinner dates back to the Nizam rule in Andhra Pradesh. It was the formal royal dinner of the state then. The dining place or the *Shahi Dastarkhwan* was a very revered part of the palace then and there is no better way to feel and experience royalty than to eat exactly like them. Instead of a dining table, a low table was used to serve and eat food. This table was called *Chowki*. Modern day Chowki dinners use these low tables, cotton mattresses for sitting and bolsters and pillows for comfort. Ideally, in a Chowki dinner the meal is served for eight people who can comfortably sit and eat on a low table and a multi course, typically Hyderabadi dinner is served. Table covered with embroidered cloth topped with banana leaves on which food is served and eaten. Each dish served in this royal meal is prepared with utmost care to maintain the authenticity. The royal recipes which were once a guarded secret are used to make mouthwatering dishes for this meal. The setting of the Chowki dinner is such that you will feel that you have travelled back in time and are dining with the Kings and queens of the era. Meat and vegetable curries in thick gravies, sometimes topped with delightful *Lukhmi*, the irresistible *Nahari*, assortment of different the world famous kababs (*Lagaan ke Kabab*, *Seekh*, *Jhammi* and *Shikampur*) and keemas, different types of delicious breads are served in well-arranged typical Nawabi style. These succulent preparations will win over your heart worth appreciating. No Indian meal is complete without a sweet dish. At the end of the Chowki dinner, the diners are served traditional sweet dishes which are a treat for your sweet tooth. The *Kheema* and *Kheer* are prepared with festive flair. You can also have *Double ka meetha* which is a pudding made of bread and garnished with cashews. *Dil – E – Firdaus* is a sweet dish made entirely of milk and *Qubani – Ka Meetha* makes use of apricots. Along with the exotic dinner, the majestic Deccan ambiance accompanied by traditional entertainment like Ghazals, add to the taste and enjoyment. Nowadays the Chowki dinner is a paradise for all food lovers.



Famous dishes of Andhra Pradesh and Telengana

### 1.3.11 A FEW DISHES FROM ANDHRA PRADESH CUISINE

#### 1. Chhas ka shorba

##### *Ingredients –*

- Butter milk – ltr.
- Coconut paste – 20 gm

- Turmeric pdr. – ½ tsp
  - Mustard seed – ½ tsp
  - Curry leaves – 4 nos.
  - Coriander leaves – few
  - Oil – 2 tbsp
  - Salt – to taste
  - Peppercorn – 8 nos
  - Cumin – ½ tsp
  - Garlic – 2 cloves
  - Coriander pdr. – ½ tsp
  - Chili pdr. – ½ tsp
- } paste

**Method –**

- Boil chopped carrots, red pumpkin, onion, green chillies in one cup of water.
- Cook on medium heat for eight to ten minutes or till the vegetables are soft.
- Cool the cooked vegetables slightly and make a puree in the blender.
- Add roasted cumin powder, salt and one cup of water to the vegetable puree and bring to a boil.
- Reduce heat, add fresh orange juice and simmer for two to three minutes.
- Stir in fresh cream and serve hot garnished with fresh coriander leaves.

**2. Shikhampuri kebab****Ingredients –**

- Mutton mince – 500 gm
- Roasted chana – 150 gm
- Onions – 100 gm
- Salt – tt
- Chili pdr. – 5 gm
- Egg – 1 no
- Ginger – 10 gm
- Garlic – 10 gm
- Mint – few sprig
- Garam masala – 5 gm
- Turmeric – pinch
- Curd – 150 ml
- Oil – 50 ml
- Gr. Coriander – ½ bunch
- Lime – 1 no
- Gr. Chili – 5 gm
- Fat – to fry

**Method –**

- Slice half the onion and chop finely the remaining.
- Grind ginger, garlic to paste, mix together mince mutton, half the sliced onion, chilli pdr, salt, garam masala, turmeric and chopped mint.
- Add 2 tbsp of curd and a little water, cover and cook till the meat is tender and fairly dry.
- Remove from fire and grind. Mix with roasted chana flour and lime and beaten egg, divide into even balls and keep aside.
- Tie the curd in muslin cloth and hang it for 4 hour.



- Mix the solid curd with chopped onion, gr, chilies and chopped mint, coriander leaves and salt, mix well.
- Take each ball and flatten it with the palm and stuff with the curd mixture, cover and form into cutlet shape.
- Heat fat and fry Shikampur till golden brown.
- Serve hot garnished with lime and onion rings.

### 3. Baghare baigan

#### *Ingredients –*

- Brinjals – 450 gm
- Red chilies – 5 gm
- Coconut – 115 gm
- Garlic – 5 gm
- Til seeds – 5 gm
- Onions – 225 gm
- Tamarind – 75 gm
- Jaggary – 5 gm
- Mustard seed – 3 gm
- Turmeric – pinch
- Curry patta – few
- Til oil – 30 ml
- Salt – tt
- Gr. Chilies – 5 gm
- Fat – 50 gm
- Coriander seed – 5 gm

#### *Method –*

- Wash the brinjals and cut lengthwise into small pieces.
- Heat oil, fry the brinjals till the skin becomes brown, remove and keep aside. In the same oil fry coriander seeds, red chilies and onions.
- Grind the spices with coconut and garlic.
- Roast til seeds and powder.
- Soak the tamarind in warm water and extract the pulp.
- Add to the ground spices.
- To the remaining oil add chopped green chilies and turmeric and fry well.
- Add brinjals, til powder and jaggary.
- Cover and cook till the gravy thickens and remove from fire.
- Heat fat, add mustard seeds and curry leaves, when they crackle pour over the curry and serve hot.

### 4. Hyderabadi biryani

#### *Ingredients –*

- Mutton – 1 kg
- Semi cooked rice – 750 gm
- Sautédbrown onions – 100 gm
- Ginger garlic paste – 1 tbsp
- Red chilli paste – 1 tbsp
- Green chilli paste – 1 tbsp
- Cardamom powder – ½ tbsp
- Cinnamon sticks – 3 – 4 nos



- Jeera seeds – 1 tbsp
- Cloves – 4 no
- Lemon juice – 2 tbsp
- Curd – 250 gm
- Clarified butter – 4 tbsp
- Mace – pinch
- Mint leaves chopped – – 1 tbsp
- Saffron – 1 tsp
- Water – cup
- Salt – 1 tbsp
- Oil – 20 ml

**Method –**

- Mix the mince in ½ cup of water to separate all the pieces.
- Heat oil and add the jeera seeds.
- When the seeds splutter, add the garlic, ginger, onions, bay leaves and the whole garam masala, and stir – fry, till the fat separates.
- Add beaten curd and fry again for 2 minutes.
- Add the tomatoes and continue to stir – fry till the fat separates once again, then add the salt, coriander, haldi, red chilli and black pepper powder.
- Over high heat, add the mince, stir a few times till the colour changes, and then lower the heat.
- Continue to stir fry, till the keema is almost cooked through.
- Add the methi leaves and cook till fat separates once again. Serve hot.

**5. Shir sewain****Ingredients –**

- Vermicelli (Sewain) – 250 gm
- Milk – 750 ml
- Sugar – 400 gm
- Ghee – 4 tbsp
- Khoya – 100 gm
- Raisins – 2 tbsp
- Pista nuts – 1 tbsp
- Roasted ,sliced almond – 1 tbsp
- Cashew nuts – 2 tbsp
- Saffron – 1 gm
- Silver leaf – to garnish

**Method –**

- Soak the saffron strands in 1 tbsp of water.
- Fry vermicelli in hot ghee until golden colored. Pour in milk and allow it to simmer for two minutes.
- Add sugar and continue cooking until sugar dissolves.
- Stir in grated khoya, half the raisins and nuts.
- Sprinkle dissolved saffron strands and allover the kheer.
- Decorate with the rest of the nuts and silver leaf
- Serve cold
- Note: Best eaten after 12 hours of preparation

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**CHECK YOUR PROGRESS – I**

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Q.1 Write the names of the sub regions of Andhra Pradesh cuisine?

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Q.2 Write the names of 10 traditional equipments used Andhra cuisine?

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Q.3 Write short note on Pongal?

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## 1.4 TAMIL NADU

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The cuisine of Tamil Nadu will be discussed under following sub – sections:

- Geographical perspectives
- Brief historical background
- Culture and traditions
- Climate
- Agriculture and staple food
- Characteristics and salient features of the cuisine
- Equipments and utensils used in the cuisine
- Specialties during festivals and other occasions
- Festivals and other occasions
- A few Dishes from Tamil cuisine



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### 1.4.1 GEOGRAPHICAL PERSPECTIVES

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Tamil Nadu, located in south India, is bounded on the north by Andhra Pradesh and Karnataka, on the south by the Indian Ocean, on the east by the Bay of Bengal, and by Kerala on the west. The waters of the Bay of Bengal and the Indian Ocean surround the coastal eastern and southern boundaries of the state. The northern extreme of Tamil Nadu is Pulicat Lake while the southernmost tip is Cape Comorin or Kanyakumari. The Eastern and Western Ghats meet in Tamil Nadu and run along the state's eastern and western borders. Hill stations like Udhagamandalam (Ooty), Kodaikanal, Kothagiri and Yercaud are situated in this hilly region. It is interesting to note that there are only two major gaps (Palakkad gap and Shencottah gap) into the long chain of hills that border western Tamil Nadu. In a marked contrast to the low rocky hills of the Eastern Ghats, the hills of the Western Ghats have dense forests. The land can be divided into five major physical divisions – the Kurinji or mountainous region, the Mullai or forest region, the Palai or arid region, the Marudham or the fertile plains and the Neidhal or coastal region. The Eastern and Western Ghats meet in Tamil Nadu and run along its eastern and western boundaries. The Cauvery River, originating in the Coorg district of the neighboring state of Karnataka, is the lifeline of the state. The lush Coromandal plains are irrigated by the Cauvery and its Thanjavur – Nagapattinam delta is called the granary of Tamil Nadu. Palar, Pennar, Vaigai, and Tamiraparani are the other rivers of the state.

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**1.4.2 BRIEF HISTORICAL BACKGROUND**

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The history of Tamil Nadu is very old and goes back to thousands of years back. It is believed that the Dravidians of Tamil country were once a part of the early Indus Valley settlers and moved south after the advent of the Aryans around 1500 BC. However, the recorded history of human civilization in Tamil Nadu goes back only to the 4th century BC. Tamil Nadu was ruled by three major dynasties – the Cholas in the east, the Pandyas in the central area and Cheras in the west. This was during the Sangam Age – the classical period of Tamil literature – that continued for some 300 years after the birth of Christ. The Pallava dynasty was influential particularly in the 7th and 8th centuries, testimonies to which are the monuments at Mamallapuram. In the 13th century, with threats of Muslim invasions from the north, the southern Hindu dynasties combined and the empire of Vijayanagar, which covered all of South India, was firmly established. However, by the 17th century, due to the disintegration of the Vijayanagar Empire, various small rulers like the Nayaks ruled southern India. By the middle of the 18th century, there were frequent conflicts between the British, French, and Dutch due to their interest in these areas. The British were finally victorious, while small pockets like Pondicherry and Karaikal remained under French control. Under the British rule, most of south India was integrated into the region called the Madras Presidency. The anti – colonial feeling in Tamil Nadu started as early as 1806 at Vellore. After independence in 1947, the Madras Presidency became Madras State, comprising of present day Tamil Nadu, coastal Andhra Pradesh, Northern Kerala, and the southwest coast of Karnataka. The state was later divided on linguistic lines. In 1968 the state of Madras was renamed Tamil Nadu.

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**1.4.3 CLIMATE**

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The geographical location of Tamil Nadu is such that the climatic condition shows only slight seasonal variations. Due to close proximity to the Sea, the temperatures and humidity remain relatively high all the year round. The climate of Tamil Nadu is tropical in nature with little variation in summer and winter temperatures. While April – June is the hottest summer period (with the temperature rising up to the 40°C), November – February is the coolest winter period (with temperatures hovering around 20°C), making the climate quite pleasant.

Tamil Nadu gets most of its rains from the North – east Monsoons between October and December while the state remains largely dry during the South West Monsoon season. The average annual rainfall in Tamil Nadu ranges between 25 and 75 inches a year. The mountainous and hilly areas, especially in the extreme western part of the state, receive the most precipitation, while the lower – lying southern and southeastern regions receive the least rainfall. During summers (April to June), the coastal areas of Tamil Nadu become awkwardly warm and humid, but the nights become cool and pleasant due to sea breeze in the afternoon. During the hot season, the charming hill stations of Tamil Nadu provide much needed respite from heat and humidity. The period between October to March (when the climate becomes pleasantly cool) is the ideal time to visit Tamil Nadu.

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**1.4.4 CULTURE AND TRADITIONS**

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Tamil Nadu is one of the most urbanized states of India but most of the people still live in villages. The history of the origin of the Tamilians according to the records is said to be more than 2,000 years and they belong to the Dravidian family, an ethnic group from South Asia. They speak the Dravidian language – Tamil. It was believed

that they have been living in the southern parts of India and the northeastern parts of Sri Lanka. In Tamil Nadu, there is an established caste system with traditional differentiations a lot more pronounced than in many other parts of India. When it comes to the ethnicity of the Tamil people, it is usually identified by their jati title or jati name which most of the time defines their language, occupation and political affiliation. About 80 percent of the people in Tamil Nadu follow Hinduism. A substantial percentage of population in Tamil Nadu follows Christianity and Islam.

One of the most ancient and rich traditions in the world is that of the Tamilians. The traditions are part their life and they also strictly adhere to it, which includes lot of rituals and ceremonies and is also a part of their identity across the world. These rich traditions of the Tamil which are deep rooted are supposed to be quite old and have evolved over many centuries. The tradition of (*rangoli* or the *kolam*) drawing figures at the doorstep is supposed to be a unique culture followed by the Tamils. *Chaula* or *Choodakarana* ceremony, where the hair of one year old child is shaved is still practiced. Hinduism forms the major religion followed in the state followed by Islam, Christianity and Jainism. Their rituals include deity worship and animisms like tree worship, animal worship and stars and planets worship. *Lord Muruga* is the chief deity of Tamils and its six abodes are pilgrims centers located in different parts of the state. They are very adherent towards their rituals and traditions like following the caste system, religion and community traits, etc.

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#### 1.4.5 AGRICULTURE AND STAPLE FOOD

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Agriculture is the primary occupation of about seventy percent of the rural population of Tamil Nadu which is heavily dependent on the river water and monsoon rains. The perennial rivers are Palar, Cheyyar, Ponnaiyar, Kaveri, Meyar, Bhavani, Amaravathi, Vaigai, Chittar and Tamaraparani. Non – perennial rivers include the Vellar, Noyyal, Suruli, Siruvani, Gundar, Vaipar, Valparai and Varshali. The main food crops that are grown in Tamil Nadu are rice, pulses and oil seeds while the important commercial crops of the state include sugarcane, sunflower, chillies, ginger, gingelly, groundnut, rubber, cotton, cashew and coconut. Apart from this the other principal crops grown here include Mandarin orange, guava, mango, banana and turmeric, tea, coffee, tamarind and cardamom. This state is the highest producer of bananas and coconuts in the whole country. It is India's 4th largest producer of rice behind West Bengal, Uttar Pradesh and Punjab. Tamil Nadu has a 1000 km long coastline with equatorial climate, permitting year round fishery and farming. Fishing is also an important economic activity in Tamil Nadu. Opportunities in shrimp farming and processing, crab culture, Seaweed culture, etc. are on the upswing in the state.

Rice is the major staple food of most of the Tamil people. Normally lunch or dinner is a meal of steamed rice (*choru*) served with accompanying items, which typically include sambar, poriyal (curry), any meat or fish, rasam, kootu and curd.

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#### 1.4.6 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

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Tamil cuisine is characterized by the use of rice, legumes and lentils, its distinct aroma and flavour achieved by the blending of spices including curry leaves, tamarind, coriander, ginger, garlic, chilli, pepper, cinnamon, cloves, cardamom, cumin, nutmeg, coconut and rosewater.

**Regional cuisine:** Over a period of time, each geographical area where Tamils have lived has developed its own distinct variant of the common dishes in addition to dishes



native to itself. The four divisions of ancient *Tamilakam* are the primary means of dividing Tamil cuisine.

- The ***Chettinad region comprising Karaikudi and adjoining areas*** is known for its spicyness of both traditional vegetarian dishes like idiyappam, uthappam, paal paniyaram and non – vegetarian dishes made primarily using chicken. Chettinad cuisine has gained popularity in non – Tamil speaking areas as well. Chettinad is located in the Sivaganga district of southern Tamil Nadu. Standard full meal consisting of cooked dal, eggplant (brinjal) curry, drumstick, sambar, ghee for flavouring rice, and sweetmeats like payasam and paal paniyaram. Chettinad cuisine is one of the spiciest, oiliest and most aromatic cuisines in India. The dishes are hot and pungent with fresh ground masalas.
- ***Madurai, Tirunelveli and the other southern districts of Tamil Nadu*** are known for non – vegetarian food made of mutton, chicken and fish. Paratha made with maida or all – purpose flour, and loosely similar to the north Indian wheat flour – based Paratha, is served at food outlets in Tamil Nadu, especially in districts like Madurai, Virudhunagar, Tuticorin, Tirunelveli and the adjoining areas. Madurai has its own unique foods such as jigarthanda, muttaiparotta (minced parotta and scrambled egg), paruthipal (made of cottonseeds), Karidosai (dosai with mutton stuffing) & ennaidosai (dosai with lots of oil) which are rarely found in other parts of Tamil Nadu.
- ***Nanjilnadu (Kanyakumari district) region*** is famous for its fish curry since the region is surrounded by the three great water bodies of Asia: (Indian ocean, Arabian Sea and Bay of Bengal). Fish forms an integral part of life. Owing to its unique cultural affinity and the availability of coconut, coconut oil forms a base for almost all the preparations of the region.
- ***The western Kongunadu region*** has specialities like Santhakai/Sandhavai (a noodle like item of rice), Oputtu (a sweet tasting pizza – like dish that is dry outside with a sweet stuffing), and kola urundai (meatballs), Thengai Paal (sweet hot milk made of jaggery, coconut and cotton seeds), Ulundu Kali (Sweet made out of Jaggery, Gingely Oil and Black Gram), Ragi puttumavu, Arisi Puttumavu, Vazhaipoo Poriyal, Kambu Paniyaram, Ragi Pakoda, Thengai Parpi, Kadalai Urundai, Ellu Urundai, Pori Urundai. The natural crops of this region forms the main ingredients in this Kongunadu cuisine.
- ***Ceylon Tamil cuisine***, bears similarities to Tamil Nadu cuisine but also has many unique vegetarian and non – vegetarian dishes. It features dishes such as (steamed rice cake) and *idiyappam or sevai*, (known in other parts of the world as string hoppers).

***Eating – out*** in its capital city Chennai, is a great experience and provides a glimpse of the unique lifestyle of the city. Chennai is known for its cuisine, brought to the city by people who have migrated from different parts of Tamil Nadu. Chennai has a large collection of restaurants, some of them are unique 'Speciality Restaurants,' which serve 'Indian Cuisine' with an ambience to match, while most others cater South Indian tiffin and meals, at very reasonable prices.

**Features of the cuisine**

- Chettinad cuisine is one of the spiciest, oiliest and most aromatic cuisines in India. The dishes are hot and pungent with fresh ground masalas.
- Oil and spices are liberally used in cooking and most dishes have generous amounts of peppercorn, cinnamon, bay leaves, cardamom, fenugreek, saunf, nutmeg, green and red chillies, marathi mokku, anasipoo, kalpasi, patthar ke phool etc. Tamarind is also used in this cuisine.
- *Coconut oil* is used as the medium of cooking. Gingelly oil or sesame seed oil is used for finishing some dishes.
- *Rice* is the staple food of Tamil Nadu. *Parboiled rice* is eaten for its high nutritive value and this dominates in all the dishes starting from appetizers to desserts. They eat Rice (staple diet) with sambar, dhal, kootu, vegetable curry, papad, buttermilk. Black rice (*Kavunarisi*) is used commonly in Chettinad cuisine to prepare sweet puddings.
- *Arhar dal, urad dal and chana dal* are the commonly used lentils.
- Rice is usually combined with the lentils to make various dishes like idlis, dosas, vadas, uttapams. These are usually *fermented* for easy digestion as well as development of the typical sour flavour.
- *Coconut, tamarind and asafoetida* are a must for almost all vegetarian recipes.
- Tamil people use a variety of ingredients like ginger, garlic, pepper, nutmeg, tamarind, chilly, cumin, cardamom, coconut, *Marathi mokku* (capers), Stone flower (*kalpasi*), Fresh neem flower (*Veepam poo*) and curry leaves to give aroma and superb taste to their foods.
- Food is generally more towards the *spicy* (due to the use of crushed black pepper corn, red and green chillies) and *sour* side (which is due to fermentation and also due to the extensive use of tamarind).
- Curd also finds a common use in the cuisine and is utilised to balance the hotness which results due to the use of spices.
- *Coconut chutney and sambar* invariably form a part of most of the Tamil dishes. *Mulaga podi* (a powdered mix of several dried lentils with oil or ghee) is also serves at times.
- Use of various *seafoods and chicken* is also common.
- A major feature of Tamil Nadu cuisine is the wide varieties of *Tiffin items*. They are served in the evening as a snack and a few tiffin items also feature in the breakfast. *Dishes like idli, sevai, upma, pongal,, uttapam, dosai, puttu, aval, chapathi, adai, Vadai.*
- Filter coffee is the main beverage along with this tiffin.
- The Chettinad people through their mercantile contacts with Burma, learnt to prepare a type of rice pudding made with sticky red rice. Kavunarisi – a black rice is also used to prepare desserts.

**Tamil feast – Virundhu Sappadu**

- During a *Virundhu Sappadu*, the feasty meal, the guests sits on a mat and the meal is served on a banana leaf which is spread in front of the guests. Traditionally, the banana leaf is laid so that the leaf tip is pointed left.
- The dishes are served in a particular order, and each dish has its own specific spot on the leaf. Everyone starts together and ends the meal together.
- The top half of the banana leaf is for the side dishes and the bottom part is for the main dish. Payasam, Kesari, Sweet Pongal or any Dessert also occupies a portion of the bottom part. The top left includes a pinch of salt, a dash of pickle and a spoon of salad, a spoon of pachadi. In the middle of the leaf there

may be a banana chips, potato chips and fried papads and a vadai. The top right hand corner is reserved for spicy foods including a wide array of curries and gravies. Dry and wet curries are placed one after the other. They are called poriyal and koothu. A minimum of three curries are served in a feast.

- Traditionally, sweets are eaten first. Sambar rice is eaten first with a spoon of ghee. This is followed by Kuzhambu and then Rasam. Finally rice with curd or buttermilk is eaten at the end of the meal. In the end, the meal is complete with a banana.
- The style of service and the items offered in *Virundhu Sappadu* has got regional variations too.

### A Tamil meal design

- *Breakfast or tiffin* includes *idli* (steamed rice cakes), *dosai* (a pancake made from a batter of rice and lentils crisp fried on a pan), *vada* (deep fried doughnuts made from a batter of lentils), *pongal* (a mash of rice and lentils boiled together and seasoned with ghee, cashew nuts, pepper and cumin seed), *uppuma* (cooked semolina seasoned in oil with mustard, pepper, cumin seed and dry lentils.)
- There are several variations of the dishes mentioned above which are eaten with *coconut chutney*, *sambar* (seasoned lentil broth) and *mulaga podi* (a powdered mix of several dried lentils eaten with oil).
- *Lunch* or meals consists of cooked rice served with an array of vegetable dishes, sambar, chutneys, rasam (a hot broth made with tamarind juice and pepper) and curd (yogurt – *Moru/Thayir*). For a non – vegetarian lunch, curries or dishes cooked with mutton, chicken or fish is included. The meals are incomplete without crisp papads or appalam. After finishing their meal, they like to have payasam.
- For *dinner*, Tamilians eat uthappam, dosa, idli or simply rice kanji (gruel). They also have milk before going to bed.

### Filter coffee of Tamil Nadu – a note

The making of the famous filter coffee is traditional, where coffee beans are first roasted and then ground. The powder is then added into a filter and boiling hot water is added to it, to prepare the decoction. The decoction is then added to milk with sugar. The drink is poured from one container to another in rapid succession to make an ideal frothy cup of filter coffee. It is also known as *meter kapee* as it is poured from a small steel glass into a bowl (katori) and vice versa from almost a distance of a meter to make it frothy.

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### 1.4.7 EQUIPMENTS AND UTENSILS USED

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- **Eyya Chombu:** It is a vessel made from tin to impart the right flavour to rasam
  - **Kal Chatti:** It is a stoneware used for preparing tempering
  - **Kuziappa Chatti:** It is normally made of heavy bronze. It is circular in shape and has shallow depressions resembling a cup. The leftover sour dosa batter is poured inside it and cooked.
  - **Thenkuzal Naazhi:** This equipment is used for making crisp lentil fritters called murukkus. It can also be used to press the rice dough to make vermicelli.
  - **Dosa Thiruppi:** A flat slicer that is used for spreading oil on the dosa and also for scraping dosa off the hot plate or tawa.
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- **Addaikal:** it is a thicker tawa than the dosa tawa usually used for cooking addai and hence the name.
- **Idli Panai:** This vessel is used for making idlis, as many as 40 – 50 idlis can be made together depending on the number of plates used.
- **Thuruvammai:** It is an equipment, used both as a coconut scraper and as a vegetable chopper. This is used in some households to cut fish or meat.
- **Uruli:** It is a very heavy pot that is used for cooking. Sambhar, vegetables and meat are usually cooked using the vessel. They come in a range of sizes depending on the quantity of food to be cooked. This is a very beneficial vessel because the food cooked in this vessel remains hot for a long time.

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#### 1.4.8 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

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<b>Chicken Chettinad</b>	A popular chicken curry, cooked in a peppery authentic Chettinad paste laced with coconut and onions. Bring some magic to your plate with this southern style chicken dish.
<b>Coconut chutney</b>	Uruttu Chammanti is the local name for coconut chutney in Tamil Nadu. It is made with grounded coconut, dry red chilly (particularly roasted red chilly) ginger, mustard seed and served cold along with the dishes such as Dosa, Idli, Vada.
<b>Dosa dosai</b>	/ These are made from rice and urad dal and the batter is fermented. This fermented batter is cooked on a large tawa in shape of pancakes. They are filled with various types of fillings.
<b>Idli</b>	Idlis made in South India are of various kinds and each has its own traditional ways. The process of cooking is however common for all which is steaming. The most common one is made with urad dal and parboiled rice. The batter is made by grinding both separately and leaving it overnight to ferment. The next day it is steamed in the idli vessel.
<b>Kolambhu</b>	Kolambhu or kozhambu is a thin stew of vegetables with spices. It can also be of various types. The most common type is moar kolambhu, where buttermilk is used as the base and thickened with a paste of rice and lentils to make it into a spicy stew with vegetables inside.
<b>Koottu</b>	There are many varieties of koottu. It is usually made by boiling green gram along with bite size pieces of vegetables and also fruits such as jackfruit and raw bananas. It is flavoured with turmeric and red chillies. Grated coconut and rice paste are used for thickening the koottu. It is usually finished with coconut oil.

<b>Kootu</b>	Kootu is a semi – solid side dish that's made of lentils and vegetables. It is most commonly served with Virundhu Sappadu that's a combo of boiled rice, curd, rasam, poriyal and pickle. There are many variations of Kootu that are prepared in Tamil Nadu. Poricha kootu or fried kootu which is made of Urad dhal and pepper fried in red chillies, cumin and fresh coconut made into a paste. Vegetables and moong dal are cooked separately following which they are heated and mixed with the paste. Snake guard and beans are the common ingredients in this kootu.
<b>Koozh</b>	Koozh is the Tamil name of Millet Porridge that's commonly sold by street vendors. It is made from Cumbu flour or broken rice in a clay pot. Although it is a vegetarian recipe, Koozh is also made of fish, chicken and crab.
<b>Kozhambu</b>	It is a gravy preparation with a base of tamarind, whole red chillies, toor dal and urad dal.
<b>Kuzhi Paniyaram</b>	Paniyaram is a South Indian dish that's made of steaming batter using a mould with cavities. The batter is made of rice and black lentils, similar to the one used for idly and dosa. People have experimented with the dish in many ways, it can be made spicy, savoury, sweet depending on your likes. Only ingredients like jaggery, chillies, masala vary.
<b>Lemon Rice</b>	A seasoning of onions, tomatoes, curry leaf, red chilly, salt and lemon juice is made and cooked rice is added and fried with the seasoning. Some groundnuts are added to the dish to give it some crunchiness and balance out the sour taste of lemon and served with chutney or vegetable salad.
<b>Manjal Milagu Paal</b>	Also called as the turmeric – pepper milk, this is one of the traditional drinks of Tamil Nadu. People drink it every day before going to bed. It also acts as a medicine and prevents the body from flu as well as a cough and cold.
<b>Mulligatawny Soup</b>	It is an International soup from Tamil Nadu. This recipe has a host of chillies and spices, along with potato, apples and carrots, cooked with spices and lentils, blended into puree and finished with coconut milk.
<b>Muruku</b>	Muruku is one of the most famous snacks that got its origin from Tamil Nadu, and its name means twisted. Again, the batter for the muruku is made by a mixture of rice flour and urad dal with some salt, water, cumin seed etc. It is then deep fried in oil in various shapes till it turns hard.
<b>Naralchi Vadi</b>	Also known as Coconut Barfi, it is made of coconut powder or grated coconut, condensed milk and sugar. It is a very famous dessert.

<b>Nei Payasum</b>	Made of rice, jaggery, ghee, cashew nuts and raisins, this dish is a well – liked dessert item. It is specially made for occasions like birthdays or even when people visit each other houses. Tamil people have a ritual of serving it as a dessert before the meal.
<b>Pachadi</b>	These can be regarded as South Indian raitas. A variety of ingredients such as grated carrots, deep fried sliced okra, roasted and mashed brinjals etc are mixed along with smooth thick curd to prepare pachadi. These are served tempered with curry leaves, mustard, urad dal, and whole red chillies. The ingredient used with the curd can be sauted or deep fat fried before being added to it.
<b>Paruppu Payasam</b>	It is made by roasting Moong dal and cooking it soft. Some jaggery syrup is added to the mashed moong dal and stirred till completely cooked. This is then served with roasted cashew nuts and tastes very rich and creamy.
<b>Payasam Pongal</b>	It is a sweet preparation made withn rice, jaggery and coconut milk. This is a staple meal during every auspicious festival of Tamil Nadu. Besides the rice and sweet milk, the dish is cooked with ingredients like cardamom, green gram, raisins and cashew nuts. According to the traditional beliefs, Pongal is cooked in open space in the sunlight, as it is dedicated to the sun god.
<b>Poriyal</b>	Poriyal is a bit sauteed vegetable dish that's made of shredded or diced vegetables fried in spices. The recipe is a fusion of frying mustard seeds, onions and urad dal with the vegetable of your choice in turmeric, dried red chillies, spices and coriander. In certain places, shredded coconut is used to dress the dish.
<b>Puliodarai/ Pullihara</b>	"Kokum Rice" or "Tamarind Rice" is a common rice preparation in the South Indian states of Tamil Nadu. It is prepared with Kokum or tamarind and jaggery cooked in oil and mixed with rice along with spices and curry leaves.
<b>Sambar</b>	Sambar is a curry just like the dal but what make it differ is the different spices and vegetables that are used to prepare it. Sambar is a little sour because of the tamarind base that it is prepared in, and consists of various vegetables. Some of the famous vegetables used to make Sambar are: Drumsticks, Brinjal, Pumpkin, potatoes and radish. One of the main ingredients that gives it the taste is the use of curry leaves. This Tamil Nadu food accompaniment is served with almost all the South Indian dishes be it rice, idli, dosa etc
<b>Sundal</b>	It is the easiest evening snack that can be prepared within a short time. It is made of soaked beans along with onion, chilies, and grated coconut. It is made into a salad and is usually served in the evening. It is a very healthy dish and also serves the purpose of an evening snack.



**Takkali Sadam**

Also called tomato rice, it is made of rice, onions, tomatoes and other ingredients. It is made in the form of a pulav and the main ingredient used is tomato which gives it a tangy taste. It is bit little spicy. This dish is the most common type of rice after plain white rice which is served during lunch.

**Ven Pongal**

It is an authentic breakfast item of Tamil Nadu. It is made of boiled rice and yellow daal and tempered with pepper, cumin seeds, and ghee. Served hot, it gives out a mouth – watering smell and forms a perfect breakfast item.



Chicken Chettinad



Kolambhu



Kootu



Koozh



Kuzhi Paniyaram



Manjal Milagu Paal



Poriyal



Muruku



Pongal



Pullihara



Sundal



Takkali Sadam

Some Especial dishes of Tamil Nadu

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**1.4.9 FESTIVALS AND OTHER OCCASIONS**

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1. **Pongal:** This is the most important Harvest festival celebrated by the people of Tamil Nadu. It lasts for a period of 4 days and is normally celebrated on the 13 to 16 January (*Margali* month). This festival is actually mainly celebrated to thank or show appreciation to the Sun God for giving energy towards good agriculture of crops like rice, sugarcane, turmeric etc (an essential ingredient in Tamil cooking). The term '*Pongal*' in Tamil means "to boil", and this festival is celebrated as a thanksgiving ceremony for the year's harvest. The people boil the first rice of the season as a tribute to the Sun God. Pongal is also the name of a dish that is sweetened rice boiled with lentils. It is a very famous in the South and is cooked for most of the festivals there.
2. **Puthandu:** Also called the Tamil New Year which falls in mid of April. The morning of Puthandu is marked as Women make beautiful *Kolams* (colourful designs at the entrance of the house) at the entrance of their houses. Trees laden with mangoes and bloomed neem marks the prosperity of the people. On this day people wear new clothes and eat delicious food one of them being '*Maanga Pachadi*' a sweet and sour dish made with mangoes, Jaggery and Neem flowers.
3. **Thaipusam:** Thaipusam is a Hindu festival celebrated mostly by the Tamil community. The colorful celebration is one of the important fairs and festivals in not just India but also countries like Malaysia, USA, Sri Lanka, Thailand and other countries where Tamil Community has major presence. Thaipusam is celebrated each year on the full moon in the month of January/February. It's a time to ask Lord Murugan, son of Lord Shiva, for forgiveness, good health and peace in the New Year. Devotees carry the *kavadis* to ask for forgiveness, keep a vow or offer thanks to Lord Subramaniam (son of Lord Siva). As part of the festival's rituals, many participants engage in various acts of devotion and control over their senses – including piercing the skin, tongue or cheeks. Some walk over burning coals.
4. **Mahamaham Festival:** This is a Hindu Festival that is celebrated once in 12 years in the State in a small town called *Kumbakonam*. It is a bathing ceremony that is believed to cleanse one of their sins and is attended by thousands of Hindu devotees who take a dip in *Mahamaham tank*.
5. **Shivarathri:** This holy festival is celebrated in all Shiva temples of the country usually in February or March. Special poojas and chanting is performed to remark this auspicious day. Devotees observe fasting and remain awake throughout the night. Anointing and purification of Lingams begins from midnight.
6. **Vaikunta Ekadasi:** In order to celebrate the opening of the gates of heaven, Vaikunta Ekadasi is commemorated in late December. All Vishnu temples get a decorative erected known as '*Vaikuntha Vasal*'. Hundreds of people enter the gate and offer special prayers and Bhajans. Many stay awake throughout the night and break their fast by feasting early in the morning.
7. **Aadi Perukku:** Aadi Perukku is the eighteenth day of the Tamil month Adi, (mid – July to mid – August). The rivers are immensely flooded with water and over flow. People celebrate this day by preparing sweet treats and traditional delicacies. People offer prayers and float their offerings on the river.

8. **Velankanni Festival:** The renowned and revered church of Velankanni near Nagapattinam has divine legends. This church has a wondrous image of *Our Lady of Velankanni*. Portuguese sailors had suffered from a shipwreck and had built this shrine as a thanksgiving. They wanted to thank Our Lady of guiding them safely to shore. Our Lady of Velankanni is known to have miraculous powers which attract thousands of visitors every year during September and October.
9. **Kanthuri Festival:** This festival is devoted to celebrate saint *Quadirwali*. This festival has a secular nature. On this auspicious day, one of the descendants is declared as a successor or 'peer'. This peer is then offered gifts. The tomb of the saint is anointed with sandal paste which is later distributed to all devotees. This holy sandal paste is believed to possess special powers and acts as a remedy for illness. Kanthuri Festival is celebrated at Nagore durgah near Nagapattinam.
10. **Jallikattu Bull Festival:** This festival is celebrated in the month of January on the third day of Pongal festival in Tiruchirapalli, Jallikattu is a bull taming traditional sport played in villages of Tamilnadu. The sport is played in an open ground where a bull is let loose amid hordes of people who try to control the bull by piling on its hump or horns. Tamils consider Jallikattu as a symbol of dignity of its outstanding culture and hence is engraved in the pages of Tamil history.
11. **Chitthirai Festival:** Chitthirai festival is the cardinal festival celebrated for 10 days in all temples across Tamil Nadu in April. This festival is also known as *Brahmothsavam*. Every deity is carried for procession every day on different carriages sculpted in the forms of bull, horse, lion, swan, moon and sun. Millions of people visit Tamil Nadu to participate in this festival. Major attractions is the procession of lord kallazhagar otherwise known as lord Vishnu from Azhagarkoil to give away his sister goddess Meenakshi, in Marriage to Lord Sundareswarar.
12. **Saral Vizha:** Saaral Vizha is a novel festival celebrated in the month of August to commemorate waterfalls in the region of Kuttalam. Thousands of visitors bathe under waterfalls believing the water has special magical powers. The water rejuvenates the body and refreshes the mind.

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#### 1.4.10 A FEW DISHES FROM TAMIL NADU CUISINE

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##### 1. Rasam

###### *Ingredients-*

- Arhar dal-50 gm
- Tomatoes-115 gms
- Lime-1 no
- Curry leaves-2 sprigs
- Green coriander-1/2 bunch
- Tempering
- Mustard seed-1tsp
- Black gram-2 gms
- Cumin-pinch
- Red chilies-2 nos
- Hing-pinch

- Oil-10 ml
- Salt-tt
- Green chilies-5 gm

*Method-*

- Boil the dal using enough water till tender.
- Cut tomatoes into pieces, slit green chilies and chop green coriander.
- Add the sliced and chopped ingredients into the dal with curry leaves and bring to boil.
- Heat oil in a fry pan and temper all the ingredients.
- When the spices crackle add to the boiling rasam.
- Check seasonings and again boil for 5-10 minutes.
- Removed from heat, add limejuice and serve hot.

**2. Mulligatawny Curry***Ingredients-*

- Mutton cut-500gms
- Small onion-115 gm
- Ginger-15 gm
- Garlic-5 gm
- Cinnamon-2 gm
- Tomatoes-225 gm
- Curry leaves-2 sprigs

*Seasoning and thickening*

- Red chilies-5 gm
- Coriander- 15 gms
- Cumin-5 gms
- Fenne-15 gms
- Peppercorn-4 nos
- Bengal gram dal-15 gm
- Coconut milk-300ml

*Method-*

- Cook the mutton with the first lot of ingredients adding sufficient water till the meat is tender.
- Roast and grind red chilies.
- Roast Bengal gram dal and grind well.
- Mix all the ingredients with coconut milk and turmeric.
- Add it to the mulligatawny and lastly add the limejuice, remove from fire.

**3. Sambhar***Ingredients-*

- Ladies finger-30 gm
- Brinjal-50 gm
- Drumsticks-120 gm
- Arhar dal-100gm
- Turmeric-a pinch
- Coconut oil-as required
- Salt-tt
- Tamarind-20 gm

***Roast and powder***

- Coriander seeds-20 gm
- Red chilies-5 gm
- Chana dal-3 gm
- Urad dal-3 gm
- Fenugreek-2 tsp
- Grated coconut-30 gm
- Rice-3 gm
- Mustard seed-3 gm
- Cumin-a pinch
- Pepper corn-4 nos

***Tempering***

- Red chilies-3 nos
- Curry leaves-few sprigs
- Mustard seeds-2 gms
- Asafetida-1 tsp

***Method-***

- Boil the dal, add cut vegetables into small even sized pieces and powdered spices and cook till the dal is tender. Add tamarind juice extracted in a cup of hot water. Bring to boil. Adjust seasoning and remove.
- Heat coconut oil in a fry pan, add mustard seed, and curry leaves and red chilies and asafetida (previously soaked in a tbsp. of hot water)
- Pour over the sambhar and serve.

*Note: You can use red pumpkin, ghiya also in this recipe.*

**4. Lime rice*****Ingredients-***

- Basmati rice-200 gm
- Chana dal-1 tsp
- Curry leaves-10 nos
- Cumin-1 tsp
- Turmeric- 1/2 tsp
- Mustard seeds-1 tsp
- Hing-1/4 tsp
- Gr. Chilies-3 chopped
- Coconut-2 tbsp grated
- Gr. Coriander- 1 sprig
- Lemon juice-2 tbsp
- Oil-30 ml
- Salt-tt

***Method-***

- Heat 5 tbsp of oil in a pan. Add the chana dal; curry leaves, cumin seeds, mustard seeds, hing, chilies, turmeric and rice.
- Stir-fry for 5 minutes on low flame. Add salt and 4 cups of hot water and cook the rice till dry and soft.
- Turn out on a rice dish



- Garnish with chopped gr. coriander leaves, coconut and serve after sprinkling lemon juice.

## 5. Pal paysam

### Ingredients-

- Thick milk- 1 liter.
- Rice- 150 gm
- Sugar- 200 gm
- Sultanas- 20 gm
- Cashew nuts- 20 gm
- Desi ghee- 30 ml
- Water- 200 ml

### Method-

- Pick, wash and soak the rice for ½ hour.
- Cook the rice with water and half of the milk till soft.
- Add the rest of the milk and sugar and cook till it becomes thick , mix well.
- Fry nuts and sultanas, add to the payasam.
- Powder cardamom and sprinkle over. Pour clarified butter and serve at room temperature.



Aadi Perukku



Chitthirai



Jallikattu



Kanthuri



Mahamaham



Pongal



Puthandu



Shivratri



Thaipusam



Vaikunta Ekadasi



Velankanni



Saral vizaha

## Festivals of Tamil nadu



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**CHECK YOUR PROGRESS – II**

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Q.1 Write in brief culture and tradition of the people of Tamil Nadu.

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Q.2 Write short note on Chettinad cuisine.

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Q.3 What do you mean by Virundhu Sappadu?

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## 1.5 KERALA

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The cuisine of Kerala will be discussed under following sub – sections:

- Geographical perspectives
- Brief historical background
- Climate
- Agriculture, staple food and social life
- Characteristics and salient features of the cuisine
- Popular foods and specialties
- Specialties during festivals and other occasions
- Festivals and other occasions



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### 1.5.1 GEOGRAPHICAL PERSPECTIVES

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Kerala is the one place with many diverse geographical features. The state is divided into three geographical regions: Highlands, which slope down from the Western Ghats onto the Midlands of undulating hills and valleys into an unbroken 580 km long coastline with many picturesque backwaters, interconnected with canals and rivers. The wild lands are covered with dense forests, while other regions lie under tea and coffee plantations or other forms of cultivation. Most of the state is engulfed in rich greenery which ensures a very calming experience at all times. The state bears many rivers with innumerable tributaries and distributaries. These rivers are Monsoon – fed and hence, may turn into rivulets in summer. There are 41 west – flowing rivers and three east – flowing rivers which pass across Kerala with their innumerable tributaries and branches. These rivers are Monsoon – fed and hence, may turn into rivulets in summer.

The Kerala Backwaters region is a particularly well – recognized feature of Kerala; it is an interconnected system of brackish water lakes and river estuaries that lies inland from the coast and runs virtually the length of the state. These facilitate inland travel throughout a region roughly bounded by Thiruvananthapuram in the south and Vatakara (which lies some 450 km to the north). There are 34 backwaters in Kerala.

Lake Vembanad—Kerala's largest body of water dominates the backwaters; it lies between Alappuzha and Kochi and is over 200 km<sup>2</sup> in area.

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### 1.5.2 BRIEF HISTORICAL BACKGROUND

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Kerala – God's Own Country lends its name from a very famous old legend. As the legend has it that God Parshuram an incarnation or avatar of Mahavishnu saved Kerala from the raging and belligerent Sea. Since then people believe it to be a land of God. Due to the convenient location, this land established trade contacts with Egypt, Greeks, Assyria, Romans and the Chinese. The Malayalam era '*Kollavarsha*' is said to have originated in the 9th century A.D. We have recorded evidence of the first chief kingdom that ruled Kerala. It was the ancient Chera Empire whose court language was Tamil and the founder was Cheraman Perumal.

Kerala was first cited in the Sanskrit epic Aitareya Aranyaka which formed the basis of written records. Later Panini mentioned Kerala in his works. Kerala also lured the Greeks, Christians, Arabs and Muslims, Portuguese, Dutch and other communities of the world with its rich culture and natural resources. Vasco Da Gama's discovery of Calicut and his arrival in 20th May, 1498 made the Portuguese control the money – spinning pepper trade. In 1868 the ancient sage Agasthya introduced the Vedic Hinduism to Kerala and South India. Finally the Mauryans and the Grand Mughals consolidated their empires in Kerala. In the meantime the Dutch drove away the Portuguese from Kozhikode (Calicut). Then Mysore's Hyder Ali invaded north Kerala and Kozhikode in 1766. In 1792 Tipu Sultan surrendered Kerala to the British. It was in 1949 that the three territories Travancore, Kochi and Malabar were merged and in 1956 the state of Kerala came into existence and became a part of the Indian Union. Kerala is also justly proud of its reputation for healthcare and education, with literacy rates that stand, officially at least, at 96 percent for men and 92 percent for women.

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### 1.5.3 CLIMATE

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The coastal state of Kerala lying on the Southwestern tip of India has commonly been called the tropical paradise of India. Bounded by Arabian Sea at one side and the Western Ghats on the other, the beautiful land with stunning beauty has an equable and tropical climate offering a pleasing atmosphere throughout the entire year. Owing to its diversity in geographical features, the climatic condition in Kerala is diverse. It can be divided into 4 seasons – summer, south – west monsoon, north – east monsoon and winter. In summer (March to June) the state experiences hot, humid and pleasant climate and the temperature reaches to a maximum of 33 degrees centigrade, followed by South West Monsoon that starts pouring in the month of June and continues till August. The month of September to November gets light pours from the North – East Monsoon. Precipitation averages about 115 inches annually statewide, with some slopes receiving more than 200 inches. With the arrival of winter there is certain drop in the temperature (to low as 10<sup>0</sup>C) and you can feel a slight chill due to the cold wind. Winter in Kerala lasts from November to January or February.

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### 1.5.4 AGRICULTURE, STAPLE FOOD AND SOCIAL LIFE

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With excellent agro – climatic conditions, agriculture is the state's main economic activity. The staple crop grown in Kerala is the rice or paddy and coconut. There are about 600 varieties of rice grown here. Kuttanad in Alleppey district is called "*The rice bowl of Kerala*". The crop that is grown in plenty next to rice is tapioca. It is cultivated in the drier regions and is a major food of the Keralites. Pulses (e.g., peas and beans) sorghum, cashewnut, arecanut, and coconut cultivation is also done in

quantity in the State. The state also boasts for its best quality and large production of fruits like mangoes, jackfruit, cherries and bananas.

Kerala can be termed as the land of spices, considering the large variety of spices grown in the state. It is the largest producer of pepper in India. 96% of India's national output of pepper is produced from Kerala. Apart from pepper, other spices produced in the state include ginger, cardamom, nutmeg, tamarind, clove, cinnamon, vanilla and turmeric etc.

Commercial poultry farming and fishing is well developed and perhaps the major blooming industry. The state is a national leader in fish production. Sardines, tunas, mackerels, and prawns are among the principal products of the industry. Though fishing is not a source of life for the Keralites but still lots of fresh sea fish are exported to various parts of the country. The farming community involves a lot of animal husbandry. Animals like chicken, ducks, cows, goats, buffaloes and elephants are reared and used in day to day life of the people.

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### **1.5.5 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE**

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The cuisine of Kerala is linked in all its richness to the history, geography, demography and culture of the land. Since many of Kerala's Hindus are vegetarian by religion, and because Kerala has large minorities of Muslims and Christians that are predominantly non – vegetarians, Kerala cuisine has a multitude of both vegetarian and dishes prepared using fish, poultry and meat. For over 2000 years, Kerala has been visited by ocean – goers, including traders from Greece, Rome, the eastern Mediterranean, Arab countries, and Europe (see History of Kerala). Thus, Kerala cuisine is a blend of indigenous dishes and foreign dishes adapted to Kerala tastes. Coconuts grow in abundance in Kerala, and consequently, grated coconut and coconut – milk are widely used in dishes and curries as a thickener and flavouring ingredient. In fact, the literal meaning of Kerala is Land of Coconuts Kerala's long coastline, numerous rivers and backwater networks, and strong fishing industry have contributed to many sea – and river – food based dishes.

Pre – independence Kerala was split into the princely states of Travancore and Kochi in the south, and the Malabar district in the north; the erstwhile split is reflected in the recipes and cooking style of each area. Both Travancore and Malabar cuisine consists of a variety of vegetarian dishes using many vegetables and fruits that are not commonly used in curries elsewhere in India including plantains, bitter gourd ('*paavaykka*'), taro ('*chena*'), Colocasia ('*chembu*'), Ash gourd ('*kumbalanga*'), etc. However, their style of preparation and names of the dishes may vary. Malabar has an array of vegetarian and non – vegetarian dishes such as pathiri (a sort of rice – based pancake, at times paired with a meat curry), porotta (a layered flatbread, said to come from South – East Asia), and the Kerala variant of the popular biriyani, probably from Arab lands. Central Travancore region boasts of a parade of dishes that is largely identified with the Christians of the region.

In addition to historical diversity, the cultural influences, particularly the large percentages of Muslims and Syrian Christians have also contributed unique dishes and styles to Kerala cuisine, especially non – vegetarian dishes. The meat eating habit of the people has been historically limited by religious taboos. Brahmins eschew non vegetarian items. However, most of modern day Hindus do not observe any dietary

taboos, except a few who belong to upper caste (Nambudiris, Nairs of Malabar). Muslims do not eat pork and other items forbidden by Islamic law.

### Features of Kerala cuisine

- **Kuttanad** is known as the “Rice Bowl of India”, and thus the staple food of the Kerala, like most South – Indian states is *rice*. Unlike other states, however, many people in Kerala prefer *parboiled rice (Choru)* (rice made nutritious by boiling it with rice husk). A variety of *red rice called Carmague rice* is also very commonly used.
- Apart from rice, other sources of starch include *tapioca and wheat*.
- **Coconut (thenga)** is the chief ingredient here. Coconuts grow in abundance in Kerala, and consequently, coconut kernel, (sliced or grated) coconut cream and coconut milk (*thenga pal*) are widely used in dishes for thickening and flavoring. It is used fresh and dried. *Its oil is used as the cooking medium*. Palm oil and vegetable oil also finds limited use.
- Owing to the weather and the availability of spices, the Kerala cuisine is *richly spicy* especially the hot ones. The main spices used are cinnamon, cardamom, ginger, green and red peppers, cloves, garlic, cumin seeds, coriander, turmeric, and so on.
- Few fresh herbs are used which mainly consist of the commonly used *curry leaf*, and the occasional use of fresh coriander and mint.
- Vegetarian dishes often consist of fresh spices that are liquefied and crushed to make a paste – like texture to dampen rice.
- Kerala's long coastline, numerous rivers and backwater networks, and strong fishing industry have contributed to many sea and river food based dishes. Arabian influence is preparation of biryani and fish. The Malabar coast of Kochi, Trivandrum, and Kovalam have enough of fresh fish supplies. In Alleppy to the use of seafood is common.
- *Tamarind (puli) and lime* are used to make sauces sour in North Malabar areas; the Travancore region uses only *kodampuli* (Garcinia cambogia), as *sour sauces or gravies* are very popular in Kerala.
- Kerala cuisine also has a *variety of pickles and chutneys*, and *crunchy pappadums*.
- The back garden of almost every household provides *green chillies, plantains, papaya, jackfruit, pumpkin and other vegetables* and so these are very commonly used in the cuisine.
- Steaming, blanching, simmering are commonly used *cooking methods*. Fermentation is also used.
- *Jaggery or molasses* is a common sweetening ingredient, although white sugar is also used.
- Kerala is known for its traditional banquet or *sadhya*, a vegetarian meal served with boiled rice and a host of side – dishes served especially during special occasions and festivals.

**Variation of Kerala cuisine:** Based on the religions and topography, “Keraliya paachaka shailee” is sub divided into three distinct but very overlapping categories. The differences show up only in a few of the dishes which are a specialty that are made on religious occasions.

**Hindu Cuisine:** Being a Hindu state from the very beginning, almost everything that all the other cuisines have is similar or slightly modified version of the original Hindu cuisine in Kerala; all but with a few variations giving way to the vast diversity to Keralite cuisine. To understand it furthermore we shall discuss the other two cuisines.

**Malabar or Mappila Cuisine:** Malabar forming the northern Kerala is a mix of cultures. Malabar cuisine is noted for its variety of pancakes and steamed rice cakes made from pounded rice. This Arab – influenced cuisine of the Mappila community offers some of the most flavourful dishes in Kerala. The use of fragrant spices, especially pepper, cardamom and cloves, is the highlight. Malabar food is generally mildly flavoured and gently cooked. The mutton is cooked tender, the rice flaky and delicately spiced with the right portions of condiments, to leave the taste lingering for long. Special brand of Malabari Moppila biriyani. Biriyani – whether mutton, chicken, fish or prawn – is the USP of Malabar cuisine. Other outstanding dishes are *muttamaala* (egg garland), *kadukkanira chathu* (stuffed mussels) and *kozhinira chathu* (stuffed chicken).

**Syrian Christian (Suriani):** The cuisine of the state of Kerala, India, is influenced by its large Christian minority. A favourite dish of Kerala Syrian Christians is stew: chicken, potatoes and onions simmered gently in a creamy white sauce flavoured with black pepper, cinnamon, cloves, green chillies, lime juice, shallots and coconut milk. They also prepare stews with chicken, lamb, and duck. Places like Kottayam, a Christian centric zone has *arikada*, *appam*, *rice*, *banana fry*, and *payasam* served during marriage and other parties. Other dishes include *piralen* (chicken stir – fries), meat thoran (dry curry with shredded coconut), fiery, sardine and duck curries, and meen molee (spicy stewed fish). This is eaten with appam. Appams, *kallappams*, or *vellayappams* are rice flour pancakes which have soft, thick white spongy centres and crisp, lace – like edges. *Meen vevichathu* (fish in fiery red chilli sauce) is another favourite item. In addition to chicken and fish, Syrian Christians also eat red meat. For example, *erachi* or *larthiathu* is a beef or mutton dish cooked with spices.

Christian cookery specially caters to people with a sweet tooth – crunchy *kozhhalappam*, *achappam*, *cheeda*, *churuttu* etc.

**Traditional Keralite kitchen:** In the traditional homes of Kerala called *tharavads*, the cooking centres around the hearth, that has four to six stoves called *adupus*. Chopping and food preparation is accomplished on the kitchen table, using little wood handled knives for vegetables and a large cleaver for meat and seafood. Equally important is the little stone mortar and pestle in which small amounts of spices or chillies are crushed or pounded. The kitchen countertop holds the grinding stone on which most of the daily spices are crushed or ground. It also contains several large blocks of wood on which meat and fish are chopped. A deep stone sink for pot wash can be found in a smaller room adjoining the kitchen.

A storeroom, adjacent to the kitchen is where large reserves of staples and farm produce are kept. Larger homes have separate rooms for various tasks. For e.g., the granary or *nellu ara* is a large wooden room within the kitchen where the food grains are stored, or the *ora pera*, which is a large room in which large amounts of rice flour, halwa, snacks and fruits called *palaharam* are prepared. Many traditional kitchens function in the above manner even today with a smaller modern kitchen close to the main kitchen, housing conveniences like gas stoves, electric grinders, microwave ovens and coffee makers.



### A typical day and its meals

**Breakfast:** Kerala cuisine offers many delicious vegetarian breakfast dishes that are often relatively unknown outside the state. These include Puttu (made of rice powder and grated coconut, steamed in a metal or bamboo holder) and kadala (a curry made of black chana), iddali (fluffy rice pancakes), sambar, dosa and chutney, pidiyan, Idiyappam (string hoppers – also known as Noolputtu and Nool – Appam), Paal – Appam, a circular, fluffy, crisp – edged pancake made of rice flour fermented with a small amount of toddy or wine, etc. Idiyapam and Paalappam are accompanied by mutton, chicken or vegetable stew or a curry of beef or fish moilee (the most common dish is fish in a coconut based sauce). Lunch and dinner

The staple food of Kerala is rice. Parboiled rice (*Choru*) (rice made nutritious by boiling it with rice husk) is more preferred. Kanji (rice congee), a kind of rice porridge, is also popular. Tapioca, called kappa in Kerala, is popular in central Kerala and in the highlands, and is frequently eaten with fish curry. Rice is usually consumed with one or more curries. Accompaniments with rice may include upper is (dry braised or sautéed vegetables), rasam, chips, and/or buttermilk (called *moru*). Vegetarian dinners usually consist of multiple courses, each involving rice, one main dish (usually sambar, rasam, puli – sherry), and one or more side – dishes.

Popular vegetarian dishes include sambar, aviya, Kaalan, theeyal, thoran (dry curry), pulisherry (morozhichathu in Cochin and the Malabar region), olan, erisherry, pulinji, payaru (mung bean), kappa (tapioca), etc. Common non – vegetarian dishes include stew (using chicken, beef, lamb, or fish), traditional or chicken curry (Nadan Kozhi Curry), chicken fry (Kozhi Porichathu/Varuthathu), fish/chicken/mutton molly (fish or meat in light gravy), fish curry (Meen Curry), fish fry (Karimeen Porichathu/Varuthathu), lobster fry (Konchu Varuthathu), Spicy Beef Fry (Beef Ularthiyathu), Spicy Steamed Fish (Meen Pollichathu) etc. Biriyan, a Mughal dish consists of rice cooked along with meat, onions, chillies and other spices.

Although rice and tapioca may be considered the original Kerala starch staples, wheat, in the form of chappatis or parathas (known as porottas in Kerala), is now very commonly eaten, especially at dinner time. Grains such as ragi and millet, although common in the arid parts of South India, have not gained a foothold in Kerala.

**Sweets and Desserts:** Due to limited influence of Central Asian food on Kerala, the use of sweets is not as widespread as in North India. Kerala does not have any indigenous cold desserts, but hot/warm desserts are popular. The most popular example is undoubtedly the *payasam*: a preparation of milk, coconut extract, sugar, cashews, dry grapes, etc. Payasam can be made with many base constituents, including *Paal payasam* (made from rice), *Ada payasam* (with Ada, a flat form of rice), *Paripu payasam* (made from dal), *Pazham pradhamam* (made from banana), *Gothambu payasam* (made from wheat). Ada payasam is especially popular during the festival of Onam. Most payasams can also be consumed chilled. Fruit, especially the small yellow bananas, are often eaten after a meal or at any time of the day. Plantains, uncooked or steamed, are popularly eaten for breakfast or tea.

Other popular sweets include *Unniappam* (a fried banana bread), *pazham – pori* (plantain slices covered with a fried crust made of sweetened flour), and *kozhukkatta* (rice dumplings stuffed with a sweet mixture of molasses, coconut

etc.). Cakes, ice – creams, cookies and puddings are equally common. Generally, except for payasam, most sweets are not eaten as dessert but as a tea – time snack.

**Pickles and other side – dishes:** Kerala cuisine also has a variety of pickles and chutneys, and crunchy pappadums, banana chips, jackfruit chips, kozhalappam, achappam, cheeda, and churuttu.

**Beverages:** Being mostly a hot and humid area, Keralites have developed a variety of drinks to cope with thirst. A variety of what might be called herbal teas is served during mealtimes. Cumin seeds, ginger or coriander seeds are boiled in water and served warm or at room temperature. In addition to the improved taste, the spices also have digestive and other medicinal properties. Sambharam, a diluted buttermilk often flavoured with ginger, lime leaves, green chilli peppers etc. was very commonly drunk, although it has been replaced to some extent by soda pop. Coffee and tea (both hot) drunk black, or with milk and white sugar or unrefined palm sugar (karippatti), are commonly drunk. Numerous small shops dotted around the land sell fresh lime juice (called naranga vellam, or bonji sarbat in Malayalam), and many now offer milk shakes and other fruit juices. The people of Kozhikode, which is mostly muslim dominated enjoy *Mappila* (biryani) and *Kawa*, a traditional tea, similar to Kehwa of Kashmir.

**Special notes:** Sadhya: Sadhya is Traditional Big Feast. An improperly laid Ela (plantain Leaf) is an indicator. The food is served on a plantain leaf. The narrow tip of the leaf should face the left and service should start from the bottom half of the leaf, where a small yellow banana is placed followed by jaggery coated banana chips, plain banana chips and papadum. Then beginning from the top half of the leaf, lime curry, mango pickle, inji puli, lime pickle, thoran, Vegetable Stew or Olan, Avail (thick Mixture of Vegetables), Pachadi (Raw Mango and Curd Mixture), Elisseri (Vegetable like Pumpkin or Green Banana) and khichdi. Rice served at the bottom centre. Sambhar and kalan are then poured on rice. Once the meal is over, the pradaman dessert is served and after that rasam is taken with rice or even separately.

**Onasadhya:** Onam heralds the harvest festival and is also according to folklore the time of the year when the king Mahabali, the legendary ruler of an ancient golden era in Kerala, returns from the depths of the nether world to visit his beloved subjects. Onasadhya is the most delicious part of the grand festival called Onam. It is considered to be the most elaborate and grand meal prepared by any civilisation or cultures in the world. It's a feast which if enjoyed once is relished for years. Onasadhya is prepared on the last day of Onam, called Thirunam. People of Kerala wish to depict that they are happy and prosperous to their dear King Mahabali whose spirit is said to visit Kerala at the time of Onam.

Rice is the essential ingredient of this Nine Course Strictly Vegetarian Meals. All together there are 11 essential dishes which have to be prepared for Onasadhya. Number of dishes may at times also go up to 13. Onasadhya is so elaborate a meal that it is called meals, even though it is consumed in one sitting. There are almost 64 dishes served. Onasadhya is consumed with hands; there is no concept of spoon or forks.

Traditional *Onasadhya* meal comprises of different varieties of curries, *upperies* – things fried in oil, *pappadams* which are round crisp flour paste cakes of peculiar make, *uppilittathu* – pickles of various kinds, *chammanthi* – the chutney, payasams

and prathamans or puddings of various descriptions. Fruits and digestives are also part of the meal.

The food has to be served on a tender Banana leaf, laid with the end to the left. The meal is traditionally served on a mat laid on the floor. A strict order of serving the dishes one after the other is obeyed. Besides, there are clear directions as to what will be served in which part of the banana leaf.

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### 1.5.6 EQUIPMENTS AND UTENSILS USED

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- **Chembu:** It is a vessel made out of copper or brass used for steaming or boiling food. Now aluminium is more frequently used.
- **Cheena chetty:** Frying pan
- **Puttu kuti:** It is used for steaming rice flour paste called puttu. It has a round base pot in which water is boiled, and a tall cylindrical tube above this base in which rice flour and coconut are layered and steamed.
- **Cheena chatti:** Literally meaning “Chinese pot”, this is a round – bottomed vessel with two handles similar to a wok. The round bottom spreads the heat evenly through the base and into the food; which makes it ideal for sautéing and deep frying.
- **Appam chatti:** This is a heavy round bottomed vessel made of iron with a lid similar to the cheena chatti. It is used to prepared stews.
- **Kalam:** It is a large rice vessel in which water, tapioca or rice is boiled.
- **Urali:** This is a wide mouthed squat vessel made of bell metal which gradually warms up and retains heat for a long time. It is multipurpose: it is used to fry and roast meat, to cook halwas and to dry roast rice flour.
- **Meen chatti:** It is a round bottomed earthen pot used to prepare fish curries.
- **Cherava:** This is used to grate coconut. It has got ridged metal blades resting on a wooden platform. The coconut is first halved and then grated on this equipment.
- **Ural and ulakka:** A *ural* is a large drum – shaped stone used for pounding rice and spices with a long wooden rod called *ulakka*.
- **Ammi and ammikuuti:** This equipment contains a flat grinding stone called *ammi* with a cylindrical stone called *ammikuuti* and is used for grinding wet masalas.
- **Thavi:** These are ladles made from the coconut shells, which have a long bamboo handle. *Muttamala*, a speciality dessert, is made by passing egg yolks through a one – holed thavi into a sugar syrup.
- **Idooni achu:** This is a noodle press for preparing thin vermicelli from rice doughs. These vermicelli are used for *idiyappams* and *puttus*.
- **Kudukka:** Traditionally, earthenware clay pots are used for cooking food in Kerala. The clay pots are commonly called *kalam*s, *meen*kalam and *kudukku*.
- **Uruli:** Brass cooking pot.

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**1.5.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS**


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Ada pradhanam	It is a kheer made with ada rice, jaggery and coconut milk.
Ada pradhanam	Rice flakes, jaggery, coconut milk garnished with cashew nut.
Appams	It is a rice pancake with a soft and thick centre and a crispy, paper thin outside. Prepared in Appam moulds.
Avial	Local vegetables cooked in crushed grated coconut, shallots and cumin finished with yoghurt.
Chatti pathiri	It is layered sweet pastry, similar to Italian Lasagna. This sweet is made of flour, egg and oil and specially seasoned with cardamom and other spices along with nuts and dry fruits
Cheera thoran	Red spinach and grated coconut dry vegetable curry
Chemeeen pollichathu (pan seared prawns)	Prawns are marinated in spices and lime juice, and cooked in coconut milk.
Erachi ishtu	This is a meat stew from the Moplah cuisine. Meat cubes and potatoes are cooked with coconut milk, chillies and ginger garlic paste.
Erachi puttu	Steamed rice cake with coconut and minced meat.
Erachi ularthiyathu	Similar to Erachi varattiyathu , but can be prepared with coconut, fenugreek instead of aniseed and turmeric
Erachi varattiyathu (beef masala)	This is a dish consisting of beef cubes cooked in a thick gravy. The preparation is finished by adding garam masala, chopped coriander, chopped curry leaves and lemon juice.
Erissery	A sweet and spicy curry with the sweetness from the pumpkin and coconut. Erissery is one of the main side dish (kootan) served in sadhya.
Idiyappam	These are thin vermicelli of rice which can be eaten during any meal. To make this rice flour is cooked with hot water until it resembles a dough. It is then pressed through idooni achu or a vermicelli press.
Idiyappam	It is basically made of rice flour, water and salt. Numerous strands of vermicelli are entwined together to make this version of an appam. It is also known as noolappam.

Ishtews	stew where chunks of any kind of meat is smothered in a silky, rich, dreamy coconut curry
Kadala curry	Black chickpeas curry.
Kai pola	Soft banana cake with cardamom and nuts.
Koon unakkamulagu ularthiyathu	Semolina crumbed beetroot and banana Flower with ground spices
Kozhi curry (Malbari curry)	The ingredients used in the preparation of this dish are coconut oil, cinnamon, cardamom, cloves, sliced onions, garlic, crushed shallots, and crushed green chillies, ginger and garlic along with masala powders. This is cooked in coconut milk and the tempering is done with curry leaves, mustard seeds, and coconut oil and is poured over it.
Kozhikaal	These are fritter, like starters made of tapoica, especially served in the evenings.
Kunjurotti	Rice dumplings served with spicy curry of mutton, fish or chicken.
Malabar parota	It has a flaky, crispy and crumbly texture which melts in your mouth and leaves behind a sweet yet savoury taste.
Malabari paratha	These are flaky shallow – fried parathas often served with various veg and non – veg curries. The dough is kneaded to a very soft consistency and then flattened by flipping on the table. Oil is then applied on the thin dough and rolled like a lachcha paratha. It is shallow fried until crisp.
Meen mappa (fish curry)	Pomfret fish spicy curry prepared along with coconut milk, onion, tomato, curry leaves and a melange of whole spices. This dish is best enjoyed with appams.
Meen molee	This is a fish preparation in a thin gravy in which different extracts of coconut milk is used along with sliced onions, slit green chillies, garlic and ginger. Ground masalas prepared with turmeric, a pinch of garlic, and red chillies are added and fried. Some tomatoes can also be added.
Meen murringakka curry	Sardines are cooked with pulp – y tamarind, coconut and drumsticks and then tempered with onions and red chillies.

Meen porichathu (shallow fried fish)	This is a shallow fat fried fish preparation in which the fish is marinated with turmeric, lime juice and salt followed by a mixture of spices, ginger and garlic paste. It is served with roundels of onion, lemon wedges and fried curry leaves. The fishes commonly used for this preparation commonly include pomfret, kingfish and pearl spot cut into darne.
Naadan kozhi curry	The red piquant Kerala chicken curry is a perfect blend of spices and meat.
Pachamoru	This is a thirst quenching traditional drink from Kerala, also known by the names as Sambharam or Morum Vellam.
Pal appam	Pancakes made with fermented rice flour and toddy.
Palada payasam	A traditional dessert, prepared during the festival of Onam or any other occasion is a simple rice pudding or kheer, made in almost all the households across Kerala.
Pathiri	Thin rice pancakes served with meat or fish curry.
Pazham nirachathu Pazham pori	Robusta banana stuffed with coconut and jaggery, sautéed in ghee and sugar Pazham Pori or Ethakka Appam is juicy banana fritters that are a favourite tea time snack in Kerala. Ripe bananas coated in plain flour and deep fried in oil.
Puttu	This is a breakfast item which is thin vermicelli strands of rice dough that are steamed in a special utensil called puttu kutti. Many kinds of puttus are made and these quite resemble the string hoppers made in Sri Lanka. In some places these are cylindrical steamed rice cake cooked with coconut shavings.
Thalassery biryani	Biryani made with kaima or biryani rice, indigenous spices, meat, and nuts.
Thoran	Dry vegetable dish usually made with chopped beans, cabbage, carrots etc. coconut is added to all.
Unnakkaya	Brinjal stuffed with egg, coconut and other ingredients and fried.
Vattalappam	Steamed custard with jaggery, egg and coconut milk.





Appams



Chatti pathiri



Chemeen pollichathu



Erachi puttu



Erissery



Idiyappam



Kozhikaal



Kunjurotti



Malbari curry



Meen molee



Naadan kozhi curry



Pathiri

Some especial dishes from Kerala

### 1.5.8 FESTIVALS AND OTHER OCCASIONS

1. **Onam:** Onam (also known as *Thiruvonam*) is the state festival of Kerala. It is a 10 – day long festival, Onam is a well renowned Hindu festival observed by all its

citizens, irrespective of caste, creed or community. It is a harvest festival celebrated once a year during the Malayalam month of Chingom (August – September) and also to mark the homecoming of great king Mahabali, who used to rule Kerala during the ancient period. Onam is traditionally celebrated with much joy and fervour. Some of the celebrations include creating a *Pookalam* (an extravagant arrangement of colourful flowers), visiting temples, feasting on an elaborate meal served on plantain leaves, gifting others with new clothes, participating in boat races held on the backwaters, a variety of sporting events and even *Pulikkali* (a tiger dance).

2. **Thrissur Pooram Festival:** Thrissur Pooram is one of the famous temple festivals in Kerala and is celebrated in the Malayalam month of Medam (April – May). This festival is celebrated at the Vadakkunnathan Temple in Thrissur yearly and is celebrated for almost 36 hours with traditional puja, displays a spectacular procession of elephants and drummers and ending with extreme fireworks. The festival is celebrated to worship Lord Shiva and involves color, music, and religion.
3. **Kerala Boat Festival:** Kerala is known around the world for its backwaters. The beautiful river, lakes and Arabian Sea are all the part of these backwater rides, where you can also visualize the boat festivals of Kerala. Boat Festival is enhanced with different sizes of the boats, where you can see the team spirit among participants, great enthusiasm among the riders and people cheering each other all around the place.
4. **Theyyam Festival:** Theyyam is one of the most popular **festivals celebrated in Kerala** from December to April where more than 400 types of cultural dances, performed by people dressed as deities. The performer goes through three stages of learning: the first stage is of adorning themselves with colors, flowers, and mask; the second stage involves self – torture and the third stage is all about dancing on a rhythm. This festival is celebrated with huge fun which brings the new level of pleasure in the life of the attendees.
5. **Vishu Festivals:** Vishu marks the beginning of Malayali year and is one of the most important and famous festivals of Kerala and which is an auspicious festival celebrated by Hindus on the first day of the Malayalam month of *Medam* (April – May). The most significant ritual observed during Vishu is the *Kani Kanal* (meaning ‘first sight’), as it is believed that the fortunes of the upcoming year depend on what object is seen first on the morning of Vishu. Mostly celebrated at home, a pooja with the family and the evening feast are the highlights of this Hindu festival.
6. **Attukaal Pongala:** This festival is celebrated only by the women folk of Kerala. Women all over the city cook their offerings and bring it to the Attukal temple, which is located near Thiruvananthapuram city. Attukal Devi is said to be an incarnation of Goddess Parvati, wife of Lord Shiva. This is one festival, where people celebrate it without remembering their religion, caste or colour. The sweet dish called ‘Pongala’ (payasam) is prepared by the women in the morning and is ready by noon for the offering along with banana. This dish is made from boiled rice, jaggery, and coconut.

7. **Christmas:** Christmas in Kerala is celebrated unlike anywhere else in the world. The ever growing Christian population here, has adapted the Christmas celebrations, infusing it with the spirit and culture of Kerala itself. The birth of Jesus Christ is observed with traditional church services and elaborate nativity arrangements, sharing the love of Christ and the peace of the season with families and neighbours.
8. **Easter:** Easter is celebrated worldwide to signify the resurrection of Jesus Christ. As the Christians in Kerala account for about 23% of the state's population, Easter is observed with the same fervour as in the west and is marked by four distinct periods.
9. **Bharani:** This spectacular festival is celebrated in the month of Malayalam month of Kumbham (February – March) dedicated to Goddess Bhagavathy. The yearly event at the Sree Kurumba Bhagavathy Temple located at Kodungalloor and Chettikulangara Temple near Mavelikara in Alappuzha. People take ceremonial procession to the temple to the tune of music, the beating of drums and ornamental umbrellas and worship decorated effigies of chariots, horses and dieties .
10. **Makaravilakku Festival:** Makaravilakku is an annual festival that is celebrated in Sabrimala temple on the occasion of Makar Sakranti on 14th January each year. The idol of Lord Ayyappa is worshiped in the famous Ayyappa Temple in Sabarimala. A procession of people, dressed up in sacred attire, carries ornaments of Ayappan that are called *Thiruvabharanam*. The journey adverts two days prior to Makara Jyothi Day from *Pandalam*.
11. **Aranmula Uthrattathi:** This festival is celebrated with a ritual boat race held during the *Onam* festival The Aranmula boat race is a century old boat race that's celebrated on the occasion of Aranmula Uthrattathi. The snake boats move in pairs with an excited crowd cheering on the banks of the river Pampa. As per the legends, the boat carrying offerings to the temple *Aranmula Parthasarathy* was attacked by enemies, and neighbouring people sent their snake boats to protect it. Which is now a snake boat race celebrated during the festival.
12. **Adoor Gajamela:** It is an annual 10 day long celebration is held at the *Parthasarathy* Temple in Adoor dedicated to Lord Krishna. Gaja in Sanskrit means elephant and mela is fair. Nine elephants in their ceremonial attire are paraded, as hundreds of visitors throng the temple gates to witness the regal spectacle. The festivities include *Ashtamirohini*, the birthday anniversary of Lord Krishna, *Parichamuttukali* – a martial art, *Velakali* – a symbolic dance of ancient warfare, *Mayooranritham* – a form of peacock dance and a significant number of cultural programs as a highlight.
13. **Thiruvathira:** This festival is mostly celebrated in the month of either December or January. This festival is in total dedication to Lord Shiva and Kamdeva (God of love). All the devotees in temple for the Lord's blessing.
14. **Muharram:** Muharram is observed by Muslims to mourn the martyrdom of *Imam Hussain* (Prophet Mohammed's grandson) who died in the bloody massacre at Karbala in 680 AD. There is a period of fasting, and then glittery Taziyas (tombs made of bamboo and paper to replicate Hussain's tomb) are created and carried

out into the city streets. Huge processions follow these taziyas and people are seen beating their chests mourning the slaying of Hussain. At the end of the procession, devotees end their fast and give away clothes, food and money to the poor and the downtrodden.



Adoor Gajamela



Aranmula Uthrattathi



Attukaal Pongala



Bharani



Christmas



Easter



Muharram



Makaravilakku Festival



Onam



Theyyam Festival



Thiruvathira



Vishu Festivals

### Festivals of Kerala



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**1.5.9 A FEW DISHES FROM KERALA CUISINE**

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**1. Ginger pachadi***Ingredients-*

- Fresh ginger- 50 gm
- Gr. Chillies- 15 gm
- Mustard seeds- 5 gm
- Onion- 100 gm
- Crated coconut -100 gm
- Thick curd- 350 gm
- Curry leaves- a sprig
- Salt- tt
- Oil- 30 ml

*Method-*

- Grind the coconut to fine paste.
- Julienne the ginger and soak in water for ½ hour.
- Chop onion and green chilies.
- Cook together in little water, ginger, green chilies and chopped onion.
- Beat the curd well and add the chopped ingredients, salt and cook together for 2 minutes.
- Heat oil in a separate pan, add a chopped onion, mustard seeds and curry leaves.
- When seeds crackle, add to curd mixture, stir well and remove.

Note: always use thick curd and do not over cook the curd as it will curdle.

**2. Malayali fish curry***Ingredients-*

- Rohu fish- 700 gm
- Red chillies- 30 gm
- Coriander seeds- 2 tsp
- Turmeric- pinch
- Red onion- 150 gm
- Garlic- 8 flakes.
- Ginger- ½ ”
- Curry leaves- 2 sprig
- Cocum- 30 gm
- Salt- tt
- Coconut oil- 60 ml
- Fat- 30 gm

*Method:*

- Clean, wash and cut the fish into 1” slices (tracon).
- Broil red chillies and coriander, make powder and grind again with turmeric, garlic and onion to fine paste.
- Soak cocum in little warm water.
- Chop ginger.
- In a heavy bottomed frying pan take curry leaves and the cocum. Mix together the ground paste, fat and fish.
- Arrange on pan, pour enough water to cover the fish, bring to a boil and simmer on slow fire till the fish is cooked.
- Pour fresh coconut oil and remove from the fire.

**3. Avial***Ingredients-*

- Potatoes----- 25 gm
- Brinjal----- 225 gm
- Fr. beans----- 55 gm
- Raw banana----- 115 gm
- Pumpkin----- 100 gm
- Coconut----- 115 gm
- Thick sour curd----- 55 gm
- Coconut oil----- 50 ml
- Cumin----- ½tsp
- Green chilli-----5 nos.
- Turmeric----- pinch
- Curry leaves----- 1 sprig
- Salt----- tt

*Method:*

- Peel, wash and cut the vegetables into baton shape.
- Cook in sufficient water adding turmeric and curry leaves.
- Grate coconut and grind coarsely with green chillies and cumin. Mix well with curd.
- When the vegetables are cooked add curd, salt and the ground mixture.
- Bring to boil on slow fire. Add coconut oil, stir well and remove. Serve.

**4. Malabari parantha***Ingredients-*

- Maida-200 gm
- Water -to knead
- Ghee-50 ml
- Dry flour- for dusting

*Method:*

- Knead the flour into soft and pliable dough with the water. Cover and let rest for 30 minutes.
- Make 8 round and smooth balls. Roll into a round of about ¼ cm/ 1/8 " thickness.
- Smear the surface of this round, with ghee. Fold in ½, smear the surface with ghee again, and make another fold from corner to corner. Roll thinly without tearing.
- Heat the griddle (tava), and place one parantha on to it.
- When the edges start lifting, slightly, smear some ghee over it letting it trickle under it.
- Brown on both sides and serve.

**5. Aval payasam***Ingredients-*

- Aval (Flattened/Beaten Rice) – 2 cups
- Milk – 3 cups
- Sugar – 6 tbsp (Adjust according to desired sweetness)
- Powdered Cardamom (Elakka) – 1 tsp



- Condensed Milk – 4 tbsps
- Ghee – 2 + 1 tbsp
- Cashews – 10 to 12
- Raisins – 8 to 10
- Salt – a pinch

## Method-

- Wash the Beaten Rice thoroughly. Drain and keep aside.
- Heat 2 tbsp ghee in a non-stick pan and add the beaten rice. Lightly roast it for a few minutes until it becomes crisp.
- In a wide pan, heat 2 cups of milk. Add the roasted beaten rice, sugar and cardamom powder.
- Keep stirring so that the milk doesn't stick to the bottom of the pan. Add a pinch of salt to balance the taste.
- Cook the beaten rice for around ten minutes until it has softened.
- When the Beaten Rice is cooked, add 1 more cup of milk. Simmer the Payasam for a few more minutes stirring frequently.
- Reduce heat and add condensed milk. Keep stirring for another 2-3 minutes and then remove the Paysam from stove top.
- In a separate pan, heat 2 tbsp ghee. Throw in the cashews and raisins and fry until the cashews begin to brown. Add the fried cashews and raisins to the Payasam.
- Serve this yummy Aval Pyasam hot or cold.

### CHECK YOUR PROGRESS – III

### Q.1 What are the different variations of Kerala Cuisine?

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Andhra, Tamil and Keralian food has earned much fame across the globe, particularly for scrumptious dishes like Dosa, Vada, Idli, Uttapam and Sambar. The region offers a wide variety of vegetarian and non – vegetarian dishes with each state holding its own uniqueness and food habits. Some authentic and popular dishes of these regions that are sure to delight taste buds include Chakra Pongal, Sambar and Vadai from Tamil Nadu; Rava Idli from Karnataka; Kadala Curry and Appam from Kerala; and Kebabs and Biryani from Andhra Pradesh. These regions of India are known for their varied range of spices, many of which are being exported to different nations for centuries, like cinnamon, cardamom, nutmeg, cloves and pepper. The region is famous for a wide range of spicy foods with each state differing others predominantly from the spiciness of food, its different varieties and method of cooking. The staple food of locals of the region including some Brahmin communities is rice which is best savoured with Sambhar or curry. Tampering of different dishes remains almost the same with primary ingredients being mustard seeds, red chillies, curry leaves and oil among others. Availability of different root tubers, coconut and huge variety of fish has witnessed use of such items in various regional dishes. Ingredients like chana dal, urad dal, plantain, tamarind, ginger, garlic, coconut and snake gourd along with fresh green chillies and dried red chillies are used extensively in these cuisines.

Many of the exquisite and delectable cuisines of Andhra Pradesh indicate a profound influence of culinary styles of the Mughals on the cuisines of this place. The mouth – watering Andhra delicacies like Biryani, Kebabs and Kurmas among others that are usually heavy, spicy and hot in nature are sure to satiate the gastronomic enthusiasts. The traditional cuisines of Andhra are considered the spiciest among all other Indian cuisines and witness liberal use of tamarind and chilli powder that give the dishes a distinct tangy and hot flavour. Diverse ranges of cuisines are available in Andhra that differ mostly based on different regions. While the food of Rayalaseema district is quite similar to that of Tamil Nadu and eastern Karnataka due to its close proximity with these regions, the staple diet of the Telangana region, which has evolved into a new state, is rotis made of jowar and bajra. The Andhra coastal region offers varied cuisines with unique flavour, courtesy the more fertile lands of the belt and also due to availability of variety of seafood. Some of the toothsome and finger – licking dishes include: Hyderabad Biryani is made of Basmati rice, meat and selective rich spices. Other varieties of biryanis include Kachay Gosht ki Biryani and Dum ki Biryani. Achaari Subzi: a gravy preparation of vegetables having flavour of pickles. Dum ka Murgh: a chicken preparation made in Hyderabad Style. Mirchi ka Salan: a chili and peanut curry that often accompanies the biryani. Baghara Baingan: a brinjal curry that often forms a side dish with the Hyderabad Biryani.

The staple food of Tamil Nadu is rice which forms part of a typical Tamil meal and savoured with different mildly or richly spiced vegetarian and non – vegetarian dishes. Although most of the Tamilians barring the Brahmins and certain non – Brahmin communities are non – vegetarians, they usually consume vegetarian meals with meat intake being quite infrequent compared to other non – vegetarians across the globe. Traditionally, several dishes are served during the main meal that is typically savoured with rice as staple. These include: Sambar or sambhar, a very popular South Indian stew that is prepared with lentils, vegetables and tamarind. Rasam, a tamarind – based soupy dish prepared with tomato, cumin, pepper, chilli pepper and can also comprise of any combination of vegetables with lentils. Kuzhambu, a gravy dish made of toor dal, urad dal, tamarind and other spices that can include different vegetables. Thayir that is curd which when taken with rice is called ‘Thayir Sadam’ where Sadam means rice.

Among the different regions of Tamil Nadu, cuisines of Chettinad, a region that falls in the Sivaganga district situated in southern part of the state, has earned huge fame for its spicy and aromatic dishes, particularly the non – vegetarian ones. The meaning of Chettinad itself is a social caste that is skilled in preparing food and the Chettinads are regarded as great chefs. The unique hot and pungent flavour of the dishes seasoned with grounded spices, the boiled egg toppings on the meals, the salted vegetables and sun – dried meat are some of the distinct features of this cuisine. Some of the popular vegetarian dishes of the area include dosa, sambar, rasam, thayir sadam, paniyaram, kozhakattai and adikoozh. Different non – vegetarian dishes are made of chicken, mutton, crab, fish, prawn and lobster, some of the selected ones are fish fry, Chettinad pepper chicken and Karuvattu Kuzhambu.

Kerala cuisine is varied, but best categorized according to the different local communities. The more famous ones are the Malabari Muslim dishes and the Syrian Christian dishes. Availability of coconut which is also the prime export item of the state has made it a fundamental component of Kerala cooking whether used as an ingredient or in oil form extracted from the nut. Availability of seafood in the coastal

belt of the state makes it almost a daily consume. The common breakfast items include dosai, idli, porotta with mutton or chicken curry, vegetable stew, duck roast and chicken or mutton stew among various other dishes. Different vegetarian dishes include aviyal, sambar, rasam, kichadi, pachady and olan to mention a few. There is a wide variety of non – vegetarian dishes with some of the popular ones being Malabari Fish Curry, Pork Mappas, Malabar Biriyan, Meen Thoran – a fish preparation with coconut, Duck Curry, Pork Vindallu, Shrimp Coconut Curry, Fish Fry and Fish Curry. The various snacks items are banana fry, cutlets, cakes, halwas and payasam among others.

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## 1.7 GLOSSARY

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- 1 **Aadi Perukku** : Monsoon festival of Tamil Nadu.
- 2 **Adai** : Adai is a healthy, protein rich & nutrient dense Breakfast made of mixed lentils & spices. It is one of the most commonly eaten foods from Tamil cuisine.
- 3 **Addaikal** : Thick griddle plate usually used to cook addai
- 4 **adupus** : Malyali name for cooking stove
- 5 **Akakara** : Telugu name for spine gourds, used for making sambhars.
- 6 **Ammas** : Village Goddess of Andhra Pradesh.
- 7 **Ammikuuti** : Wet masala grinder (in Malayalam)
- 8 **avapettina kura** : Mustard seed (In Telugu)
- 9 **Badam – ki – Jhab** : Marzipan in Malayali cuisine.
- 10 **Bharani** : Malayali festival dedicated to Goddess Bhagavathy.
- 11 **Billavakka** : Andhra snacks prepared with rice flour and deep fried
- 12 **Bommidala Pulusu** : Malayali fish stew
- 13 **Booralu** : Malayali name for laddoo
- 14 **Boti Jhammi** : Nizami kebab made with meat and intestines of goat.
- 15 **Cheena chatti** : Chinese wok in Malayali
- 16 **Chembu** : Malayali name for calocasia.
- 17 **Cherava** : Malayali utensil used to grate coconut.
- 18 **Chippa** : Clay pot used to cook meat in Nizami cuisine.
- 19 **Choru** : Parboiled rice (in Malayali)
- 20 **Dalcha** : Also known as kaddu ka dalcha, is an Indian lentil – based curry originating from Hyderabad. Primary ingredients are mutton, chana dal and tamarind.
- 21 **Dosa Thiruppi** : Flat slicer used to lift dosa ( in Tamil)
- 22 **Dum Ke Baingan** : Charcoal roasted brinjal, cooked in spices (Nizami cuisine)
- 23 **Eyya Chombu** : It is made of pure tin. The best vessel to make Rasam traditionally in Tamil cuisine.

- 24 **Garijelu** : Deep fried dumpling with a sweet coconut and sugar filling inside. (Nizami cuisine)
- 25 **Gongura** : Widely eaten leafy plant from Andhra Pradesh.
- 26 **Haleem** : It is a type of stew popular Hyderabad cuisine. It includes wheat or barley, meat and lentils.
- 27 **Jaadilu** : Telugu name of traditional pickle jars used to store home – made pickles.
- 28 **Jahaji Korma** : A spiced meat delicacy from Hyderabad, which has shelf – life of 40 – 45 days, suitable for long journeys.
- 29 **Kachchi biriyani** : In this all the biriyani materials are cooked together to refinements.
- 30 **Kalam** : An iron vessel in which rice or tapioca is boiled. (Malayali name)
- 31 **Katti** : Vegetable knife in Telugu.
- 32 **Kosta** : The Coastal Andhra region is around Krishna and Godavari delta regions
- 33 **Kozhinira chathu** : Stuffed chicken (Mapilla cuisine – Kerala)
- 34 **Lagan – ke – Kababs** : Kebabs cooked in lagan (big thali), cut into burfi shape.
- 35 **Lukmi** : Minced meat patty. A typical mince savoury or starter of the cuisine of Hyderabad.
- 36 **menthipettina kura** : Fenugreek seed paste (Nizami cuisine)
- 37 **Nahari** : Thick mutton stew.
- 38 **Nizams** : The Royals of Hyderabad state.
- 39 **Ooragaya** : Its other name of Hyderabad chutney.
- 40 **Pakki biriyani** : All the biriyani ingredients are cooked separately and then arranged and served.
- 41 **Palaharam** : Raw fruit diet during fasting ( Tamil and Malayali)
- 42 **Pappu** : Telugu name for dal or lentil.
- 43 **pongal** : It is a four – day – long harvest festival celebrated in Tamil Nadu. It is name of a dish also.
- 44 **Pushkaram** : Festival of Holi dip in Godavari, Krishna and Pennar in Andhra Pradesh.
- 45 **Puthandu** : Tamil New year.
- 46 **Qubani – ka – Meetha** : Hyderabad sweet made from apricots.
- 47 **Rayalaseema** : It is region in Andhra Pradesh on the other side of Krishna river.
- 48 **Sadhya** : Keralian banquet.
- 49 **Sakinalu** : A traditional snack from Hyderabad usually prepared during Sankranti festival made of rice flour and sesame seeds.
- 50 **Saral Vizha** : It is a novel festival celebrated in the month of August to commemorate waterfalls in the region of Kuttalam in Tamil Nadu.
- 51 **Sheer Korma** : Vermicelli kheer from Hyderabad.

- 52 **Thaipusam** : A Tamil festival in honour of Lord Murugan .
- 53 **Tharavads** : Traditional homes of Kerala.
- 54 **Thiruvathira** : A Keralian Hindu festival paying homage to lord Shiva.
- 55 **Thuruvammai** : Equipment used as coconut scrapper, peeling and cutting vegetables and cutting of fish and meat. (Tamil)
- 56 **Ugadi** : Telegu New year.
- 57 **Ulava charu** : Famous Hyderabad soup made from Horsegram.
- 58 **Ulli akku kura** : Spring onion curry from Andhra Pradesh.
- 59 **Uruli** : Heavy metallic pot used to cook sambhar. (Tamil)

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## 1.9 TERMINAL QUESTIONS

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1. What are the characteristics of Hyderabad cuisine?
2. How does the history and geography influence the food habits of the people of Hyderabad?



3. What were the staple foods of the Nizams?
4. Discuss elaborately the different regions of Andhra Pradesh cuisine.
5. Name few equipments used in Hyderabadi cuisine.
6. Name at least 5 specialties of Hyderabadi cuisine with recipe of any one.
7. Write short note on two festivals of Andhra Pradesh with the food specialties that are served.
8. Elaborate Chawki dinner.
9. How culture and tradition of Tamil Nadu influence the food habits of the people?
10. Discuss elaborately the salient features and characteristics of the different regional cuisines of Tamil Nadu.
11. Write short note on Virundhu Sappadu.
12. Write the name of 5 festive food of Tamil Nadu with recipes of any two.
13. How does the climate of Kerala influence the cuisine of the local people?
14. What are the features of Keralian cuisine?
15. Discuss traditional Keralite kitchen.
16. Write note on at least 5 festivals of Kerala along with the food associated with.

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# UNIT: 02

## CUISINES OF AWADH, BENGAL AND ODISHA

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### STRUCTURE

- 2.1 Introduction
- 2.2 Objectives
- 2.3 Awadh
  - 2.3.1 Geographical perspectives
  - 2.3.2 Brief historical background
  - 2.3.3 Culture and traditions of the people of Awadh
  - 2.3.4 Climate
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## 2.1 INTRODUCTION

Known for its royal cuisine with delectable flavours, Awadhi cuisine has a specific style of cooking that brings out the real essence of the delicacies. Lucknow, the capital of U.P extends along banks of the river "Gomthi". The creator of Lucknow as it is today is Nawab Asaf ud Daula. After the battle of Buxar, the rulers of Awadh, turned their attention to more peaceful pursuits. The city became known as the centre of Urdu poetry and country diction, and reached its' acme during the reign of Wajid Ali Shah, who was a connoisseur of food. During this time the bawarchis (cooks) of Awadh were the ones who first brought the concept of the 'dum' style of cooking or the art of cooking over a slow fire. It is this combination of slow cooking with perfect ingredients that brings the flavours". Lucknow is known for its elaborate cuisine, 'chikankaari' (embroidery on muslin cloth) and the 'Pehle Aap' tradition (emotional warmth and high degree of hospitality). The culinary skills were raised to a fine art under the royal patronage, a favourite pastime of Nawabs of Awadh being perfecting the art of cooking. Although Awadh is not a state, the Mughlai food of Lucknow is commonly known as Awadhi cuisine. In the times of the nawabs this region was known as Awadh. Awadh region constitutes the area of Lucknow, Kanpur, Allahabad and Varanasi in U.P. Lucknow, commonly known as the 'city of nawabs', reflects the Persian culture of art, curty manners, poetry, and fine cuisine. The Awadhi cuisine is greatly influenced by Mughal cooking techniques, it bears similarities to the cuisines of Persia, Kashmir and Hyderabad.



Bengal has been famous for its food and cuisine ever since the establishment of civilization in the landscape of gluttons, made up of the sovereign state of Bangladesh (earlier East Bengal or East Pakistan) and the Indian state of West Bengal. Bengali cuisine generally involves a hot palette, using a large number of herbs, spices and roots in order to create dishes that are full of depth. However, these flavors can also be manipulated to create more delicate tastes, and it is important to note that dishes vary from region to region. The areas of West Bengal and Bangladesh are interesting for both their similar qualities, and inherent differences. Today, Bengal is divided between West Bengal and Bangladesh. This has been the case since the partition of Bengal which took place in 1947, and led to some small but important changes in both areas. The city of



Kolkata within West Bengal became a multicultural hub and thriving port, whereas Dhaka within Bangladesh was in a way disconnected from this, and independently maintained more traditional influences and characteristics within its culinary choices. Religions across both borders are also important factors, as dietary requirements vary between Hindus and Muslims respectively. For insider information on food from Bengal and across the Ganges, look at The Hungry Pilgrim and their adventures through Indian cuisines, beginning with West Bengal. The regionality of the foods across West Bengal and Bangladesh is important to consider, as many of the most popular dishes have different variations depending on where you are. In Bangladesh for example, the food can be seen to revolve around Mughlai cuisine, and takes heavy influences from Persian and Arabic cuisine. Here they use beef, which can be seen in dishes such as the beef kebab, while this meat is not commonly consumed in West Bengal due to religious reasons. Within the southern parts of Bengal that are surrounded by rivers, there is a preference of river fish; central parts favor fried rice and meat, and some of the northern regions prefer vegetable curries.

Odia Cuisine is the cuisine of the state of Odisha. It has developed over time with local culture and agriculture and hence has its distinct items and practices. Located on the eastern coast, Odisha, known as 'The soul of India' is a beautiful combination of exotic cultures, architectural brilliance, and stunning natural landscapes. Little do people know that Odisha is equally rich when it comes to Odisha cuisine. Aptly called 'the Goa of Eastern India', Odisha is like a



quintessential gourmet central for every foodie. The simple yet distinctive style of Odisha food has its own identity. The food prepared in the region, called 'Odiya food,' is non – fussy and delectable, with a lot of focus on locally available ingredients. The food of Odisha bears a striking resemblance to the food prepared in its neighbouring states like Bihar, Andhra Pradesh and West Bengal. History has it that most wealthy men in erstwhile Bengal employed Odiya men as cooks and that many famous “Bengali” dishes actually have an Odiya origin. If you are visiting Odisha and are wondering what specialties to try, here is a peek into the cuisine of Odisha.

## 2.2 OBJECTIVE

After learning this unit the learners will be able to understand –

- Geographical Perspectives
- Brief Historical Background of the three states
- Climatic conditions of the states
- Agriculture and Staple Food
- Characteristics & Salient Features of Cuisine
- Equipment and Utensils Used

- Specialties during Festivals and Other Occasions
- A few representatives dishes of the state

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## 2.3 AWADH

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The cuisine of Awadh will be discussed under the following sub – sections –

- Geographical perspectives
- Brief historical background
- Culture and traditions of the people of Awadh
- Climate of the state
- Agriculture and staple food of the people
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals and other occasions of the state
- Community foods served during occasions
- A few representatives dishes of the state



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### 2.3.1 GEOGRAPHICAL PERSPECTIVES

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Yet theoretically and historically what came to be the Mughal suba of Awadh (in the United Provinces), with its capital as Ayodhya, stretching from Ganga to the Gandak, entirely consisting of alluvial plains. By and large it corresponded to the 15th century Sharqi kingdom with its capital at Jaunpur on the Gomti and to the ancient Kosala, with its earlier capital at Sravasti and later at Ayodhya. With the changing period its boundaries were changed, rivers were the links to the different states, later Awadh region was roughly described as the country between Ghaghara and Gomati west to the line from Ayodhya to Sultanpur, this division included present district of Faizabad (including Ambedkarnagar), some portion of Lucknow, Sitapur, Barabanki and north of Sultanpur). To the east and west it is enclosed by the older acquired districts of the North West provinces – with Jaunpur, Basti, Azamgarh on one side and Sahajahanpur, Farrukhabad and Kanpur on the other. Awadh is situated, a little westward of the centre of that portion of the Gangetic plain. In nutshell Awadh is bounded by the Ganges Doab to the southwest, Rohilkhand to the northwest, Nepal to the north, and Purvanchal to the east. Its inhabitants are referred to as Awadhis. The major rivers of Awadh are the Yamuna, Ganges, Ghaghara and Sarayu.



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### 2.3.2 BRIEF HISTORICAL BACKGROUND

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Awadh's political unity can be traced back to the ancient Hindu kingdom of Kosala, with Ayodhya as its capital. It was taken by Muslim invaders in the 12th century and became part of the Mughal Empire in the 16th century with Faizabad as its initial capital and Saadat Ali Khan as its first Subadar Nawab and progenitor of a dynasty of Nawabs of Awadh (often styled Nawab Wazir al – Mamalik). British interest in Awadh began in the 1760s, and after 1800 they exercised increasing control there. It was annexed (as Oudh) by the British in 1856, an action that greatly angered Indians and which has been cited as a cause of the Indian Mutiny (1857–58), the largest Indian rebellion against British rule. Lucknow, the region's most populous city, was the scene of much fighting during the unsuccessful revolt. In 1877 the British – controlled Oudh region was joined with Agra to form the United Provinces of Agra and Oudh. The traditional capital of Awadh was Faizabad, but the capital was later moved to Lucknow, also the station of the British Resident, which now is the capital of Awadh. After India's independence in 1947 that territory became part of Awadh.

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### 2.3.3. CULTURE AND TRADITIONS OF THE PEOPLE OF AWADH

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The culture of the people of Awadh is very much fascinating and captivating. The people are known for their rich cultural heritage where they adhere to their traditional customs and practices. Apart from its natural gifts the people have nurtured a rich heritage of cultural elements. The people of Awadh take the pride of bestowing the two great epics in Indian history namely Mahabharata and Ramayan. The culture of Awadh, thus, has rightly imbibed this trend and manifested it in its various features. It is highly essential to mention about the fairs and festivals celebrated by the people which gives a glory to the culture of the people. Apart from the national festivals like Holi, Diwali and Makar Sankranti which are celebrated with great fervor the people also fete on many regional festivals and fairs like Taj Mahaotsav which attracts people from all over the globe. This festival recalls the inheritance of the Mughal era by displaying the fine marble replica toys of the Taj, Mughal jewelry, 'zari' clothing and much more. The festival of Kumbhmela is celebrated with following of religious practices and traditional customs. During the months of October – November the Ganga festival is celebrated on the banks of the river Ganga and the same is worshipped. The other major celebrations of festivals and fairs include Lucknow festival and Bateshwar fair. Most of the festivals here are accompanied by events like kite flying, chariot race, and pigeon flying which are memories of the Hindustan Nawabs and is an integral part of the festival.

The people of Awadh follow the ritual or more than that they make it compulsion in one's life time of taking a dip in the holy water of river Ganga and Yamuna. They believe that by having a bath in this holy water they get purified from all the sins they have committed in their life time. Aarti is another important ritual which is followed in the Ganga ghats. The deities are offered with light from the wicks soaked in purified butter in a very grand manner. *Havan* is a ritual performed by the people of Hindu community. It involves lighting of holy fire or the *Yagna* and the belief is that by doing this all evils and ill – wills are thrown apart. It is considered very auspicious among the Hindus to perform a Havan for the prosperity and the good luck before starting of any new work. This puja is conducted by the chief priest and during which lots of mantras are recited. They follow the patriarchal system of society or social structure. There is a great harmonical balance between all sects and religion. Awadh is the most populated state in the country with 175 million inhabitants, out of whom 81% follow the Hinduism, 18% follow the Islam, and the rest belongs to the religion



of Sikhism, Jainism, Buddhism and Christianity. In the Hindu community there are various sub groups based on the caste they belong to. The Brahmin is the most superior caste followed by the Kshatriyas, Vaishayas, they dominate the economic and political sector over the centuries and are in minority. The schedule casts schedule tribes and the backward class forms the majority and lives in rural areas. *Ganga – Jamuni tehzeeb*, that poetic Awadhi phrase for a distinctive, syncretic Hindu – Muslim culture is also reflected in the many crafts and weaves — in their form, symbolism, aesthetics and spiritual connotations. For example Kashmiri Muslim carpet makers feature Durga in their patterns, Muslim sculptors making idols of Durga, and Hindu craftsmen create the Muharram tazia. Even though having too many religions and castes the people of the state has lived in complete tranquility.

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#### 2.3.4 CLIMATE

Awadh's climate can be referred as humid subtropical climate with dry winters. Awadh experiences all the 4 seasons and commonly has a climate with humid temperature. Winter season falls from November till February where in some parts of the northern region the temperature dips to 0 degree centigrade. Thick mist and fog can be observed in the northern plains. It is followed by summers between March to June where the maximum temperature rises to 48 degree centigrade. The monsoon season falls between June and September. Variations in climate occur at different parts of Awadh. Many a times the state experiences single climatic pattern with minor variations due to the uniformity of the vast Indo – Gangetic Plain. Cyclical droughts and floods due to unpredictable rains are experienced in many parts of the state due to variations in climate. Rainfall in state can vary from an annual average of 170 cm in hilly areas, to 84 cm in Western parts of the state. Relative humidity is low, that is around 20 per cent and dust winds blow throughout the season.

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#### 2.3.5 AGRICULTURE AND STAPLE FOOD

Awadh is one of the major contributors to the national food grain stock and some of the major crops grown here include wheat, rice, maize, sugarcane, oilseeds, potatoes, cotton, tobacco, jute and pulses. Wheat and rice are the staple food of Awadh people. This is partly due to the fertile regions of the Indo – Gangetic plain and partly due to irrigation facilities such as canals and tube – wells. Pulses, wheat, rice, potatoes and oil seeds are the major agricultural products produced in the state. Sugarcane is the most important cash crop throughout the state. Lakhimpur Kheri is a densely populated sugar – producing district in the country. Awadh region shares 70% of the total sugar production in the country. Vegetables of all kind are well grown in this Indo – Gangetic plain. As far as horticulture is concerned, Awadh is an important state. Intensive plant cultivation is practiced all around the state. Apples, guava, litchi, water melon, musk melon and mangoes are highly produced. Due to extensive agricultural activity cattle farming is also well established. Buffaloes, cows and goat milk are abundantly available.

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#### 2.3.6 CHARACTERISTICS & SALIENT FEATURES OF CUISINE

Lucknow being the capital of most of the Nawabs, so the food culture of this place is widely developed and propagated. The region is famous for its *Nafasat* (Refinement) and *Nazaakat* (Delicateness), which can be seen in its kebabs and other Nawabi food which bears more or less similarities to Mughlai, Kashmiri and Hyderabadi cuisine. The secret of Awadhi cuisine lies in the manner in which the food is cooked on a slow fire and the spices used while making a dish. It does not use of hundred odd spices to produce each dish but a blend of handful uncommon spices. A whole battalion of

chefs used to serve the nawabs of Lucknow. Each chef had his own secret recipe which he used to impress the nawab and gain favours. An Awadhi cuisine is majorly adorned by three kinds of cooks –

- Bawarchis – the experience cooks who cooked food for big gatherings in large quantities.
- Nanfus – nanfus made selection and preparation roti, chapattis, naans, sheermals, baquarkhani, kulchas and taftans.
- Rakhabdar – they used to cook in small quantities and responsible for garnish and presentation of the food.
- Daroga – e – Bawarchikhana (Head of kitchen)

Apart from these there were helpers who assisted the above in the preparations, like –

- Kanhaar – water boys
- Mehrin – utensil cleaners
- Masalchi – who grinds masalas

There were competitions organized for chefs to prove their talent. The best dish or the one most liked by nawab was then rewarded. Thus each chef tried to do his best and present the most exotic dish. The *bawarchis* (chefs) and *rakabdars* (gourmet cooks) of Awadh invented the *dum style* of cooking or the art of cooking over a slow fire which was unique because it not just retained the flavours and aroma of the food, but also the nutrients. The richness of Awadh cuisine lies not only in the variety of cuisine but also in the ingredients used like mutton, paneer, and rich spices, which include cardamom and saffron.

**Dastarkhwan**, a Persian term, literally means a laid – out ceremonial dining spread. It is customary in Awadh to sit around and share the Dastarkhwan. The Babarchis of Awadhi transformed the traditional dastarkhwan with elaborate dishes like *kababs*, *kormas*, *kaliya*, *nahari* – *kulchas*, *zarda*, *sheermal*, *roomali rotis* and *parathas*. There are also other important processes such as marinating meats in order to produce a delightful taste. Fish, red meats, vegetables and cottage cheese may be marinated in curd and spices. This helps to soften the taste and texture of them as well as remove any undesired odors from the fleshy materials. This is especially the case with barbecued food that might be cooked in a clay oven (*tandoor*) or over an open fire (*sigri*). Some of the tawa preparations are in fact equally, if not more famous like tandoori kebabs and tikkas.

The menu changes with the seasons and with the festival that marks the month. The severity of winters is fought with rich food. *Paye* (trotters) are cooked overnight over a slow fire and the *shorba* (thick gravy) eaten with naans. Turnips are also cooked overnight with meat koftas and kidneys served during lunch. This dish is called *shab degh* and is very popular in Lucknow. Birds like partridge (*Teetar*) and quail (*Batair*) are eaten from the advent of winter since they are heat giving meats. Fish is relished from the advent of winter till spring. Zarda Pulao is favourite during Spring season. In summers coolants like Aam ka panna, Shikanji and lassi are had as a part of a daily meal. Fruits such as mango, melons, water melons are also consumed in great quantities. Chutneys, Murrabbas and Achars are made in great quantities. Lots of Raitas are also eaten. It is avoided in the rainy season. In Awadh river fish are preferred particularly *rahu* (carp) and fish kababs (cooked in mustard oil) are preferred.

Green peas are the most sought after vegetable in Awadh. One can spot peas in nimona, salan, qeema, pulao or just fried plain.

Spring (Sawan) is celebrated with *pakwan* (crisp snacks), *phulkis* (besan pakoras in salan), *puri – kababs* and *birahis/berani* (paratha stuffed with mashed dal) *khandoi/dhoka* (steamed balls of dal in a salan), *laute poute* (gram flour pancakes—rolled, sliced, and served in a salan), *Patoda* OR *Seodha* (colocasia – leaf cutlets served with salan) add variety. In summer, raw mangoes cooked in jaggery or sugar, make a dessert called *galka* also raw mangoes cooked with vermicelli or semolina, jaggery or sugar called *shakramba*. These dishes come from the rural Hindu population of Awadh.

Activity in the kitchen increases with the approach of festivals. During Ramzan, the month of fasting, the cooks and women of the house are busy throughout the day preparing the *iftari* (the meal eaten at the end of the day's fast), not only for the family but for friends and the poor. Id is celebrated with varieties of Siwaiyan (vermicelli). *Muzzaffar* is a favourite in Lucknow. *Shab – e – barat* is looked forward to for its halwas, particularly of semolina and gram flour. *Khichra* or *haleem*, a mixture of dals, wheat and meat, cooked together, is had during Muharram, since it signifies a sad state of mind.

Some dishes appear and disappear from the Lucknow *dastarkhwan* seasonally, and others are a permanent feature, like *qorma*, *chapatti*, and *roomali roti*. The test of a good chapatti is that you should be able to see the sky through it. The dough should be very loose and is left in a *lagan* (deep broad vessel) filled with water for half an hour before the chapattis are made.

*Sheermals* were invented by Mamdoo bawarchi more than one and a half century ago. They are saffron covered parathas made from dough of flour mixed with milk and ghee and baked in iron tandoors. No other city produces sheermals like Lucknow does and the festive dastarkhwan is not complete without it.

Spices used in Awadh cuisine

All Spice (*Kebab Chini*), Bay Leaf, Asafoetida or Hing, Liquorice, saffron (kesar), Black Peppercorn, Star Anise, mace (javitri), dried lemon grass (jarakush), sandalwood, rose petals, alum, vetiver, Cinnamon, Clove, Cardamoms i.e. Badi Elaichi, Chotti Elaichi, royal cumin (shahi jeera), Caraway Seeds (jeera), Coriander, Chilies and Fenugreek. A popular spice mix called *Lazzat –e –taam* is used to flavour dishes.

**Kebab:** Kebab's are the integral part of Awadhi. Lucknow is proud of its Kebabs. There are several varieties of popular kebabs in Awadhi cuisine viz. Kakori Kebabs, Galawat ke Kebabs, Shami Kebabs, Boti Kebabs, Patili – ke – Kebabs, Ghutwa Kebabs and Seekh Kebabs are among the known varieties. The kebabs of Awadhi cuisine are distinct from the kebabs of Punjab insofar as Awadhi kebabs are grilled on a chulha and sometimes in a skillet as opposed to grilled in a tandoor in Punjab. Awadhi kebabs are also called "*chulha*" kebabs whereas the kebabs of Punjab are called "*tandoori*" kebabs. The Seekh Kebab has long been considered a piece de resistance in the Awadhi dastarkhwan. Introduced by the Mughals it was originally prepared from beef mince on skewers and cooked on charcoal fire. Now lamb mince is preferred for its soft texture. The 100 – year – old *Tunde ke Kabab* in Chowk is the most famous outlet for Kababs even today. Tunde kabab is so named because it was

the specialty of a one – armed chef. The tunde kabab claims to be unique because of the zealously guarded family secret recipe for the masala (homemade spices), prepared by women in the family. It is said to incorporate 160 spices. *Kakori kabab* is considered blessed since it was originally made in the place by the same name in the dargah of Hazrat Shah Abi Ahder Sahib with divine blessings. The mince for the kabab comes from the *raan ki machhli* (tendon of the leg of mutton) other ingredients include khoya, white pepperm and a mix of powdered spices that remains secret. *Shami Kebab* is made from mince meat, with usually with chopped onion, coriander, and green chillies added. The kebabs are round patties filled with spicy mix and tangy raw green mango. The best time to have them is May, when mangoes are young. When mangoes are not in season, kamrakh or karonda may be substituted for kairi, as both having a tart flavour reminiscent of the raw mango. A variant made without any mixture or binding agents and comprising just the minced meat and the spices is the *Galawat kabab*. An unusual offering is the *Pasanda Kebab*, piccata of lamb marinated and then sautéed on a griddle. *Boti kebab* is lamb marinated in yoghurt and skewered, then well cooked. Traditionally, Boti Kebab (Lamb) is cooked in a clay oven called a tandoor. Vegetarian kebabs include *Dalcha Kebab*, *Kathal ke Kebab*, *Arbi ke Kebab*, *Rajma Galoti Kebab* (kidney bean kebab cooked with aromatic herbs), *Zamikand ke Kebab* (Lucknowi yam kebabs), etc.

### Curry preparations

Korma is actually the Indian name for the technique of braising meat. It originated in the lavish Moghul cuisine wherein lamb or chicken was braised in velvety, spiced sauces, enriched with ground nuts, cream and butter. While kormas are rich, they are also mild, containing little or no cayenne or chillies. There are both vegetarian (*navratan korma*) and non – vegetarian (chicken, lamb, beef and fish korma) varieties of korma. Murgh Awadhi Korma is a classic from Lucknow.

*Kaliya* is a mutton preparation with gravy along with the compulsory inclusion of turmeric or saffron.

### Rice preparations

**Lucknowi biryani** – *Biryani* derives from the Persian word *Biryan*, which means "roasted before cooking." Biryani is a mixture of basmati rice, meat, vegetables, yogurt, and spices. *Lucknow biryani* or *awadh airyani* is a form of *pukki biryani*. Pukki means "cooked." Both meat and rice are cooked separately, then layered and baked. The process also lives up to the name biryani in the Persian meaning "fry before cooking".

It has three steps. First, the meat is seared in ghee and cooked in water with warm aromatic spices till tender. The meat broth is drained. Second, the rice is lightly fried in Ghee, and cooked in the meat broth from the previous step. Third, cooked meat and cooked rice are layered in a handi. Sweet flavours are added. The handi is sealed and cooked over low heat. The result is a perfectly cooked meat, rice, and a homogenous flavour of aromatic meat broth, aromatic spices and sweet flavours.

The vegetarian version of biryani might have some textured vegetable protein based protein balls to present the impression of a meat – based dish for vegetarians. The difference between biryani and pullao is that pullao is made by cooking the meat in ghee with warm aromatic spices until the meat is tender, then adding rice and cooking in the sealed pot over low heat till done—but with biryani, the rice is boiled or parboiled separately in spiced water and then layered with meat curry or marinade (depending on the type of biryani), then sealed and cooked over low heat until done.

Tehri – *Tehri* is the name given to the vegetarian version of the dish and is very popular in Indian homes.

### Bread preparations

As wheat is the staple food of the state, breads are very significant. Breads are generally flat breads; only a few varieties are raised breads. Tawa roti is bread made on crude iron pans. Improvisations of the roti (or bread) are of different types and made in various ways and include the rumaali roti, tandoori roti, naan (baked in a tandoor), kulcha, lachha paratha, sheermaal and baqarkhani.

Breads made of other grains have descriptive names only, thus we have *Makai ki roti*, *Jowar ki roti* (barley flour roti), *Bajre ki roti* (bajra is a grain only grown in India), *chawal – ki – Roti* (roti of rice flour).

- **Chapati** is the most popular roti in India, eaten for breakfast, lunch, or dinner.
- **Puri** are small and deep fried so they puff up.
- **Paratha** is a common roti variant stuffed with fillings of vegetables, pulses, cottage cheese, and even mince meat and fried in ghee or clarified butter. This heavy and scrumptious round bread finds its way to the breakfast tables of millions.
- **Rumali Roti** is an elaborately prepared ultra thin bread made on a large, convex metal pan from finely ground wheat flour. The Urdu word *rumaali* literally means a kerchief.
- **Tandoori Roti** is a relatively thick bread that ranges from elastic to crispy consistency, baked in a cylindrical earthen oven. The Urdu word *tandoor* means an oven.
- **Naan** is thick bread, softer and richer in texture and consistency than the tandoori roti. It is made from finely ground wheat flour kneaded into a very elastic mass.
- **Sheermaal** is a sweetened Naan made out of Maida (All – purpose flour), leavened with yeast, baked in a Tandoor or oven. It typically accompanies aromatic quorma (gravied chicken or mutton). Originally, it was made just like Roti. The warm water in the recipe for Roti was replaced with warm milk sweetened with sugar and flavoured with saffron. Today, restaurants make it like a Naan and the final product resembles Danish pastry.
- **Baqarkhani** is an elaborate variation of the sheer – maal that is fried on a griddle rather than baked in a tandoor.

### Desserts

Winters are dedicated to halwas of all kinds that came from Arabia and Persia to stay in India. There are several varieties of these, prepared from different cereals, such as gram flour, sooji, wheat, nuts and eggs. The special halwa or *halwa sohan*, which has four varieties, viz *Papadi*, *Jauzi*, *Habshi* and *Dudhiya* is prepared especially well in Lucknow.

The *Jauzi Halwa Sohan* is a hot favourite even today, but the art of preparing it is confined to only a few households. Prepared for the most part from germinated wheat, milk, sugar, saffron, nuts etc., it has love and patience as its vital ingredients. *Ananas Ka Muzaffar* – Electric yellow rice with sugar syrup, pineapple chunks and ghee. *Shahi Tukra* – Shahi means — Grand Tukra means — Pieces — Here the grand refers



to the richness of the dish. Fried breads dip in sugar syrup simmer in balai / rabari. Traditionally cooked or served from Mahi Tawa.

### Chaat

Chaat and Samosa originated in Uttar Pradesh but now are popular nationwide and abroad. These are the integral part of street foods across India. The chaat variants are all based on fried dough, with various other ingredients. The original chaat is a mixture of potato pieces, gram or chickpeas and tangy – salty spices, with sour home – made Indian chilli and *Saunth* (dried ginger and tamarind sauce), fresh green coriander leaves and yogurt for garnish, but other popular variants included *Aloo tikkis* (garnished with onion, coriander, hot spices and a dash of curd), *dahi puri*, *golgappa*, *dahi vada* and *papri chaat*. masala dosa is originated here.

There are common elements among these variants including dahi, or yogurt; chopped onions and coriander; sev (small dried yellow salty noodles); and chaat masala, a spice mix typically consisting of amchoor (dried mango powder), cumin, Kala Namak (rock salt), coriander, dried ginger, salt, black pepper, and red pepper. The ingredients are combined and served on a small metal plate or a banana leaf, dried and formed into a bowl. *Sherbat* is a well – known beverage in Awadhi cuisine, and is served especially during the summers. It tends to be a mixture of simple lemonade and complex drink of milk with crushed almonds. It is always served cold, and may also be quite filling. One of my other favourite hot beverages to consume on the chilly evenings of winters in Lucknow is the *Kashmiri tea* or *NoonChai*, this amazingly pink beverage is made from the same tea leaves as green tea but varies dramatically in taste. A bit salty and incredibly creamy, this chai (tea) is as unique in taste as it is in appearance. Paan was frequently consumed by the Nawabs and their Begums. *GiloriLucknowiPaan*, was carefully crafted and modified to comply with the royal taste of Lucknow

### CULINARY TERMS USED IN THE CUISINE

**Baghar**– A method of tempering a dish with spices in hot oil or ghee, when making any curry dish the tempering is done before the curry is made and when any dal preparation is made, tempering is done with the help of a ladle at last to give a finishing taste.

**Dhungar/Dhunger**– A smoke procedure to impart flavor to meat dishes, the smoke enhances the aroma of the food making the meat tender and delicious.

**Dum Dena** – Dum means breathe, the process is done by cooking in sealed large pot, which is cooked over slow charcoal fire. One of the famous dish cooked by this process is Biryani or Dum Pukht Biryani. The chefs of Awadh are credited with invention of Dum Pukht Biryani.

**Gile Hikmat** – means Covered with clay, generally used to prepares Kushtas ( whole vegetable or meat stuffed with spices and nuts, covered with banana leaf and then clay, buried in the heat of oven.

**Galavat/Galawat**– The process of adding softening agents to meat in order to tenderize it. One such preparation is Galavati Kebab. Papain, Kalmi Shora (KNO<sub>3</sub>) is few softening agent which is used in this process.

**Durust Karna** – Adjusting of the seasonings, spices or tempering especially ghee when the dish is almost done. One such process is called *ghee durust karna*. This is



important to remove the raw flavor of the ghee or oil and flavor it with kewra, cardamoms.

**Ghee Durust Karna** – This is the process of removing the raw flavor from the ghee or oil so that it does not overpower the flavor and aroma of the dish. This is done by adding Kevra water and cardamom. The ghee is reduced after adding the kevra and cardamom and then stored after straining it for further use.

**Chandi ka warq** – silver leaves used to decorate and garnish dishes like Chandi kaliya, Moti pulao, ladoos, burfi etc.

**Zamin doz** – In this style of cooking, a hole is dug in the ground and the ingredients are placed and covered with mud, then a layer of burning charcoal. The cooking takes about six hours.

**Loab** – It is a term used to refer a final stage of cooking, when the oil used in the cooking rises at the surface and floats on the top giving a finished appearance to the dish. Roganjosh is one such preparation in which oil floats at the top after the dish is done.

**Moin** – Process of shortening dough by kneading it with flour with fat. This makes the final product crisp and flaky. This process is used to make parathas and pooris.

**Ittr** – The use of perfumes play an important role in Awadh cuisine they are used to enhance the aroma of the dish and make it delicate. Most commonly used are rose water, kewra water etc.

### **Dastarkhwan**

Dastarkhwan, a Persian term, literally means a meticulously laid – out ceremonial dining spread which is very elaborate. Many delicacies of the Awadh such as Kebab, Biryani, Korma, Roomali Roti, Parathas, Nahari, Kuchchas, Firni, Shahi Tukra, etc. are part of Dastarkhwan. It is customary in the Awadh to sit around and share the Dastarkhwan.

### **Characteristics of the cuisine**

- Awadhi cuisine is an amalgamation of Persian cooking style blended with Indian ingredients and taste.
- Saffron is used in generous quantities in this cuisine.
- Rice is more commonly used staple.
- Slow cooking process (*Dum Pukht*) was used to ensure proper infusion of the flavours.
- Tandoori products are a prominent feature of the cuisine.
- The handwritten account of the royal kitchens of the Babarchis reveal that very few spices like cumin, coriander, ginger, pepper, cinnamon, cloves, and fennel were used in cooking. So, continuing the tradition, these are the very common ingredients used in the Awadh cuisine even today.
- All dishes are mild to medium – hot cream and nut – based gravies, rice dishes with lots of nuts, dried fruits and rich creamy desserts.
- Extensive use of milk, cream and butter in various gravies and curries makes the dishes even more appetizing with foodies ending up licking their fingers.

- Almonds, pistachios, walnut, dried apricots and plums, and raisins are used in plenty in the stuffings, gravies, desserts etc. These make the dishes more exotic as compared to other cuisines.
- Herbs like mint, coriander and dill etc. also find common use in this cuisine.
- The use of sugar and saffron with lemon juice was common almost for every dish, perhaps, to create the sweet and sour effect. These also reduce the heat of the saffron which was used in large quantity. Curd is also widely used.
- Food is traditionally cooked in Desi ghee, lard obtained from the melted down fatty tail of sheep, apricot oil, and oil from the seeds of grapes. It is common to colour ghee differently with saffron, spinach, and turmeric and is flavoured with rose water musk and other perfumes.
- Awadhi biryanis are Pakki biryanis, where all the ingredients are cooked separately and then they are layered.
- Water for use in the cuisine was traditionally perfumed with camphor, dried lemon grass (jarakush), rose petals, sour orange leaves, sweet orange leaves and fennel leaves. Now such practices are rarely found.
- Because of the dominance of Muslim and Hindus by religion, pork and beef are traditionally not a part of this cuisine and instead heavily consumed and used goat, fowls, sheep, and venison in addition to vegetarian – based dishes.
- Fish is widely used and is made odour – free by applying the paste of fresh lime leaves, cardamom, cloves, lemon juice, and salt, and was kept overnight and then cooked with great skill so as not to leave any bone behind. Similarly, games were slaughtered and treated for cooking. Traditionally, sandalwood paste was applied on them to remove unpleasant odour. The games are commonly smoked and grilled and barbecued meat adorns the table. Birds and animal of prey are commonly stuffed with rice, dried fruit and eggs to make a wholesome food. This style of cooking is given a more sophisticated touch now.
- Since Persian language was adopted by the emperors as the official language, thus many of the Awadhi dishes bear names in these languages.

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### 2.3.7 EQUIPMENTS AND UTENSILS USED

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- **Bhagona** –Or the patili is generally of brass with a lid. It is used when a great deal of 'bhunna' or saute is required. or even for boiling and simmering. It is also used for preparing Yakhni or Salan, Korma or Kaliya.
- **Deg/Degchi** – This is a pear –shaped pot with a lid of either brass, copper or aluminium. The shape of this utensil is ideally suited for the 'dum' method and is used for cooking Pulao, Biryani, Nehari or Shab Deg.
- **Kadhai** – Kadhai is a deep, concave utensil made of brass, iron or aluminium and is used for deep frying paoris puri and the like.
- **Lagan** –Lagan is a Tradition round and shallow copper utensil with a slightly concave bottom. Used for cooking whole or big cuts of meat or poultry especially when heat is applied from both the top and bottom.
- **Lohe ka tandoor** –Is typically an iron tandoor, distinct from the clay tandoor which is more common in Delhi. It is a dome – shaped iron oven covered with iron sheet, used for cooking a variety of Breads like – Sheermal, Taftan, Bakarkhani etc.

- **Mahi tawa** –Mahi tawa is the Awadh version of the griddle shaped like a big round, flatbottomed tray with raised edges used for cooking kababs. Also used for dishes where heat is applied from both ends when covered.
- **Seeni** – Seeni is a big thali (round tray) usually used as a lid for the lagan or mahi tawa when heat is to be applied from the top. Live charcoal is placed on it and the heat is transmitted through it to the food. Thus the indirect heat has the desired effect of browning and cooking the ingredients. All the copper and brass utensils are almost always used after 'kalai' or tin plating the insides.
- **Khurpa** – iron spatula with wooden handle used while working with Lagan and making Galawat kebab.

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### 2.3.8 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

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1	Annanas Ka Muzzafar	It is saffron flavoured rice with sugar syrup, pineapple chunks and ghee topped with crunchy paneer and nuts.
2	Badam Halwa	It is made during festivals, special occasions like a wedding or a new home. In this halwa, badam is soaked and ground into a coarse semolina style mixture. It is roasted in ghee and then cooked in a saffron milk to give it that rich taste.
3	Badami Murgh	Chicken cooked elaborately in different masalas. A true Nawabi feast.
4	Bakarhani	It is soft flaky bread which is seasoned with cardamom and also sweet on the palate. It is usually cooked in a tandoor which helps to give a charred and smoky flavour to the bread.
5	Basket Chaat	It is a special chaat. It is a special chaat served in a basket made out of deep fried sliced up potatoes. The chaat is garnished with curd, dry fruits, chaat masala and pomegranate seeds. The decoration is so beautiful and colorful, that your mouth will turn watery just by looking at it.
6	Boorani	Garlic flavoured raita.
7	Dahi Batashe	It is considered as a street food. We could spot those normal gulgappa at every other place in North India, but this is a special one of Lucknow. The gulgappas are filled with dahi, sweet flavored chutney and garnished with special chaat masala. Just writing about it makes my mouth watery.
8	Dahi ke kabab	It is a type of shallow fried kabab made from hung curd, paneer, flour and basic spices.

- 9      Galaouti Kebab      The name itself reveals the secret of this delicacy. The grinded flesh of lamb or beef mixed with the variety of spices provides it a perfect taste. The fried kebabs melt down as soon as you keep it on your tongue, reviving all the taste buds in your mouth.
- 10     Gosht Kalia          Kashmiri lamb stew with milk and kashmiri Garam Masala.
- 11     Handi Chicken        The dish is prepared in small handis by cooking rice, spices and chicken on low flame for hours until cooked. The handi is served packed to the customers.
- 12     Kadhai Murg          The dish is very common one among all the Awadhi delicacies. The curry is medium spicy and the pieces of the chicken is cooked with the curry on low flame in a kadhai. Every bit of the spice added to the curry flavors the chicken. The tenderness of the flesh increases due to low flame cooking.
- 13     Kakori Kebab         It is the softest kebabs in the world which “melt in your mouth”. Named after toothless king or Nawab of Kakori (a small town in Lucknow district).
- 14     Khichra                Khichra is porridge like dish made from various dals, lamb, broken wheat and rice. Served mainly during Muharram.
- 15     Kulcha                 Leavened bread baked in tandoor.
- 16     Kulfi Faluda          It is the most favorite dessert of Lucknowites. It is the combination of saffron flavored kulfi which is the iced milk and dry fruits garnished with falooda. The pleasant aroma of aroma and scented faluda will refresh you. It completes your five– course meal perfectly.
- 17     Makhmali Murg        The sauce of this delicacy is made of milk and cream which gives it a white color. The pieces of chicken are soaked into this creamy sauce. The flavor of the sauce is sweetish and fascinating. The creamier the sauce the better it tastes.
- 18     Makkhan Malai        The Awadhi cuisine is not just famous for its vegetarian and non – vegetarian dishes, but also for its amazing desserts too. This is a special dessert made of churned milk flavored with saffron and cardamom. It is lighter than air and you will not even feel a thing in your mouth except refreshing flavor of saffron, cardamom and dry fruits.

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| 19 | Malai Ki Gilori         | As the name suggests, this dessert is made of malai with the stuffing of dry fruits and mawa. The flavor of cardamom is quite pleasant. The outer covering of malai is decorated with an edible silver coating which is also known as vark and pista.  |
| 20 | Malai kofta             | It is a popular Indian vegetarian dish made of potato, paneer balls dunked in smooth, rich, creamy gravy. Malai translates to cream and kofta to fried balls. So malai kofta literally translates to koftas dunked in creamy sauce or gravy. There are various versions of making this dish. The recipe of malai kofta that is shared here is not mughalai malai kofta which is served in white gravy. |
| 21 | Motiya<br>Chilman Pulao | It is rice preparation made in a pressure cooker and topped up with soft and crispy paneer balls.  |
| 22 | Murgh Do<br>Pyaza       | So spicy, so easy! Chicken loaded with masalas & absolutely mouth – watering. Serve with a tandoori roti topped with butter, and go straight to heaven.  |
| 23 | Murgh – E –<br>Kalmi    | Chicken marinated in yoghurt and spices – grill it, bake it or use a tandoor.  |
| 24 | Musallam                | It consists of whole chicken or mutton leg or vegetable marinated in a ginger – garlic paste, stuffed with boiled eggs and seasoned with spices like saffron, cinnamon, cloves, poppy seeds, cardamom and chilli.  |
| 25 | Mutton Boti<br>Kebab    | Thoroughly marinated, mutton cubes are cooked and then grilled on a skewer.  |
| 26 | Mutton do<br>pyaza      | The specialty of this dish is that its sauce is prepared of onions. The content of onions in its sauce provides it a very different flavor. The spices added to its sauce increase the aroma and deliciousness of the dish.  |
| 27 | Mutton Korma            | The dish is prepared by cooking mutton in the spicy gravy made out of dry fruits, yogurt, and cream. The mutton is cooked on a low flame so that the spices added to the curry add its flavors to it. The mutton becomes tender and juicy in taste. It is served with paratha or rice and tastes delicious.  |
| 28 | Muzaffar                | Kheer made of vermicilli, khoya, milk and dried nuts.  |
| 29 | Nargisi Kofta           | it is a dry kofta served as a starter. An innovative way of using the boiled egg wrapped up with spiced potato. The whole dish is then crumb fried in a shallow pan.   |

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| 30 | Navratan Korma       | It is a vegetable korma with nuts, paneer cheese, and an adjustable list of vegetables. It is in a tomato – cream sauce as opposed to the usual yogurt based sauce. 'Navratan' means 'nine gems,' so choose nine of the vegetable, nuts, and paneer ingredients.  |
| 31 | Neza Kebab           | Popularly known as 'Lucknowi chicken lollypops', this kebab is prepared using chicken drumsticks, which are further marinated in vinegar and a melange of spices. The marinated chicken drumsticks are then brushed with a mixture of roasted gram flour, whisked eggs and heavy cream. They are cooked on sigri. |
| 32 | Nihari Ghost         | It's a dish made of spicy sauce and tender meat. The content of sauce of this dish is more with tender mutton soaked into it. The spicy sauce of this dish will blow your mind.   |
| 33 | Nimona               | The curry of a dish is made out of grinded peas with pieces of potato soaked into it. Every single vegetarian who tries it for the first time loves it. It is usually served with boiled rice and both make a great combination.  |
| 34 | Paneer KundanKaliyan | Succulent slices of cottage cheese cooked in a yogurt based gravy with onions, tomatoes and traditional whole spices. This delicacy is finished off with hints of garam masala and dried rose petals that bring a subtle flavour to this dish. Best enjoyed with Indian breads.                                   |
| 35 | Pasanday             | This is a traditional recipe of marinated mutton cooked in a spicy curry made with yogurt, cream, tomatoes and various spices.  |
| 36 | Patili – ke kebab    | These are cooked using a patila or round shaped brass utensil. It is prepared by cooking minced meat in ghee and a variety of spices over slow flame. This method allows the kebabs to get a subtle aroma of the spices and a soft texture that gives you a melt – in – mouth experience.                         |
| 37 | Phirni               | Thick kheer made of ground rice, milk, khoya and nuts and served best in shikoras (clay bowls)  |
| 38 | Reshmi Kebabs        | Tender minced meat kebabs with cream, kewra and nuts. Shallow fried and served with chutneys.   |



- 39    Roomali roti      Rumali roti also called Manda is a thin flatbread originating from the Indian subcontinent, popular in India and in Punjab, Pakistan. It is eaten with tandoori dishes. The word rumal means handkerchief in many north Indian languages, and the name rumali roti means handkerchief bread.
- 40    Seek Kebabs      Kebabs have always been an important part of Awadhi cuisine. These are special kebabs made of lamb. The lamb is blended with different special spices and cooked on the charcoal which provides it the tenderness and juicy flavor. The aroma of these kebabs is mouthwatering.
- 41    Shahi Tudka      The word shahi always means royal, and that's what this dish is. The dessert is made of bread as its base with the topping of rabri and dry fruits, flavored with saffron and cardamom. The deep fried bread at the base is soaked in cardamom flavored sugar syrup. The aroma and presentation of this delicacy are amazing.
- 42    Shakramba      A delightful tangy Khatṭa – Mitha exotic dessert made of primarily mango, semolina and milk
- 43    Shami Kebab      This kebab exists both as vegetarian and non – vegetarian dish. The minced meat or paneer is blended with all the “khadda masala” to give it an Awadhi twist. These are so common in Lucknow that now it is considered as street food.
- 44    Sheer branj      This is a mouth watering Persian rice kheer with Saffron, Rosewater, Khowa(mawa) and topped with Almond and Pistachio.
- 45    Sheermal      It is an Indian famous flatbread which is flavoured with saffron. It is very soft and fluffy flat bread, it can be eaten along with different kind's curries. It is considered as one of the rare delicacies from Hyderabad and Lucknow.
- 46    Sultani Dal      Toor dal simmered with milk , cream, and yogurt to make it a rich dish for the emperors to consume during their daily feast. A tempering of ginger, garlic , green chili, and spices give it a strong flavor which lifts the whole dish up.

- 47    Taftan                    It is leavened flour bread made with milk, yoghurt, and eggs and baked in a clay oven. It often flavoured with saffron and a small amount of cardamom powder, and may be decorated with seeds such as poppy seeds.
- 48    Taheri                    It is a traditional mixed rice with assorted vegetables that are locally available. The slight variation in this rice preparation is by adding curd to the gravy in order to give it a more authentic Awadhi touch to the whole dish.
- 49    Tunday Ke                These are categorized under must try dish of Lucknow. Their ancestors had served the Nawabs of Lucknow. Preparation of these kebabs is very special and secretive, which they had been following since many years. These kebabs will melt in your mouth leaving indelible the flavor of each and every spice.
- 50    Wadhi Biryani            One of menu favorite, it is a dish consisting of rice cooked with meat, different spices, and dry fruits. It is cooked in a special way known as “dum”. The dish is always served with dahi raita and green chutney which adds up its flavor. The garnishing of a dish is done in a very different way i.e. with sliced up fried onions.
- 51    Warqi Paratha            It’s a layered paratha which is usually served with curry based dishes. It makes the perfect combination with non – vegetarian curry.
- 52    Zarda                        This delicacy is very rarely known and available to people. The dessert is made with special basmati rice flavored with cardamom sugar syrup. The saffron color and taste of the dessert is quite refreshing and mesmerizing. It is garnished beautifully with chandi vark and dry fruits. It is a must try dish.



Badami Murgh



Dahi Batashe



Bakarhani



Galaouti Kebab



Reshmi Kebab



Malai Ki Gilori



Nargisi Kofta



Neza kabab



Murg Musallam



Sheermal



Kakori Kebab



Roomali roti

Few especiality dishes from Awadh

### 2.3.9 FESTIVALS AND OTHER OCCASIONS

- 1 **Ganga Dussehra** – Ganga Dussehra is mostly celebrated in this particular region. The festival approaches in the excruciating summers in the month of June every year. Dedicated to the holy river Ganga, which acts as the lifeline of the people in here, the festival is highly awaited and the people participate in the celebrations with an insane level of excitement which is a great sight to savor. The festival lasts for 10 days.
- 2 **Buddha Purnima** – The festival gets celebrated in the rest of the country as well, but in Awadh it holds a special significance for the people. Awadh is one of the most populated states in the country and it has people from all the religions in abundance. The Buddhist community is one among them and they are known to celebrate the birth of their lord Gautam Buddhawith great enthusiasm. This day is the most auspicious day for them in all year.

- 3 **Makar Sankranti** – Entire country celebrates Makar Sankranti, mostly in the second or third week of January. But the festival takes an entirely different shape in Awadh. The festival gets celebrated here in the months of December/January and the people take their ritualistic bath in the holy river, Ganga. There are few other customs and traditions which get followed and that make the Makar Sankranti celebrations different from rest of the country.
- 4 **Barsana Holi**– Lath Mar Holi is the most colorful and a prestigious festival in Barsana near Mathura not to be missed in Awadh. The festival takes place just few days before actual Holi. This festival time is a great holiday option for visitors which captures attention from tourists and pilgrims from all over the world. During the Holi celebrations, Ladies are found hitting sticks (laths) at each man as the common custom during this fest.
- 5 **Janmashtami**– Mathura, the birthplace of Lord Krishna celebrates and rejoices the festival of Janmashtami with great enthusiasm. The major festival celebrations take place at Dwarkadhish Temple.
- 6 **Ramlila** – Ramlila is famous for the enactment of the story of *Lord Rama*, on the basis of the holy epic *Ramcharitmanas* (written by the great saint Tulsidas). In several places, it is linked with Vijayadashmi celebrations on the occasion of Dussehra in late September or early October and also with Ram Navami, the birthday of Lord Rama.
- 7 **Taj Mahotsava** – This is a grand festival organised in Agra (along the river Yamuna) by UP Tourism to pay a tribute to the legendary craftsmen of Uttar Pradesh. The festival exhibits the arts, crafts, culture and cuisine of the Braj area.
- 8 **Ramazan** – This festival falls in the ninth month of the Islamic calendar, which lasts 29 to 30 days. All through the month of Ramzan the devout Muslims keep strict fast. They take food only before sunrise "*Sehri*" and after the sunset "*Iftar*". During the whole day they do the regular work and worship as usual. The food taken in Iftar is called Iftari and special delicacies like fried cornflower, boiled grams and lentils, meat kebabs and sweet meats are taken. This festival is intended to teach Muslims about patience, spirituality, humility and submissiveness to God. Muslims fast for the sake of God and to offer more prayer than usual.
- 9 **Eid – ul – fitr** – means the joy at the end of the days of fasting. This is the day following the appearance of the new moon. The Muslims put on their best clothes. The Eid prayers are said between the early morning and the noon prayers. Once the prayer is over they greet each other– Eid Mubarak! Children are given special money called "*Eidee*" by their parents for buying toys and balloons on this day. Special delicacies are prepared. They include "*Seviyan*", vermicelli's sweet preparation, "*Sheer Korma*", and other savoury dishes.
- 10 **Eid – ul – zuha** – It is one of the grandest festivals of the Muslims and it is also called *Bakrid*. It falls on the 10th day of the Muslim month of Zil– Hijja. On this day a ram or a goat or a camel is sacrificed and distributed among the near and dear ones.

- 11 **Milad – ul – nabi** – This festival commemorates the birthday of Hazrat Mohammad and it falls on the 12th day of Rabi – ul – Awwal month. Prophet Mohammad was born in 571 A.D on April 12th, in Mecca in Arabia. On this day the Prophet's teachings are repeated, the Quran is read and religious discourses are arranged in the mosques. The Muslims invite their friends and relatives for a grand feast on this day.
- 12 **Shivratri**– Maha Shivratri that literally means the 'Night of Lord Shiva' is a prominent Hindu festival celebrated with enormous zeal and enthusiasm in various parts of the country. The festival is generally celebrated on the month of Phalgun or Maagh (February or March) according to the Hindu Lunar Calendar. On this auspicious day, people in large numbers, throng to temples and offer prayers to please the Lord. It is also believed that the Lord Shiva and Goddess Parvati married on this day. Many people also observe a fast on this day and offer sweets, flowers, milk and bael leaves on Shiva Linga.
- 13 **Muharram** – This is the Muslim festival of mourning. Muharram is observed in the first month of the Hijri year. The Shia community in particular celebrates this festival called "Majlis – e – Shoorā" with great enthusiasm. They fast, offer prayers and recite the Quran and sing elegies in homage to the martyrs during the celebrations. On the final day, *Tajias* are taken out in grand processions, accompanied by brass bands and bagpipes playing sad tunes. The *Tajias* represent the mausoleum of Hazrat Imam Hussain. The processions terminate at Karbala where the *Tajias* are ceremoniously buried. Muharram is in fact a sort of ceremony for showing gratitude to the departed souls who fought so bravely for preserving their faith.
- 14 **Shab – i – barat** – The Muslims on this particular day, the fourteenth day of Shaban, God registers the actions of all men and dispenses their fates according to their deeds. It is celebrated with illuminations, fireworks and crackers. People distribute food and sweets in the name of their deceased ancestors and offer flowers for their graves. The shias associate this night with the birth of their last Imam.
- 15 **Raksha Bandhan** – is a festival that is celebrated on the full moon day in the month of Shravan according to the Hindu Lunar calendar. This day is observed as the day of siblings as on this day sisters and brothers come together to express their love for each other and also pray for their wellbeing. The sisters tie a knot of rakhi on the wrist of her brother, who promises to protect his sister from the evil. People also tie rakhi to their friends and other close ones to spread love and care to them.





Barsana Holi



Buddha Purnima



Eid-ul-fitr



Muharram



Ganga Dussehra



Janmashtami



Raksha bandhan



Ramazan



Makar Sankranti



Ramlila



Taj Mahotsava



Shivaratri

### Festivals of Awadh

## 3.10 DISHES FROM AWADH CUISINE

### 1. Kakori Kebab

Ingredients –

- Minced Lamb – 1 Kg
- Raw papaya paste – 100 gm
- Salt – 1 Teaspoon
- Yellow chili, powdered – 4
- Powdered white pepper – 5 gm
- Powdered cloves – 8
- Powdered blades mace – 2



- Grated nutmeg – 1/8 Teaspoon
- Powdered black cardamom – 4
- Powdered green cardamom – 6
- Powdered coriander seeds – 10 gm
- To Prepare Paste Form
- Coconut – 50 gm
- Poppy Seeds – 10 gm
- Shahi jeera – 5 gm
- Khoya – 200 gm
- Fried brown & crushed onion – 100 gm
- To Prepare Fine Paste
- Garlic – 10 Pod
- Ginger – 10 gm
- Other Ingredients
- Roasted gram flour – 200 gm
- Pure ghee – 100 gm
- For Garnishing
- Some onion rings
- Green chillies slit

**Method –**

- Mince the lamb meat till very smooth then add papaya paste, powdered yellow chilli, white pepper, cloves, mace, nutmeg, black cardamom, green cardamom, and cumin seeds. Mix these ingredients well.
- Now to give dhungar\* to the mixture, put the meat mixture in a deep pan and keep live coal in a small bowl in the centre, pour two tbsps of ghee on coal and quickly cover the pan. Keep covered for half an hour.
- Mix the pre – prepared coconut – onion paste, ginger – garlic paste.
- Add this mixed paste to the smoked mince. Set aside for another half an hour.
- Then, after adding roasted gram flour to the meat mixture and blend well.
- Heat skewers slightly and grease and take a portion of the mince mixture and spread on skewers with slightly wet hand into the oblong roll around the skewers.
- Roast on kabab griller on live coal for a few minutes till they turn to a golden pink – brown.
- Once the kababs are done take out carefully from the rods with the help of the cloth.
- Plate them on serving the dish and garnish them with onion rings, slit green chillies and fresh coriander chutney and serve hot.

**\*Dhungar**– It's a quick procedure to flavour meat. The smoke permeates each ingredient of the dish and gives an aroma which enhances the dish taste and quality.

**2. Paneer Kundan kaliyan**

Ingredients –

- Paneer – 500 gm
- Kashmiri Red Chilli – 5 gm
- Coriander seeds – 5 gm
- Onion – 200 gm

- Tomato – 100 gm
- Green cardamom – 5
- Cloves – 10
- Garam masala powder – 5 gm
- Ghee – 40 gm
- Cream – 50 ml
- Curd – 100 gm
- Dried rose petals – 5 gm
- Salt – to taste
- Coriander – to garnish

**Method –**

- Cut cottage cheese or paneer in thin slices. Marinate these with turmeric and chilli powder. Shallow fry.
- Heat oil in a pan. Add Kashmiri red chillies, coriander seeds, cloves and cardamoms to hot oil and saute till they change colour slightly.
- Add chopped onions till they are translucent. Add chopped tomatoes and dried rose petals. Saute this mixture for a few minutes.
- Add yogurt and garam masala. Whisk continuously on low flame so that the yogurt does not curdle. Once done, add shallow fried cottage cheese slices. Season with salt and garnish with coriander leaves.

**3. Murgh Awadhi Korma****Ingredients –**

- Ghee – 1 tbsp
- Green cardamom – 5
- Cloves – 5
- Black cardamom – 2
- Cinnamon stick – 1
- Chopped ginger – 1 ½ tsp
- Chopped Garlic – 1 ½ tsp
- Red chili powder – 1 tsp
- Coriander powder – 1 tsp
- Kasoori Methi (dried fenugreek leaves) – 1 ½ tsp
- Garam masala – 1 ½ tsp
- Brown onion paste – 1 Cup
- Cashew nut paste – ½ Cup
- Chicken – 300 gm
- Salt – 1 Tbsp
- Chicken stock – 250 ml
- Curd – 1 Cup
- Cream – 1 Cup

**Method –**

- Heat ghee in a frying pan and add green cardamom, cloves, black cardamom and cinnamon in it and sauté it properly. This will take 30 – 40 seconds.
- Then add some ginger and garlic and sauté it, once their fresh fragrance gone and cooked, add red chili powder, coriander powder, kasuri methi,

garam masala and brown onion paste, cashew nut paste. Give it a mix and let it cook for some time.

- After a minute add chicken pieces, salt and chicken stock in it and cover it with a lid and cook it for 10 – 15 minutes.
- Finally, add some curd and cream to the chicken mixture and transfer this to the serving bowl.
- Garnish this with almonds and coriander leaves and serve hot murgh Awadhi korma with chapatti.

#### 4. Sheermal

Ingredients –

- All purpose flour / maida – 1 cup.
- Caster sugar – 1 – 2 tbsp.
- Salt – pinch.
- Ghee – 1 tsp.
- Butter – 1 cube
- Yeast – 1 tsp.
- Milk – 1 cup.
- Saffron colour – 1 pinch.
- Poppy seeds – 1 tsp .
- Fennel seeds powder – ½ tsp.

Method –

- Take a bowl, add all purpose flour, caster sugar, little salt, ghee, butter, yeast, milk and mix nicely to make a little soft dough.
- Cover bowl with polythene sheet and allow it to rest for 1 hr.
- Divide dough into 2 portions and dust some flour and roll into small chapati.
- Transfer into a baking tray and give shapes like as shown in video.
- In a bowl, add milk, little sugar, saffron colour and mix nicely, later give milk wash to already prepared sheermal.
- On top it sprinkle poppy seeds, fennel seeds powder and allow it to proof for 10 – 20 minutes.
- Transfer into oven and bake it at 200 degree centigrade for 3 – 4 minutes.
- Arrange in a serving plate and give a butter wash.

#### 5. Keshari Phirni

Ingredients –

- Rice flour – 30 gm
- Sugar – 60 gm
- Milk – 300 ml
- Pista – 10 gm
- Almonds – 10 gm
- Cardamom – 2 nos
- Silver foil – 4 sheets
- Khoya – 50 gm

Method –

- Mix the rice flour with little cold milk and boil the remaining milk and add it to the prepared mixture.

- Cook slowly on a slow flame till it becomes slightly thick, add grated khoya.
- Draw out the pan to the side of the fire and sprinkle the sugar, mix thoroughly till the sugar dissolves.
- Add powdered cardamom.
- Pour in individual moulds, sprinkle chopped/sliced almonds and pista.
- Chill and decorate with edible silver foil.

**CHECK YOUR PROGRESS – I**

Q.1 What is the difference between Awadh cuisine and Mughlai cuisine?

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Q.2 Write the names of 10 traditional equipment's used Awadhi cuisine?

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Q.3 What is the difference between Kachchi biriyani and Pakki biriyani ?

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## 2.4 BENGAL

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The cuisine of Awadh will be discussed under the following sub – sections–

- Geographical perspectives
- Brief historical background
- Culture and traditions of the people of Awadh
- Climate of the state
- Agriculture and staple food of the people
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals and other occasions of the state
- Community foods served during occasions
- A few representatives dishes of the state



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### 2.3.1 GEOGRAPHICAL PERSPECTIVES

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West Bengal is located in the eastern part of the country. It is bounded to the north by the state of Sikkim and the country of Bhutan, to the northeast by the state of Assam, to the east by the country of Bangladesh, to the south by the Bay of Bengal, to the southwest by the state of Odisha, to the west by the states of Jharkhand and Bihar, and to the northwest by the country of Nepal. West Bengal may be broadly divided into two natural geographic divisions—the Gangetic Plain in the south and the sub – Himalayan and Himalayan area in the north. The Gangetic Plain contains fertile alluvial soil deposited by the Ganges (Ganga) River and its tributaries and distributaries. It also features numerous marshes and shallow lakes formed out of dead river courses. While entering West Bengal the river is divided in to two, one branch enters Bangladesh as the Padma while the other flows through West Bengal as the Bhagirathi River and Hooghly River in a southern direction. The state capital, Kolkata, is situated on the Hugli in the southern portion of West Bengal. Another important river, the Damodar, joins the Hugli southwest of Kolkata. The elevation of the plain increases slowly toward the west; the rise is most marked near the Chota Nagpur plateau of neighboring Jharkhand.

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### 2.3.2 BRIEF HISTORICAL BACKGROUND

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The earliest mention of Bengal can be found in the old epic of Mahabharata and which been derived from the Sanskrit word as 'Vanga' or 'Banga'.

Many dynasties exercised their control over Bengal when monarchy came in fashion in India. In about 3rd century, Mauryas and Guptas established their rule in Bengal. The establishment of Gupta Empire marked the end of all small kingdoms that flourished in Bengal, ruled by tribal chiefs. The Palas followed the Guptas and established their strong rule in the territory, from about 800 AD till the 11th century, after which the Senas overtook the Empire of Bengal. Sena Dynasty lost the kingdom of Bengal to Qutub – Ud – In – Aibak, the Sultan of Delhi, in the beginning of 13th century. After being a part of Delhi Sultanate, the region of Bengal came under the Mughals in sixteenth century. After the Mughals, history of modern Bengal begins with the advent of the English traders and after the battle of Palasay in 1757 and battle of Buxar in 1764 they got control of entire Bengal and India, with Calcutta (Kolkata) being the capital. In 1911 the capital was moved to Delhi. In 1971 Bengal was divided into two East Bengal (now Bangladesh) and west Bengal with its capital Kolkata.

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### 2.3.3 CULTURE AND TRADITIONS

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The majority of West Bengal's people live in rural villages. The majority of West Bengal's people live in rural villages. Of those living in urban areas, more than half reside in greater Kolkata. Of the different religions, Hinduism claims the adherence of more than three – fourths of the population. Most of the remainder is Muslim. Throughout the state, Buddhists, Christians, Jains, and Sikhs constitute small minority communities. Bengali, the main language of the state, is spoken by much of the population. Other languages include Hindi, Santali, Urdu (primarily the language of Muslims), and Nepali (spoken largely in the area of Darjeeling). A small number of people speak Kurukh, the language of the Oraon indigenous group. English, Bengali and Hindi is the language of administration. The people of Bengal live with mutual peace and harmony. Throughout the year there is a festive mood in the state, as each season brings a plethora of festivals along with it. Durga Pooja is celebrated with same joy and grandeur in the state as Id. The cuisines and the culture of West Bengal also demonstrate the inextricable blend of its existent religions.

Bengalis have long fostered art, literature, music, and drama. The visual arts have, by tradition, been based mainly on clay modeling, terra – cotta work, and decorative painting. Bengali literature dates to before the 12th century. The modern period has produced, among others, the Nobel Prize – winning poet Rabindranath Tagore (1861–1941), whose contribution still dominates the Indian literary scene.

Traditional music takes the form of devotional and cultural songs. Rabindra Sangeet, songs written and composed by Tagore, draw on the pure Indian classical as well as traditional folk – music sources, including the Baul singing genre. The open air theatre or sophisticated. *Yatras* (jattras) on particular theme are popular. Bengali films have earned national and international awards for their delicate handling of Indian themes; the works of the directors Satyajit Ray, Tapan Sinha, Mrinal Sen, and Aparna Sen are particularly notable. Apart from the religious rituals and ceremonials the people of Bengal or the Bengalis have their own rituals in ceremonies like birth, weddings and even death. The *Gaye holud* is a part of a custom of the Bengali wedding and it takes



place one or two days prior to the occasion. The Gaye holud is also known as the turmeric function during which haldi is applied on the skin of the bride and the groom for it is believed that turmeric cleanses, softens and brightens the skin, giving the bride's skin the distinctive yellow hue that gives its name to this ceremony. According to Bengalis, the weddings symbolize purity, sanctity and other good aspects of life. During a wedding ceremony Bengalis do not opt for black colour for it is considered as the colour of evil whereas they prefer hues of red which signifies luck, emotion and fortune. Banana tree is used to decorate the wedding mandaps and the house for banana tree produces huge number of fruits at a time and so also the couple should be blessed with many children. A ritual known as *Annaprashan* is conducted for the babies when it is five to seven months old. This is just to welcome the baby to eat the normal home – made food after it crosses the stage of eating baby food pattern. Bengal has always attracted people of different religions and cultures, and so one can find Gujratis, Marwaris, Jains, Muslims, Sikhs, Christians etc. Of the different religions, Hinduism claims the adherence of more than three – fourths of the population. The ruling dynasties, British Empire, post – Independence development and intermingling of people from different backgrounds, physical features have influenced the culture, cuisine and lifestyle of people in Bengal.

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### 2.3.4 CLIMATE

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West Bengal's climate varies from tropical savannah in the southern portions to humid subtropical in the north. The main seasons are summer, rainy season, a short autumn, and winter. While the summer in the delta region is noted for excessive humidity, the western highlands experience a dry summer like northern India, with the highest day temperature ranging from 38 °C (100 °F) to 45 °C (113 °F). At nights, a cool southerly breeze carries moisture from the Bay of Bengal. In early summer brief squalls and thunderstorms known as "*kal – baisakhi*" often arrive from the north or northwest. Monsoons bring rain to the whole state from June to September. West Bengal receives the Bay of Bengal branch of the Indian Ocean monsoon that moves in a northwest direction. For example, Kolkata averages about 64 inches (1,625 mm) per year, of which an average of 13 inches (330 mm) falls in August and less than 1 inch (25 mm) in December. Winter (December–January) is mild over the plains with average minimum temperatures of 15 °C (59 °F). A cold and dry northern wind blows in the winter, substantially lowering the humidity level. However, the Darjeeling Himalayan Hill region experiences a harsh winter, with occasional snowfall at places.

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### 2.3.5 AGRICULTURE AND STAPLE FOOD

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Most of the rural and tribal population is engaged in agricultural activities and cultivation. Rice and fish along with sweets is the staple food of the Bengalis. Around three fourth of West Bengal is agricultural land. Bengal being located at the end point of the rivers, so the soil of this region is very fertile. Bengal owes three times paddy per year and is the largest producer of paddy in India. Almost every village has a large pond where they rear fish according to their need. Every pond is lined by coconut and betel nut trees. They also raise the boundary of their field during paddy sowing season, fill it with water and rear fish in the field also. After three months they get good quantity of rice as well as huge amount of fish. The laud of *maach* (fish) and *bhat* (rice), of *rosogolla* and *sandesh*. The cuisine of West Bengal differs from that of Bangladesh. The Brahmins of Bengal eat fish and no celebration is complete without it. The market is flooded at anytime with all sizes and shapes of carp, salmon, *hilsa*, *bhetki*, *ruhi*, *magur*, prawns, *koi* etc which can be fried, steamed or

stewed with curd. Most of the Bengalis will not touch the salt water fish complaining that the fish is not sweet enough. The state is the third largest meat producing state in the country (including poultry) after Uttar Pradesh and Andhra Pradesh. Due to the availability of large green pastoral land, animal rearing is very common. Buffalo and cows are reared in every household and so milk and milk product is abundant.

There were over 40 varieties of rice, 60 kinds of fruits and more than 120 varieties of vegetables in Bengal. Vegetables included cucumber, carrot, various kinds of gourds, garlic, fenugreek, radish, lotus root, mushroom, eggplant, and green leafy vegetables. Among the fruits Mangoes, coconut, jackfruit, and bananas are widely produced in the southern and central portions of the state. Other foods include peaches, water melon, banana, mango, *amalaka* (amla), lime, grapes, oranges, pear, jujube, almond, walnuts, coconut, pomegranates, bananas, etc. Spices used in Bengali cooking include turmeric, cinnamon, cardamom, and cloves, ginger, mustard seed, long pepper, poppy seeds, chillies, asafoetida, and sour lemon. Apart from rice potato, jute, sugarcane and wheat are the top five crops of the state. Other major food crops include maize, tobacco, pulses, oil seeds, wheat, barley, and vegetables. The northern areas around Darjeeling and Jalpaiguri have long been known for their production of high – quality tea. Darjeeling region also produces oranges, apples, pineapples, ginger, and cardamom.

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### 2.3.6 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

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- The staple food of Bengal is rice and fish. The fishes commonly used in this cuisine includes Hilsa (*Ilish*), Carp (*Rui*), Dried fish (*shootki*), Indian butter fish (*pabda*), Clown knife fish (*Chitol maach*), Mango fish (*Topsey*), Sea Bass (*Bhetki*), Prawns / Shrimps (*Golda chingri / kicho chingri*), Catfish (*Tangra / Magur*), Perch (*koi*), *Katla*. Lightly fermented rice is also used as breakfast in rural and agrarian communities (*panta bhat*).
- The principal medium of cooking is *Shorsher tel* (mustard oil). A distinct flavour is imparted to the fish dishes by frying them in mustard oil, before cooking them in the gravy. *Shorshe Bata* (Mustard paste) is also commonly used for the preparation of gravies.
- Fish is also steamed by the Bengalis (e.g, *Bhapa Ilish*). The most preferred form of meat in Bengal is mutton, or goat meat. *Khashi* (castrated goat) or *Kochi pantha* (kid goat), is also common.
- Special seasonings such as *panch phoron* – a combination of cumin seeds (*jeera*), Fennel seeds (*mouri*), mustard seeds (*sorse*), methi seeds and onion seeds (*kalonjee*). Sometimes Celery seeds (*radhuni*) also become a part of the panch phoron. Radhuni and Poppy seeds (*posto*) are extensively used in the cuisine.
- The garam masala made up of Cloves (*laung*), Cinnamon (*dalchini*), Nutmeg (*Jaiphal*), Mace (*Javitri*), small and large cardamom (*Elichi*) etc.
- The vegetable varieties include kachu or taro (calocasia), lao ( bottle gourd) Kumro (pumpkin), Potal ( pointed gourd), begun (brinjal), Mulo (radish), Motorshuti ( green peas), green like shashni shak, puishak, kachu shak.
- Bengalis also eat flowers like those of *bokphul*, pumpkin, banana, water reeds, tender drumsticks and peels of potato or pumpkin.
- A lunch consists of Rice, *Bhaja* (assorted fried items including vegetables and fish), Leafy vegetable – *Saag* (palong saag, Pui saag, Lal saag etc), Sukto, various dals (lentil) such as *Moong*, *Masoor*, *Beuli* (Urad),

*Arhar*, *Cholar*(Chana) *dal* etc, followed by different Vegetarian preparations, Fish and Meat (Chicken or Mutton) preparations. This is followed by the *Chutney* and *papad* and finally the sweets of which there are endless mouth watering varieties such as *Rosogolla*, *Sandesh*, *Misti doi*, *Rabri*, *Mihidana*, *Sitabhog*, *Rajbhog*, *Kamalabhog*, *Kalakad* etc

- Roti, Paratha, Luchi are also common.
- The very common snacks include the “*Jhal moori*” various kinds of *Telebhaja* (*Chops* – vegetable, egg etc, *Beguni*, *Peyazi*), *kachudi*, *singhada*, egg roll, chicken roll, *puckha* (puffed mini stuffed with mashed potato and dipped in tamarind water), *nimkis* (maida dough rice with black onion seeds shaped into triangles and deep fried), *chanachur* etc.
- *Sweet Dishes* reflect a special culinary expertise of the state and the variety is one of the largest in the global culinary spectacle. The most common ones include – *Rosogolla*, *Sandesh* (*Narompak* – soft or *korapak* – hard), *Misti doi*, *Rabri*, *Mihidana*, *Sitabhog*, *Rajbhog*, *Kamalabhog*, *Kalakad*, *Chum chum*, *Jolbhora*, *ladycanny/ladykini*, *Chaler payash*, *Chenar payash*, *darbesh*, *Malpoa*, *shor bhaja*, *langcha* etc. The two basic ingredients of Bengali sweets are sugar and milk. The milk is thickened either by boiling it down to make a thick liquid called *khoa*, or by curdling it with lemon juice or yogurt to produce curds, called *channa*. Sugar is not the only ingredient with which the sweetness is imparted in the sweets, various jaggery (*gur*) which includes *patali gur*, *khejur gur* (date jaggery) etc. The main body of the sweets are mostly made of coconut, til seeds, rice, rice flour, refined flour etc apart from Chenna.
- Traditional home made delicacies include various kinds of *Pitha* (a pancake like sweet base of semolina or flour which is rolled around a variety of fillings like coconut and kheer and fried in ghee – *chandrapuli*, *gokul*, *pati shapta*, *chitai pitha*, *aski pithe*, *muger puli* and *dudh puli*). *Pithas* are usually made from rice or wheat flour mixed with sugar, jaggery, grated coconut etc. These are usually enjoyed with the sweet syrups of *Khejur gur* (Date tree molasses)/ they are usually fried or steamed – the most common ones include *bhapapitha* (steamed), *Pakanpitha* (fried) and *Pulipitha* (dumplings)
- *Moa* (flat rice or puffed rice bound with jaggery cooked to a correct degree and then made into dumplings). Another popular kind of moa is Jaynagarer Moa, a moya particularly made in Jaynagar, South 24 Parganas district, Paschimbanga (West Bengal) which uses *khoi* and a sugar – milk – spices mixture as binder. Moas are made specially during winter.
- *Naru* (Grated coconut or til seeds bound with cooked jiggery or sugar and formed into dumplings) etc.
- *Aamsotto* (thickened mango pulp) is another home made delicacy.
- A day begins with *moori* (puffed rice) with potatoes, cucumber, green chilli and mustard oil, *tea* or *milk*.

### A typical bengali meal structure

The procession of tastes at a meal runs from a bitter start to a sweet finish.

- To start with, especially at lunch, is *Sukto*.
- Rice is first savoured with ghee, salt and green chillis, then comes dhal accompanied by fried vegetables (*bhaja*) or boiled vegetables (*bhate*), followed by spiced vegetables like *dalna* or *ghonto*.
- Then comes fish preparations, first lightly – spiced ones like *maccher jhol*, and then those more heavily spiced.

- This would be followed by a sweet – sour *ambal* or *tauk* (chutney) and fried papads. The chutney is typically tangy and sweet; usually made of *aam* (mangoes), tomatoes, *anarôsh* (pineapple), *tetul* (tamarind), *pepe* (papaya), or just a combination of fruits and dry fruits called mixed fruit chutney served in *biye badi* (marriage).
- A dessert of *mishti* – *doi* (sweet curds), accompanied by dry sweets, or of *payesh*, accompanied by fruits like the mango, will end the meal, with *paan* (betel leaves) as a terminal digestive.
- Traditionally meals were served on a bell – metal thala (plate) and in the batis (bowls, except for the sour items). The night meal omits shukto and could include luchis, a palao and a dalna of various delicately spiced vegetables.

### Common Bengali cooking styles –

- **Ambal**– A sour dish made either with several vegetables or with fish, the sourness being produced by the addition of tamarind pulp.
- **Bhaja**– Anything fried, either by itself or in batter.
- **Bhapa**– Fish or vegetables steamed with oil and spices. A classic steaming technique is to wrap the fish in banana leaf to give it a faint musky, smoky scent.
- **Bhate** – Any vegetable, such as potatoes, beans, pumpkins or even dal, first boiled whole and then mashed and seasoned with mustard oil or ghee and spices.
- **Bhuna**– A term of Urdu origin, meaning fried for a long time with ground and whole spices over high heat. Usually applied to meat.
- **Dalna** – Mixed vegetables (*echor*) or eggs, cooked in a medium thick gravy seasoned with ground spices, ginger especially *garom mashla* (hot spices) and a touch of ghee.
- **Dom**– Vegetables, especially potatoes, or meat, cooked over a covered pot slowly over a low heat.
- **Ghanto** – Different complementary vegetables (e.g., cabbage, green peas, potatoes or banana blossom, coconut, chickpeas) are chopped or finely grated and cooked with both a phoron and ground spices. Dried pellets of dal (*boris*) are often added to the *ghanto*. Ghee is commonly added at the end. Non – vegetarian ghantos are also made, with fish or fish heads added to vegetables. The famous *murighanto* is made with fish heads cooked in a fine variety of rice. Some ghantos are very dry while others a thick and juicy.
- **Jhal**– Literally, hot. A great favourite in West Bengali households, this is made with fish or shrimp or crab, first lightly fried and then cooked in a light sauce of ground red chilli or ground mustard and a flavoring of panch – phoron or kala jeera. Being dryish it is often eaten with a little bit of dal pored over the rice.
- **Jhol** – A light fish or vegetable stew seasoned with ground spices like ginger, cumin, coriander, chilli and turmeric with pieces of fish and longitudinal slices of vegetables floating in it. The gravy is thin yet extremely flavourful. Whole green chillies are usually added at the end and green coriander leaves are used to season for extra taste.
- **Kalia**– A very rich preparation of fish, meat or vegetables using a lot of oil and ghee with a sauce usually based on ground ginger and onion paste and *garom mashla*.

- **Koftas**(or *Boras*) – Ground meat or vegetable croquettes bound together by spices and/or eggs served alone or in savoury gravy.
- **Korma** – Another term of Urdu origin, meaning meat or chicken cooked in mild yoghurt based gravy with ghee instead of oil.
- **Kassa** – This is a way of cooking for specially red meats like lamb or mutton is bhunoad in a very thick spicy masala of onion, ginger, garlic, chilli powder, turmeric powder and cumin powder and made into a gravy sort.
- **Pora**– Literally, burnt. Vegetables are wrapped in leaves and roasted over a wood or charcoal fire. Some, like eggplants (brinjals/aubergines), are put directly over the flames. Before eating the roasted vegetable is mixed with oil and spices.
- **Phoron** – It is predominantly the kind of tempering, which is used in the preparation of lentils, with various lentils having their own tempering.
- **Gotasheddho** –fruits and half boiled vegetables offered to goddess Saraswati during Saraswati Puja.
- **Dolma or Patoler Dolma**– The name is coming from Turkey, but the food is different. The vegetable Patol is stuffed either with a combination of grated coconut, chickpeas, etc. or more commonly with fish and then fried. The fish is boiled with turmeric and salt, then bones are removed and then onion, ginger and garam masala are fried in oil and boiled fish is added and churned to prepare the stuffing.
- **Paturi**– Typically fish, seasoned with spices (usually shorshe) wrapped in banana leaves and steamed or roasted over a charcoal fire.
- **Polau**– Fragrant dish of rice with ghee, spices and small pieces of vegetables. Long grained aromatic rice is usually used, but some aromatic short grained versions such as Kalijira or Gobindobhog may also be used.
- **Tarakri** – A general term often used in Bengal the way `curry` is used in English. Originally from Persian, the word first meant uncooked garden vegetables. From this it was a natural extension to mean cooked vegetables or even fish and vegetables cooked together.
- **Chorchori** – Usually a vegetable dish with one or more varieties of vegetables cut into longish strips, sometimes with the stalks of leafy greens added, all lightly seasoned with spices like mustard or poppy seeds and flavoured with a phoron. The skin and bone of large fish like *bhetki* or *chitol* can be made into a chachchari called kanta – chachchari, *kanta*, meaning *fish – bone*.
- **Chhanchra** – A combination dish made with different vegetables, portions of fish head and fish oil (entrails).
- **Chhenchki** – Tiny pieces of one or more vegetable – or, sometimes even the peels (of potatoes, lau, pumpkin or patol for example) – usually flavored with panch – phoron or whole mustard seeds or kala jeera. Chopped onion and garlic can also be used, but hardly any ground spices.
- **Chop**– Croquettes, usually coated with crushed biscuit or breadcrumbs.
- **Shukto** – This is a dish that is essential bitter, made up of neem or other bitter leaves, bitter gourd, brinjals, potatoes, radish and green bananas, with spices like turmeric, ginger, mustard and radhuni (celery seed) pastes.
- **Shak**– Any kind of green leafy vegetable, like spinach and mustard greens, often cooked till just wilted in a touch of oil and tempering of nigela seeds.



**Bengali breads –**

Though Bengalis, primarily loves to eat rice, yet there are a few typical Bengali Breads, which are quite famous in various parts of Bengal. Some of the prominent among these are –

- **Luchi** –Eaten for mainly snacks, equivalent to the north Indian poories (the difference is that luchi is made out of refined flour and fried without colour) and taken very commonly with cholar dal tempered with coconut.
- **Khasta Luchi** – The dough is much richer with fat and flaky. Hence, known as khasta kachuri.
- **Porotha** –It is a kind of flaky bread, made out of whole wheat flour and is essentially triangular in shape.
- **Roti** –Whole wheat flour bread, toasted on griddle.
- **Radhabollobbi** –An urad dal stuffed poori made out of whole wheat flour normally had with *aloo dom*.
- **Dhakai porotha** –Flaky, layered bread from Dhaka in Bangladesh.
- **Matter (green peas) kachuri** – Flaky bread, stuffed with matar (green peas) paste and deep – fried. Heing is commonly used in the green peas mixture.

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**2.3.7 EQUIPMENTS AND UTENSILS USED**


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- 1 **Bonti** – A curved raised blade attached to a long, flat cutting vegetables, fish and meat. The bonti used for fish and meat is kept separate from vegetable *bonti* and the non – veg *ansh – bonti* (ansh implies scales of fish).
- 2 **Haadi** –A cooking pot with a rounded bottom slightly narrowed at the neck with a wide rim to facilitate holding, while draining excess of rice water.
- 3 **Dekchi** –Referred as saucepan without a handle, usually of greater depth. Used for boiling, sautéing
- 4 **Karai** –A cooking pot shaped like a Chinese wok, but much deeper. Used for deep frying, stir – frying as well as for preparations and sauces and gravy. It's usually made of iron or aluminium and usually has two – looped handles.
- 5 **Tawa** –It's a griddle, used for making *porothes*.
- 6 **Thala** –A circular plate of authentically brass, but nowadays of steel, on which food is served.
- 7 **Khunti** –Long handled implement of steel or iron with a flat thin belt – shaped piece, used as stirrers (metal spatula).
- 8 **Hatha** –A metal spoon with indentation, used as stirrers and also for transferring food stuffs (ladle).
- 9 **Sarashi** –equipment, used for holding vessels hot on range.
- 10 **Chakni** –A sieve.
- 11 **Chamuch** –A spoon.
- 12 **Jhanjri** – perforated spoon
- 13 **Sheelnora** –Grinding stone, slab of 16 inches by 10 inches and a small bolster – shaped stone roller 9 inches long. Both the slab and roller are chipped from time to time as they are worn smooth.
- 14 **HamalDista** –Motar and pestle, which could be used in place of *sheelnora*. Usually used for grinding spices to a fine powder or to a fine paste with the addition of water.
- 15 **Dhenki**– A long wooden board mounted on a short pedestal, in the middle, much like a see – saw. The tradition Bengali instrument of taking the husk off the rice.
- 16 **Ghutni**– It is a wooden hand blender used for pureeing lentils and sauces.



- 17 **Jhanjri**– It is a large wire meshed flat spoon used for deep frying fish or breads.
- 18 **Belunchaki**– Round pastry board and rolling pin.
- 19 **Kuruni**– It is a uni – tasker, to grate coconuts.

### Influence of the widows

In medieval Bengal the treatment of Hindu widows was much more restrictive than was common elsewhere and lived under strict dietary restrictions. They were usually not allowed any interests but religion and housework, so the kitchen was an important part of their lives; traditional cuisine was deeply influenced by them.

Their ingenuity and skill led to many culinary practices; simple spice combinations, the ability to prepare small quantities (since widows often ate alone) and creative use of the simplest of cooking techniques. Since widows were banned 'impassioning' or aphrodisiac condiments such as onion or garlic, most traditional Bengali vegetarian recipes don't use them; this is in stark contrast to the rest of the Indian subcontinent where almost every dish calls for onions and garlic. This has led to a definite slant towards ginger in Bengali vegetarian food, and even in many common fish dishes.

Serving and Eating Bengali Food:

The Bengali people are perhaps the greatest food lovers in the Indian subcontinent. A Bengali meal of many items which requires long hours of labour and skill in the kitchen has long been a major part of culture of West Bengal. The traditional way of serving food is on the floor, where individual pieces of carpet, called asans, are spread for each person to sit on. In front of this seat is placed a large plate (*thala*) made of bell metal/steel or on a large piece of fresh cut banana leaf.

Around this plate a number of small metal or earthen bowls (*bati*) are placed in which portions of dal, vegetables, fish, meat chutney and dessert are served. In the centre of the plate a small mound of piping hot rice kept surrounded by fried vegetables, lemon wedges, whole green chillies, little salt. Finally in the centre of the mound of rice a little hole is made to pour in a spoonful of ghee to flavour the initial mouthfuls of rice. Bengalis eat everything with their fingers. It is helpful to pick out thin bones of fish like hilsa.

Apart from this purposeful aspect, the fingers also provide an awareness of texture which becomes as important as that felt by the tongue. The various mashed vegetables or different rice or varieties of fish we eat are all appreciated by the fingers before they enter the mouth. The most important style of eating in Bengal cuisine is eating each dish separately with a little bit of rice in order to relish its individual taste. The more delicate tastes always come first and it is only by graduating from these to stronger ones that you can accommodate the whole range of taste.

Vegetables, especially the bitter ones, are the first item followed by dal, fries or fritters of fish and vegetables. After this comes any of the complex vegetable dishes like *ghanto* or *chachhari*, followed by the important *Machher jhol* as well as other fish preparations. Meat will always follow fish, and chutneys and *ambals* will provide the stimulating touch of sourness to make the tongue expect the sweet dishes. Varieties of sweets and sweet curd are served. Last item perhaps would be sweet betel leaf (*pan*).

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**2.4.8 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS**


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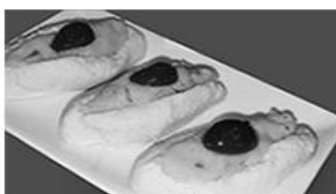
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|----|----------------------|--|
| 1  | Cutlet               | Very different from the Cutlets of the Brits, this is referred typically to a crumb coated thinly spread out dough, made generally of chicken/mutton minced, mixed together with onion, bread crumbs and chillies. Generally it is then dipped in egg and coated in breadcrumb, fried and served with thin julienne of cucumber, carrots, radish and onions. Often an egg mixed with a teaspoon or two water and a pinch of salt is dropped on top of the frying cutlet, to make it into a "Kabiraji" the Bengali pronunciation of a "Coverage" Cutlet, influenced by the British. |
| 2  | Aloo posto           | Potatoes are cooked in freshly ground poppy seed paste and flavoured with different spices and turmeric.   |
| 3  | Kobiraji cutlet      | This preparation is made from the chicken breast which is marinated with turmeric, salt, ginger and garlic paste, onion paste, green chillies and red chilli powder. The marinated chicken is coated in a light batter of rice flour and eggs and deep fat fried until golden brown.   |
| 4  | Dhokar dalna         | A gram flour batter is cooked with spices and then spread on a tray and steamed. It is then cut into small pieces in the shape of a diamond and deep – fat fried. The fried dumplings are now stewed in a gravy of boiled onion paste, thickened with gram flour and whole spices.   |
| 5  | Kasha mangsho        | This is a semi – dry preparation of the lamb that gets a unique dark colour from the iron kadhai in which it is cooked and caramelized sugar. This can be had with luchi.  |
| 6  | Doi maach            | This is a classical preparation of Bengal in which the fish is stewed in a yoghurt based gravy.  |
| 7  | Chingri malai curry  | The preparation is a speciality of the cuisine and is normally prepared during the special occasions. Prawns are stewed in a gravy made with boiled onion paste, thickened with coconut milk with a touch of red chilli powder and turmeric.   |
| 8  | Chitol Macher muitha | Chitol is a fish specially consumed during the Durga puja. The meat from the back part after removing the bones is shaped into koftas and simmered into a gravy.   |
| 9  | Payeesh              | rice cooked in milk (Kheer).   |
| 10 | Shingara             | Like the North Indian Samosa, only smaller, filling can vary right from potato, cauliflower, and peas to mutton mince.   |

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|----|---------------------|---|
| 11 | Deem er Devil       | Or egg chop –Hard boiled egg coated with a spicy potato mash, egg washed and rolled in bread crumbs and deep fried. Served with Dhone Chutney (Coriander Chutney).  |
| 12 | Bhetki Mach er Chop | Fillets of Bhetki fish coated with mashed potatoes and coriander chutney, egg washed and rolled in bread crumbs and shallow fried.  |
| 13 | Moglai Paratha      | A stuffed bread made of whole wheat flour, stuffed with Masala Mutton Kheema, shallow fried and served with Potato Curry, Onion Rings, Coriander Chutney and Lemon Wedges.  |
| 14 | Chicken Kabiraji    | Chicken Joints having a coating of fluffy egg whites and bread crumbs served with Coriander Chutney, Onion Rings and Lemon Wedges.  |
| 15 | Mochar Chop         | Banana Flowers mixed with mashed potatoes, rolled in bread crumbs and deep fried.   |
| 16 | Shukto              | Vegetable preparation including Bitter Gourd, Ridge Gourd, Raw Bananas, Brinjal, String Beans, Potato, in a Poppy Seed and Mustard Paste with a Bengal tempering of Panch Phoron, Bay Leaves and Hing.                                    |
| 17 | Doi Pitol           | Doi Pitol or Pointed Gourd cooked with curd is a rich recipe with thick gravy, usually served in special occasion as a vegetarian alternative to spicy meat dishes. Doi pitol demonstrate the richness of Bengali Cuisine to the fullest. |
| 18 | Thor Chhechhki      | Banana Stem flavored with <i>panch – phoron</i> or whole mustard seeds or <i>kala jeera</i> . Chopped onion and garlic can also be used, but hardly any ground spices.  |
| 19 | Jhinge Aloo Poshtu  | Ridge Gourd and Potatoes cooked in a Poppy Seed Paste flavoured with Panch Phoron and Green Chillies.   |
| 20 | Shorshe Ilish       | A spicy Hilsa fish preparation made with Hilsa fish and mustard paste. It is pungent if the mustard paste is not cooked well and can hit your throat if you eat too much of it.   |
| 21 | Bhetki Paturi       | Bhetki fish marinated with Mustard Paste, Ginger Garlic Paste, Green Chilly Paste, Mustard Oil, Wrapped in Plantain Leaf and then kept in pan till the leaves are browned well.   |
| 22 | Daab Chingri        | Prawns flavoured with panch phoron and cooked in a tender coconut shell.  |

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|----|--------------------------------|--|
| 23 | Rui Mach er<br>Kaaliya         | A very rich preparation of Rahu Fish using a lot of oil and ghee with a sauce usually based on ground ginger and onion paste and garam masala.   |
| 24 | Pabda Macher<br>Jhal           | Literally, hot. A great favorite in West Bengali households, this is made with Indian Butter Fish, first lightly fried and then cooked in a light sauce of ground red chilli or ground mustard and a flavoring of panch – phoron or kala jeera. Being dryish it is often eaten with a little bit of dal pored over the rice. |
| 25 | Ilish Macher Dim<br>Diye Ambol | A sour dish made with Hilsa Roe, the sourness being produced by the addition of tamarind pulp.   |
| 26 | Mourola Macher<br>Bhaja        | A very small fish like sardines, deep fried.   |
| 27 | Tangra Macher<br>Jhol          | Tangra fish cooked with kalonji. Very liquidy gravy and light flavour. Usually had when a person is sick   |
| 28 | Muri Ghonto                    | dry dish made with fried fish head (known as <i>maacher matha</i> or <i>muro</i> in Bengali), potatoes, very little rice and myriad spices. Don't turn up your nose, it smells nothing but heavenly and tastes more so.  |
| 29 | Murgir Jhol                    | A simple Chicken Curry cooked with potatoes and lots of gravy.   |
| 30 | Kasha Mangsho                  | Mutton Sauteed with spices and masalas with very little addition of water. Best had with Roomali Roti or Luchi.  |
| 31 | Lao Chingri                    | A simple preparation made with Bottle Gourd and shrimps.   |
| 32 | Luchi                          | Deep fried Flat bread made with a mixture of refined flour, water and ghee.  |
| 33 | Karausutir<br>Kachori          | Deep Fried Round Flat bread made with a whole wheat flour and has peas as a filling. Ideal for breakfast when served with Potato Curry and Jalebi.   |
| 34 | Radhaballavi                   | It is a stuffed deep fried bread. It is stuffed with lentil and little spices. It is a must on the menu of every ceremonies such as marriages, birthdays etc.  |
| 35 | Roshogolla                     | The dish is made from balls of chhena (an Indian cottage cheese) and semolina dough, cooked in sugar syrup.  |
| 36 | Roshmalai                      | Ras malai consists of sugary, cream to yellow – colored balls (or flattened balls) of paneer soaked in malai (clotted cream) flavored with cardamom.   |

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|----|---------------------|--|
| 37 | Mishti Aloor Pantua | Sweet Potato Balls in Sugar Syrup. It is a variation of such pantuas, where we substitute the regular semolina, ghee, milk and khoya with sweet potatoes.  |
| 38 | Chom Chom           | Like Rasgulla but dryer made with Cottage Cheese, Refined Flour, Cardamom Powder, Condensed Milk, Saffron and Sugar.   |
| 39 | Sita Bhog           | Known as Sita Bhog as Goddess Sita liked it, made with a mixture of Rice Flour, Refined Flour, Cottage Cheese, Cardamom Powder, Rose Essence and Sugar. Made in the shape of long rice grains and served at room temperature.  |
| 40 | Lal Mishti Doi      | It is prepared by boiling milk until it is slightly thickened, sweetening it with sugar, either gura (brown sugar) or khajuri gura (date molasses), and allowing the milk to ferment overnight. Earthenware is always used as the container for making mitha dahi because the gradual evaporation of water through its porous walls not only further thickens the yoghurt, but also produces the right temperature for the growth of the culture. Very often the yoghurt is delicately seasoned with a hint of elaach (cardamoms) for fragrance. |
| 41 | Bhaapa Doi          | Bhapa Doi is an unsweetened Bengali dessert which is essentially steamed yoghurt. It has the texture and consistency of soft cheesecake. It has a sweet, mild taste.   |
| 42 | Pathishapta         | Patishapta is actually a rice flour crepe with coconut and jaggery fillings.   |
| 43 | Puli Peethe Payesh  | Rice Flour Dumplings with a filling of Rice Kheer and then put in thickened sweet milk (Payesh)  |
| 44 | Sandesh             | It is created with milk and sugar. Some recipes of Sandesh call for the use of chhana (curdled milk) or paneer instead of milk   |
| 45 | Rajbhog             | Saffron flavoured Rasgullas with a dry fruit filling.  |
| 46 | Chenna Jilebi       | Fresh chhena is thoroughly kneaded and rolled up into shapes similar to pretzels, before being deep fried. The fully fried chhena pretzels are then soaked in a sugary syrup. Chhena jalebis are served either hot or chilled.   |
| 47 | Kachgolla           | Like Rasgulla but less sweet, and coated with desiccated coconut.  |
| 48 | Chenna Payesh       | Kheer Made with Cottage Cheese.  |
| 49 | Potel Mishti        | Steamed Parwal, with a filling of Mawa, Cardamom Powder, simmered in Sugar Syrup and then covered with Silver Foil.  |

- 50 Jhal – Muṛi One of the most popular and iconic snack foods of Bengal, jhal literally means 'hot' or 'spicy'. Jhal – muṛi is puffed rice with spices, vegetables and raw mustard oil. Depending on what is added, there are many kinds of jhal – muṛi but the most common is a bhôṛta made of chopped shallot, jira roasted ground cumin, bitnoon black salt lônka / morich chilis (either kacha 'ripe' or shukna 'dried'), mustard oil, dhone pata (fresh coriander leaves) and mudhi.
- 51 Begun Bhaja Brinjal fritters
- 52 Mochar Ghonto It is a traditional Bengali preparation, where the banana flowers are cooked along with potato and aromatic spices.
- 53 Kanchkolar Kofta Kofta curry made with raw bananas.
- 54 Kasundi Mustard paste



Chom Chom



Daab Chingri



Kosha Mangsho



Lal Mishti Doi



Mochar Chop



Mughlai Paratha



Pathishapta



Radhaballavi



Roshogolla



Sandesh



Shingara



Shorshe Ilish

Few especiality dishd from Bengal



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## 2.4.9 FESTIVALS AND OTHER OCCASIONS

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1. **Durga Puja**– This festival happens in the period between September and October. Durga Puja is one of the major festivals of West Bengal. The massive celebration that happens during the festival is famous throughout the world. It commemorates the triumph of Good over Evil. People have this belief that Goddess Durga defeated the demon “*Mahishasura*” after a fierce battle that lasted for ten days. The last day or tenth day is called as *Vijay Dashmi*. This festival is marked by offering prayers to the Goddess Durga, rejoicing, feasts, dance, drama and music. On this auspicious day, people dress up in new colorful clothes. They visit puja pandals of different communities and pay reverence to the ten – armed goddess Durga. In the pandals, Goddess Saraswati, Goddess Lakshmi, Lord Ganesha, and Kartikeya are beautifully ornated and decorated. The priests do the prayers at prearranged times whereas the devotees visit pandals during the day. Stalls selling Jhal muri, cutlet, chop, mughlai porotha can be seen around nearby pandal.
2. **Poush Sankranti** – In West Bengal, Makar Sankranti is celebrated as “Poush Sankranti”. The name of the festival is derived from the Bengali month “Poush”. It is the month when this harvest festival is celebrated. The newly collected paddy along with the date palm syrup as Patali and Khejurer Gur is used to prepare a rich variety of conventional Bengali sweets. These sweets are made with coconut, rice flour, date palm jaggery, and milk. Peethe (A Rice Flour Dumpling filled with Kheer and then put in Payesh) is also served.
3. **Dol Purnima**– Hindu festival that is celebrated with a different name in West Bengal state is “Dol Purnima”. This is the Bengali version of the Holi festival. Dol Purnima is celebrated by men and women in a very dignified manner. On the early morning of the Dol Purnima day, the students get themselves dressed up in pure white clothes or saffron – colored dress. They also wear fresh garlands of scented flowers. Everyone enjoys this occasion by immersing themselves completely in singing and dancing on the beats of musical instruments. Different types of musical instruments are used such as dubri, ektara, veena, etc. The devotees swing the idols and women sing devotional songs and dance around the swing. During these activities, the men spray colored powder, abir and colored water at them. Doi Rui, Mochar Tarkari, Dhokar Dalna, mutton curry, coconut gujia, Muri – ghonto etc are some of the festive favourite.
4. **Jamai Shoshti**– This is a beautiful and distinctive festival that commemorates the relationship between a son in law and mother in law. This day brings the warmth back in their relationship. Jamai is a term that refers to the “son in law”. The Jamai Shoshti festival is celebrated in May or June. On this day, the son in law goes to her mother in law and seeks her blessing for a prosperous future. A grand celebration is organized on this day to welcome the arrival of a son in law to their house. Radhaballavi and cholar dal, Mishti pulao, Kosha mansho, Bhetki, Rosogolla, Sandesh are some of the favourites. The ritual happens in the presence of close members of the household. As per the tradition, the mother in law prepares a variety of mouth – watering and delectable Bengali dishes and gives gifts to her son in law.

5. **Chhat Puja**– Chhath is a primitive Hindu festival. It is the only Vedic festival that is dedicated to the Surya Dev, Sun God, and ChhathiMaiya (Goddess Usha mentioned in Vedic scriptures). The Chhath Puja is performed to pay gratitude to Lord Surya to sustain life on earth. While performing the rituals of this festival, people request the Lord to grant them a few wishes. In Hindu scriptures, it is mentioned that worship to Lord Sun helps in curing various types of ailments that include leprosy. It also assists in ensuring the prosperity and longevity of friends, family members, and elders. Thekua, Poori, Hara chana, Rasiyaw, tilkut are some specialities served during this festival.
6. **Id – Ul – Fitr**– Eid is another very significant festival in West Bengal. It is celebrated mostly by the Muslims in the state. The date of the occurrence of this festival isn't fixed. Id – Ul – Fitr is celebrated in May. It comes after the break of the auspicious Ramzan month. This festival memorializes the commencement of a joyful – communion post a month of fasting and prayer. Haleem, Biriyani, Nehari, simai, mishit doi, Bakarkhani are some of the mouthwatering specialities prepared and served during this festival.
7. **Bhai Phota**– Bhai Phota is celebrated throughout West Bengal in the month of November. This festival is celebrated in Kolkata as a substitute for the Hindu Raksha Bandhan although it is somewhat different. In this, the sister puts a '*tika*' on the forehead of her brother while muttering incantations and then feeds him, sweets. The sister prays for the long life of her brother and also that he finds the strength to fight wrongdoings. This is the Bengali version of celebration cherishes the bond between a brother and sister.
8. **Poila Boishakh**– Poila Boishakh or the first day of Baisakh is the first day of a Bengali calendar year which usually falls on the 14th or 15th of April. The day is often known as Bengali New Year. This day marks the beginning of a new year for a Bengali household and thus calls for a celebration. People make extensive preparations for this day, buying new clothes, preparing extensive dishes at home and most importantly offering prayers to Gods and Goddesses. This day is very special for the Bengalis. On this day the traders start their new accounting books, the ceremony is commonly known as '*Hal Khata*'.
9. **Kali Puja**– Kali Puja is another noteworthy festival that takes place in West Bengal in October or November. This is a long festival that goes for about twenty days. It happens after Durga Puja. Besides Durga Puja, it is one of the largest festivals of Kolkata. Kali Puja festival is celebrated in the honor of Goddess Kali. It is recognized by the chanting of mantras in the nighttime that goes till dawn. The Goddess is adorned with beautiful garlands made of hibiscuses. All the sacred chanting of mantras is carried out in the presence of the holy fire. Devotees offer several types of offerings to the Goddess that includes sweets, lentils, and rice. The street is full of stalls serving Rolls and chowmein, Manshor jhol, Sorsher maach, Devil egg, Egg roll, Jhal muri etc.
10. **Lakshmi Puja**– Lakshmi Puja is another very significant Hindu festival celebrated by the Bengalis in October. It is celebrated throughout the state with great enthusiasm and passion. During this festival, people from different parts of the world come to visit the state to be a part of this grand festivity. Lakshmi Puja takes place a week later Vijay Dashmi. People devote their respect and gratitude towards Maa Lakshmi who is believed to be the Goddess of prosperity, and

wealth. Lakshmi Pooja is the festival of lights. People celebrate it at home by either performing all the rituals by a priest or on their own. Prayers are made to bestow prosperity and wealth to their homes.

11. **GangaSagar Mela** – Ganga Sagar Mela, also known as Ganga Dussehra Mela is held in the month of January, on the occasion of Makar Sankranti at Sagardwip, about 105 km. south of Kolkata. Sagardwip is the island situated at the mouth of Ganga where the Hugli river joins the sea. This is the largest fair of the West Bengal and celebrated for three days. On this day, a large number of Hindu pilgrims collect here and take bath in the holy waters and visit the Kapil Muni Temple.
12. **Christmas** – Christmas or Christmas Day meaning "Christ's Mass") is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is prepared for by the season of Advent or Nativity Fast and is prolonged by the Octave of Christmas and further by the season of Christmastide. Christmas Day is a public holiday in many of the world's nations is celebrated culturally by a large number of non – Christian people, and is an integral part of the Christmas and holiday season.



Bhai Phota



Chhat Puja



Christmas



Dol Purnima



Durga puja



GangaSagar Mela



Id-Ul-Fitr



Jamai Shoshti



Kali Puja



Lakshmi Puja



Poila Boishakh



Poush sankranti

Few festivals of Bengal

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**CHECK YOUR PROGRESS – II**

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Q.1 What is the influence of widows of Bengal in its cuisine?

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Q.2 Write the names of 10 traditional equipments used Bengal cuisine?

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Q.3 How Bengali cuisine differs from other cuisines of India?

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**2.4.10 DISHES FROM BENGAL CUISINE**

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**1. Doi Machh**

Ingredients –

- Rohu fish – 1 kg
- Curd – 250 gm
- Turmeric – ¼ tsp
- Red chili pdr – 5 gm
- Onions – 200 gm
- Corn flour – 25 gm
- Ginger – 5 gm
- Salt – tt
- Garlic – 10 gm

- Cinnamon – 5 gm
- Cardamom – 5 gm
- Cloves – 5 gm
- Bay leaves
- Fat – 50 gm
- Gr. chili – 5 gm

**Method –**

- Clean and cut rohu or any other water fish into large pieces.
- Apply salt and turmeric, set aside for ½ hour.
- Heat oil and shallow fry the fish and keep aside.
- Combine together curd, turmeric, corn flour, chili pdr. ½ the onion, ginger, garlic (all finely ground).
- Soak the fish in the above mixture.
- Heat fats slightly, fry the rest of sliced onions.
- Add whole cinnamon, cardamom, cloves, bay leaves and gr. Chilies.
- Add fish and allow simmering for 15 minutes. Check for salt and remove.

**2. Panch phoroner charchari****Ingredients –**

- Potatoes – 225 gm
- Brinjal – 115 gm
- Red pumpkin – 115 gm
- Peas – 115 gm
- Gr. chilies – 10 gm
- Kalaunji – 5 gm
- Mustard – 5 gm
- Cumin – 5 gm
- Methi – 5 gm
- Fennel – 5 gm
- Curry leaves – 1 sprig
- Sugar – pinch
- Oil – 15 ml
- Salt – tt
- Red chili – 1 no

**Method –**

- Peel and cut the potatoes and pumpkin into 1 – inch cubes.
- Cut brinjals into small pieces and shell peas.
- Heat fat and fry the red chilies broken into pieces, slit green chilies, panch phoran and curry leaves.
- When they begin to crackle add the vegetables and sauté.
- Add salt, sugar and enough water to cook the vegetables.
- Simmer till the vegetables are cooked and tender and most of the water is evaporated.

**3. Sukto**

Ingredients –

- Raw banana – 150 no
- Radish – 150 gm
- Potato – 100 gm
- Brinjal – 100 gm
- Bitter gourd – 100 gm
- Mustard seeds– 1 ½ tbsp.
- Fenugreek seeds– ½ tsp.
- Posto(poppy seeds – 2 tbsp
- Salt – tt

Method –

- Soak 1 tbsp. of each mustard seeds and poppy seeds in warm water. Cut plantain, radish, potato and eggplant lengthwise (about 2" long). Heat 1/4 cup of oil in a wok. Fry the eggplant pieces, set aside.
- Fry the bittergourd slices, and set aside. In the remaining oil, roast 1/2 tsp. each of fenugreek seeds and mustard seeds. When mustard seeds start to pop, add to it the plantain, radish(mulo), and potato and stir fry in medium heat. As you stir the vegetables, blend the soaked mustard seeds and poppy seeds and about 1" long fresh ginger root, all in a blender into a smooth paste.
- After stir frying vegetables for about 5 to 7 minutes, add the blended mixture to the vegetables and stir constantly for about 2 minutes.
- Add salt. Also, add the fried bitter gourd slices and eggplant pieces. Add now to the "shukto" about 1/2 cup of hot water and cover wok for about 5 minutes, stirring occasionally and check if the vegetables are cooked or not.
- When vegetables are all cooked, pour on top about 1 tsp. of either butter or ghee. Serve with rice.

**4. Ghee bhaat**

Ingredients –

- Basmati rice – 500 gm
- Almonds – 10 gm
- Pista – 10gm
- Raisins – 10 gm
- Khoya – 25 gm
- Cloves – 4 nos
- Cinnamon – 5 gm
- Cardamom – 5 gm
- Saffron – few strands
- Nutmeg – pinch
- Mace – 2 blades
- Cumin – 2 gm
- Shahi jeera – 2 gm
- Ghee – 50 gm
- Salt – tt
- Peppercorn – 6 no

Method –

- Tie in a muslin cloth all the spices and boil the water for ½ hours.



- Pick, wash and drain the rice.
- Dissolve saffron in little warm water.
- Heat the fat and fry the nuts, remove.
- In the same fat fry rice, add the spiced water, boil and cook the rice till tender.
- Add khoya, saffron, cover for few minutes and lastly pour the remaining ghee.
- Keep covered for few minutes and the mix well.
- Serve garnished with nuts and raisins.

### 5. Ledigini

Ingredients –

- Khoya – 100 gm
- Paneer – 50 gm
- Sugar – 150 gm
- Cardamom – pinch
- Maida – 15 gm
- Rose essence – few drops
- Soda – bi – carb – pinch
- Fat – to fry
- Bay leaf – 2 nos

Method –

- Prepare the sugar syrup of one string consistency – adding bay leaf.
- Add fewer drops of rose essence.
- Pass mawa and paneer through a sieve, add crushed cardamom and soda – bi – carb, maida and very little amount of water and make soft dough. (Do not knead too much).
- Divide into small portions and roll into small round balls.
- Deep – fry the balls on moderate fire to golden brown stirring constantly by moving the kadai or with a flat spoon. When the gulab jamun is done they will automatically float on top.
- Drain well and add to the prepared sugar syrup, let the syrup be absorbed and then serve.

**Note** – You can stuff the Gulab Jamun with Elaichi – dana or pista or any other nuts.

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## 2.5 ODISHA

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The cuisine of Odisha will be discussed under the following sub – sections –

- Geographical perspectives
- Brief historical background
- Culture and traditions of the people of Odisha
- Climate of the state
- Agriculture and staple food of the people
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals and other occasions of the state
- A few representatives dishes of the state



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### 2.5.1 GEOGRAPHICAL PERSPECTIVES

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Odisha (Orissa) is located on the eastern coast of India. It is bounded by West Bengal in northeast, Jharkhand in the north, Madhya Pradesh in the west, Andhra Pradesh in the south and the Bay of Bengal in the east. Based on physiographical characteristics, Odisha can be divided into three broad regions – the Coastal plains, the Middle mountainous country and the Plateaus and rolling up lands. The Odisha Coastal Plains region stretches from the West Bengal border i.e. from the River *Subarnarekha* in the north to the River *Rushikulya* in the south. This region is the combination of several deltas of varied sizes and shapes formed by the major rivers of Odisha, such as the *Subarnarekha*, the *Budhabalanga*, the *Baitarani*, the *Brahmani*, the *Mahanadi*, and the *Rushikulya*. The Middle Mountainous Region covers about three – fourth of the entire State and comprises the hills and mountains of the Eastern Ghats, which rise abruptly and steeply in the east and slope gently to a dissected plateau in the west running from north – east (*Mayurbhanj*) to north – west (*Malkangirig*). The Plateaus are mostly eroded plateaus forming the western slopes of the Eastern Ghats with elevation varying from 305 – 610 metres.

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### 2.5.2 BRIEF HISTORICAL BACKGROUND

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Since its earliest known history, the land that roughly corresponds to present – day Odisha has gone by various names, most notably *Utkala* (or *Okkala*), *Kalinga*, and *OdraDesha* (or *Oddaka*), which appeared in ancient literature as designations for particular tribes. The aboriginal tribes, the Buiyas and Gonds, originally inhabited Odisha. They confined themselves to the forest and hills when the Dravidian race settled here.

Odisha was known as Kalinga in the early period. Kalinga is related with the greatest Mauryan empire ruler Ashoka who on seeing the horrors of war in his battle with the Kalingan army abandoned warfare and embraced Buddhism. In the second century AD Kharavela established a strong rule over this region. The Guptas dominated over this region in about the 4th century AD. Till the 10th century Odisha witnessed the rule of the Bhaumakara dynasty, followed by the Soma dynasty. From the 11th to 12th

century the Gangas became prominent. The Muslims Sultanate had their influence on Odisha during the 13th and 14th centuries, which continued until 1568. This was followed by the rule of the Mughals, which lasted until the death of Aurangzeb.

The decline of Mughal power brought the influence of the Nawab of Hyderabad and then Marathas who ruled it until they ceded this territory to the East India Company in 1803 AD. During that time, Odisha along with Bihar was apart of Bengal. In 1936, Odisha and Bihar were separated. In 1950, Odisha became a constituent state of India.

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### **2.5.3 CULTURE AND TRADITIONS OF THE PEOPLE OF ODISHA**

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The people of Odisha being ruled by various rulers, their culture along with arts and crafts has also emerged accordingly. It is the language and the culture of the Aryans seen in Odisha. These people who made their entry from the north eastern state can be defined as those very primitive nor can you term them to have a decent cultural background. Thus the present style of the living of the people of Odisha is a result of the racial and cultural amalgamation. Also the geography of the state contributes to its culture for the state stands as a coastal corridor between the northern and southern India and having a blend of the races and cultures of the Aryans and the Dravidians. Though the people and the state are slowly getting urbanized, still certain primitive traditions and values are kept alive in its original or ancient form for the major portion of the state is largely in its rural form. The people of Odisha are known for their rich cultural heritage and have an amalgamation of the Jagannath cult, the Vaishnav cult and Buddhism and Sivayat cult. Odia apart from being the oldest language of the state is also the most commonly spoken and the official language of the state where at least 85% of the total population speak this language. There are also other tribal languages spoken by the different group of tribal people. People in Odisha whether rural or urban live in families.

Those who have to stay away from family at their places of work in towns or industrial areas usually monogamous among all the sects When a Youngman ora women is of marriageable age, it is usually the duty the duty of the parents to arrange for the marriage .The Muslims and the Christians follow their own traditional customs. Inter – cast marriages are taking places in recent times, but are limited in number. Certain moral code and ethics are commonly accepted in the Odian society in respect of social conduct. Drinking is considered a vice and as such shameful in the households of villages. For the tribal people, however it is not a vice. Beef is a taboo to the Hindus as pork to the Muslims. Mostly all the religious and social ceremonies like wedding, birth and death include singing songs, rural dances along with feasts. At times of religious festivals and fairs, sacrifices of different kinds of livestock along with rituals are quite common among the people. They believe it is a way to appease the god and spirits. Any decision making is confirmed only after the appeasement of Gods and good omens for the people are extremely superstitious in nature.

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### **2.5.4 CLIMATE**

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Odisha is located in a climatic region known as tropical wet – dry (or tropical savanna). In January, the coolest month, high temperatures in Cuttack typically rise into the mid – 80<sup>0</sup> F (about 30<sup>0</sup>C) from a low in the mid – 50<sup>0</sup> F (low 10<sup>0</sup>C). In May, the warmest month, temperatures usually reach the mid – 90<sup>0</sup>F (mid – 30<sup>0</sup>C) from a low in the low 70<sup>0</sup>F (low 20<sup>0</sup>C). The higher elevations of the hills provide some relief from the summer heat, which becomes particularly oppressive in the basins of the central tract. Average annual rainfall in the state is about 60 inches (1,500 mm),

mostly occurring during the months of the southwest monsoon (June through September). The Eastern Ghats receive heavier precipitation, while the coastal area south of Chilka Lake, which is the driest region in the state, may receive less than 50 inches (1,300 mm) annually.

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### 2.5.5 AGRICULTURE AND STAPLE FOOD

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A major part of the population is engaged in agriculture. The total area of cultivation is 87.46 lakh hectares. Out of this, 18.79 lakh hectares are irrigated. The major crop produced is rice and the state is one of the major rice producing states in the country. Besides rice, oil seeds, jute, pulses, coconut, mesta, turmeric and sugarcane are some other important crops. Tea, rubber and cotton are the cash crops. The other crops that rank second in the state are ragi, jute, gram, mustard, sesame, maize.

Rice, both sun dried and par – boiled, is the staple food of the people of Odisha. However, in the urban areas, there is a shift in the eating patterns and people are turning towards chapati (wheat bread), as an alternative to rice. The sun – dried rice is usually cooked at the festive occasions. Oriya people also like to consume *pakhal*, which is basically cooked rice soaked in water, overnight. Typical desserts consist of *Chhenapoda*, *Rasabali* (milk preparation), *Chhenajhilli* and *Pitha* (cakes). Majority of the people of Odisha, a coastal state in India, are non – vegetarian and fish forms an integral part of their traditional cuisine. A distinctive cooking style is followed in the preparation of the dishes. Mouthwatering curries are cooked using different vegetables. Main course consists of rice or chapatti, along with dal, bhaji, bharta (mixed vegetable curry), ambila/sakara (sweet and sour preparation) and dessert. All these eatables are placed on a plate, made from bell metal.

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### 2.5.6 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

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Odia Cuisine is the cuisine of the state of Odisha. It has developed over time with local culture and agriculture and hence has its distinct items and practices. Odisha borders both north Indian states and south Indian states and consequently influenced by cuisine of North India, Bengal and Andhra Pradesh as well.

Compared to other regional Indian cuisines, Odia cuisine uses relatively less oil and is less spicy but of great taste. The food is prepared keeping in focus the locally available spices and seasonal vegetables. Rice is the staple food of this region. Mustard oil is used in some dishes as the cooking medium, but ghee (made of cow's milk) is preferred in temples. In old times food was traditionally served on banana leaves or disposable plates made of sal leaves. Lentils such as arhar and mung are another major ingredients. A typical lentil delicacy *Dalma* cooked with varieties of vegetables is a meal found common in every household. While wheat preparations like chapatti and parathas are generally eaten for breakfast, flattened rice called Chuda is another breakfast favourite that is savoured. Seasoned puffed rice called *Mudhi* is also sometimes served as a quick breakfast or makes a delicious tea time snack.

Indigenous vegetables used in Odia cuisine are pumpkin, potatoes, yam, gourd, jackfruit, and papaya, brinjal, ash gourd, drumstick, banana flower and stem. Recently introduced vegetables such as chillies, potatoes, cauliflowers, cabbages are also used alongside local vegetables. Mustard oil, *besara* (mustard seeds pounded with garlic), *panch phutana* (panch phoron) are three important ingredients in Odisha, with even curd being an occasional feature. Panch phutana is a blend of five spices that is

widely used in Odia cuisine. It contains mustard, cumin, fenugreek, aniseed and kalonji. Garlic, onion and ginger are used in most of the food. Temple food preparation doesn't allow the use of garlic or onion. Turmeric and red chillies are used regularly. The curries are garnished with dried raw mango (*ambula*). Coconut is also used in several dishes. A particular favorite in villages is a rice dish called *pakhala bata*. Rice is boiled in bulk, and whatever is not eaten is stored in cold water. When this rice becomes a little sour, it is served cold with fresh green chillies. This dish is popular in summer, when it is eaten with curds and green mangoes. Bananas, coconuts, and limes are the main fruits of the region.

Fish and other seafoods are eaten mainly in coastal areas. Several curries are prepared from prawn and lobster with spices. Freshwater fish is available from rivers and irrigation canals. Rohu, Catla and Ilishi are the famous freshwater fishes used in curries.

Odia cuisine has popular and mouth – watering desserts as well. A kind of soft cheese, Chenna is used widely in the desserts made in Odisha. Chenna – Poda is one such very famous Odia sweet dish, be it Rasgolla, Rasmalai, Payas – kheer or Meetha Dahi, milk is predominant in almost all sweet dishes of Odisha. A traditional Odiya meal is served not course by course but several dishes at one go in a brass plate or banana leaf.

Odiya lunch or dinner is typically accompanied by Dali (Dal), *Dalma* (slow – cooked vegetables with lentils), *Macha Tarkari* (Fish Curry) or *Mansa Tarkari* (Mutton curry), *Bhaja* (vegetables fried with light seasoning) and is always coupled with *Bharta* (mashed potatoes and brinjal mixed with Indian spices) and most importantly *Saaga* (green leaf prepared with some garlic and dried red chilly).

### The temple cuisine

The food in the region around Puri – Cuttack is greatly influenced by the Jagannath Temple. It is a custom to offer Prasadas to the dieties of the temples of this region. Odia cooks, particularly from the Puri region, were much sought after due to their ability to cook food in accordance with Hindu scriptures. The *prasada* of the Jagannath Temple is well known and is specifically called *Maha Prasad* meaning greatest of all prasadas. It consists of 56 recipes, so it is called *chhapan bhoga*. It is based on the legend that Krishna missed his eight meals for seven days while trying to save a village from a storm holding up the Govardhan hill as a shelter.

The Mahaprasad is cooked in a unique way. Earthen pots are kept on top of the other over the burner. The pot at the top cooks first. *Abadha*, the afternoon meal of the Jagannath Temple served on a plantain leaf. The foods served are generally plain rice, *ghia anna* (lemony spiced ghee rice), *khechudi* (asafoetida – laced khichdi), *kanika* (sweet rice with warm spices), *dalma* (dal cooked with indigenous seasonal vegetables like plantain, gourds, eggplant and drumstick), *mitha dali* (sweet dal), *mahura* (a mixed vegetable stew with raw banana, yam and dried lentil dumplings, said to be Jagannath's favourite), *saaga* (lightly seasoned, braised leafy greens with coconut), *deulia besara* (local seasonal veggies soft – cooked in a mustard and coconut sauce), *tankatorani*—fermented rice water made from mahaprasad rice, spiked with yoghurt, lemon juice, lemon leaves, ginger and a tempering of curry leaves, cumin and chillies, *khatta* (fruit relish) and thick, lightly sweet *Kheeri* (kheer).



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### 2.5.7 EQUIPMENTS AND UTENSILS USED

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- Kodhaiyee – Kadai/wok –
- Ganja – Patila –
- poda – Ladle
- Chottu – Palta
- Chalni – Seiver
- Chhuri – Knife
- Alu chili barta – Potato peeler
- Chimuta – Tong to hold breads or chapatis
- Ketli – Kettle
- Sandasi – A cross tong used to hold hot utensils, like plier
- Bhagona – deep bottom pan
- Dhado – Iota
- Balti – Bucket
- Gilas – Glass
- Randha ghara – Kitchen
- Kaddu kasa – Grater
- Tawa – Griddle
- Degchi – wok
- Panki – broad concave vegetable cutting blade fitted in wooden foot pad, also called boti in Bengali
- Belana bati– rolling pin and rolling board.
- Thali – plate
- Shilpua – Morter pestle
- Ginna – bowl

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### 2.5.8 POPULAR FOODS AND SPECIALTIES

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|-----------------|---|
| 1 Badi Chura    | A coarse crushed mixture of sun – dried lentil dumplings (Badi), onion, garlic, green chillies and mustard oil.                           |
| 2 Besara        | Simple aesthetic dish is a mixture of potato, pumpkin, banana and papaya tempered with mustard seeds, cumin seeds, garlic and dry chilli. |
| 3 Chaatu Rai    | A dish made from mushrooms and mustard.   |
| 4 Chakuli Pitha | Fermented batter of equal quantity of urad dal and rice spread and cooked on griddle plate like dosa.                                     |



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|----|----------------------|--|
| 5  | Chhena Jhili         | Soft fresh paneer mixed with sugar, sugar syrup, ghee (clarified butter), wheat flour, cardamom powder, semolina, curd (optional) and a tad bit of salt. Made into balls and deep fried, then soaked in sugar syrup.   |
| 6  | Chhena Poda          | Home – made cottage cheese and semolina combined with sugar and roasted till darkbrown, a type of Oriya cheesecake   |
| 7  | Chungdi Malai        | It is basically a creamy prawn curry that gets its rich goodness with coconut milk that gives it a distinct flavour. Its taste is further enhanced by treating the curry with simple and mild spices that make the prawn curry a very popular local dish.  |
| 8  | Dahi vada – Aloo dum | A combination and blend of both. dThe relishing taste of dahi vadas carefully neutralises the spiciness of aloo dum.   |
| 9  | Dali                 | A dish made from one of the Dals like tur, chana, masur, mung or a combination of these.   |
| 10 | Dalma                | Dalma is a very popular vegetarian recipe in which lentils and vegetables are boiled together and garnished with aromatic spices. Toor dal is the most commonly used lentil. Vegetables used may be Pumpkin, gourd, green papaya, drum sticks, unripe banana and banana stem, locally called as manja. The flavour is further spiced up by frying with panch phutana (a mix of mustard, cumin, kalonji, aniseed and fenugreek) and turmeric that give it a savoury taste like Sambhar. |
| 11 | Gajja                | Square – shaped pieces of Chhena (crumbled curd cheese) Gajja that are fried and soaked in sugar syrup for about an hour, for them to absorb the sweetness.  |
| 12 | Gupchup              | North Indian Panipuri or golgappa.   |
| 13 | Kadali Manja Rai     | Relishing banana stem curry seasoned with garlic cloves, cardamom, cumin, cinnamon, coriander with two red chillies makes the perfect side dish for a meal.  |

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|------------------|---|
| 14 Kanika        | It is an aromatic sweet rice dish. It is an Odia dish traditionally prepared during festivals and pujas. It is one of the cooked items of the 56 dishes prepared as part of Mahaprasada.  |
| 15 Khajuri khata | A sweet – and – sour dish made from tomato and dates.   |
| 16 Khechadi      | Khechadi is a well – known dish which is offered as Prasada to the almighty deity Lord Jagannath in the Jagannath temple. It is made by cooking rice and lentils together in ghee that gives it a rich flavour. The rice and lentils are first soaked and then steamed together to the desired consistency. It is then garnished with appropriate enhancing spices fried in ghee. The dish is simple, filling and satiates the taste buds with its distinct flavour. The Khechadi is basically the Oriya version of the Indian "Khichdi". |
| 17 Kheersagar    | Cottage cheese balls dipped in thickened and sweetened milk seasoned with cardamom and saffron for that awesome flavor.   |
| 18 Kora Khai     | It is basically a mixture of 4 ingredients that are Khai, coconut, jaggery (or sugar) and cardamom. Served as prasad to Lord Jagannath.   |
| 19 Macha Ghanta  | Curry consists of the fried head of the fish and is served with hot steamed rice and salad. The curry is a rich blend of onions, potatoes, garlic and the regular spices.   |
| 20 Malpua        | It is a mouth – watering dish, also served to Lord Jagannath in his Sakala Dhupa (Morning Food). Though many varieties of Malpua are cooked in various states, a typical Odisha Malpua is a sweet pancake prepared by making a batter of coconut, crushed ripe bananas, flour with milk or water and seasoned with cardamoms. These pancakes are then fried and served hot.   |
| 21 Mudhi Mansa   | Puffed rice mixed with mutton curry , a popular especiality of all occasions.   |

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|----|---------------------|--|
| 22 | Pakhala Bhata       | It is prepared by soaking cooked rice in water and sour curd. Typically left overnight, and often served with potatoes, fried fish, papad and Badi choora, which is dried and nut – like urad and black gram. This fermented rice is the perfect dish to beat the heat and refreshes you from within during extreme summers. |
| 23 | Pampad              | Flat savory snack like deep – friend or roasted appetizer, which looks very similar to a roti, usually eaten during lunch time.  |
| 24 | Pitha               | A type of rice cake made of wheat or rice flour and stuffed by various savoury and sweet ingredients. With over 10 variants, this sweet dish in Odisha is a must on festivities and special occasions.   |
| 25 | Rasabali            | The sweet dished is garnished with cardamoms and soaked in thick flavoured milk. Served in Lord Jagannath temple as a part of chappana bhogas, this delicacy trace its origin from Kendrapara district in Odisha.  |
| 26 | Sajana Chhuin Bhaja | Drumsticks sliced into 3 to 3 inch long pieces and deep/shallow fried in oil.  |
| 27 | Santula             | A dish finely chopped vegetables which are sauteed with garlic, green chillies, mustard and various spices. It has several variations.   |
| 28 | Santula             | It is a vegetable dish from the state of Odisha in eastern India. It can be either fried (Bhaja Santula) or boiled (Sijha Santula). Ingredients include potatoes, brinjal, papaya, and tomato, which are first boiled together, then fried in oil with diced onion, panch phoran, and green chillies.                        |



Besara



Chenna poda



Chhena gaja



Chungdi-malai



Dahivada-Aloodum



Dalma



Gupchup



Kadali manja rai



Kanika



Khaja



Khechadi



Kheersagar

**Few especiality dishes from Odisha**

## 2.5.9 FESTIVALS AND OTHER OCCASIONS

**Rath Yatra**– Also known as Car Festival is dedicated to Lord Jagannath who is believed to be an avatar of Lord Vishnu and Lord Krishna. The Rath or Chariot Yatra on this festival represents the journey of Lord Krishna from Gokul to Mathura. The

huge deities of Krishna, Balaram and Subhadra are taken for a religious yatra on the chariots to the summer temple for a week. The main chariot is 14 meters high and 10 meters square with 16 wheels, construction of which is began two months prior to the festival. People of Odisha actively participate in the Rath Yatra.

**Magha Saptmi**– One of the most famous and most celebrated festivals of Konark temple is Magha Saptmi. On this day thousands of people gather on the shore of Bay of Bengal to offer their prayers to the sea. Devotees take a holy dip in the sea near Chandrabhaga beach and welcome the rising Sun with prayers. This festival also marks the beginning of grand fair at Khandagiri near Bhubaneswar which lasts for a week. The shore of Bay and Bengal and the offerings made to the Sun temple add the feeling of festivity among the people of Odisha.

**Makar Mela**– Makar Sankranti or Makar Mela is another important festival of Odisha. The festival is celebrated when the Sun enters the orbit of Capricorn and by this time harvest of new paddy, sugarcane crops are over. On this auspicious day, people of Odisha offer prayers and food to the Sun God to have a healthy and prosperous life.

**Chhau Festival**– To represent the tribal life and traditional dances of Odisha, Chhau festival is celebrated with great enthusiasm in the whole of Odisha during the month of march and april. This festival is primarily attached to the Odissi dance form– Mayurbhanj Chhau. During this festival, people of Odisha worship Lord Shiva. The trained classical dancers perform the act of Chhau with masks covering their faces. The dance form has various classical and martial arts elements in it. Chhau festival offers a complete treat of dance performances, great food and vibrant tribal life of Odisha.

**Naukhai**– Naukhai is the agricultural festival observed by people of Western Odisha in the month of August or September. Naukhai is observed to welcome the new rice of the season. It is the most important social festival of Odisha but particularly of a high significance in Western Odisha and adjoining areas. The word ‘nua’ means new and ‘khai’ means food, so the name means the new crop that the farmers harvest marking the start of the harvesting season. In recent years the festival is celebrated all around the country by people of Odisha who have migrated to these places.

**Sitalsasthi Mela**– As unique as the name of the festival is, the Sitalsasthi Carnival is a very popular festival celebrated in the form of a carnival. The carnival or the festival celebrates the marriage of Lord Shiva with Lord Parvati. This is one of the most popular festivals and is celebrated across all the Shiva temples in Odisha. The festival is celebrated during the month of Jyestha (May) during the day of Shubha Panchami. Often, it is also celebrated to signify the end of the summer season and the incoming monsoons. It is predominantly celebrated in the western part of Odisha.

**Konark Dance Festival**– Dance is a very significant cultural form of art in Odisha which is why the Konark Dance Festival is such an important festival in Odisha. The main aim of the festival is to bring together all the important and popular artists from across the world on a single stage. The art form does bring forth international recognition to all the classical dance artists. The festival is celebrated for 4 days in Odisha in the month of February. The festival does host some of the most popular dance forms that are known around India including Manipuri, Kuchipudi, Bharatnatyam, Odissi, etc.

**Gamha Purnima**– While it is often known as Raksha Bandhan across the country, the same is known as Gamha Purnima in Odisha. The sisters tie rakhi on the wrist of their brother as a sign of protection and the bond between a brother and a sister. In addition to this ritual, this is also the day wherein the farmers in Odisha worship cows in the villages. The festival is commemorated with the making of a popular sweet, pitha which is then distributed among friends and family. The Utkala brahmins also celebrate the puja of Upakarma on this date.

**Mahabisuva Sankranti**– The new year as per the Odia calendar is what is celebrated as the Mahabisuva Sankranti on 14<sup>th</sup> and 15<sup>th</sup> April. It is also often known as the Pana Sankranti. In this festival, the mixture of misri and water is hung over the tulsi plant to represent the rain. The festival is quite auspicious and popular for the people involved in the agricultural and farming activities across Odisha. This day also witnesses offering special things to Lord Vishnu, Shiva, and Hanuman.

**Hingula Yatra**– Another popular festival in Odisha that is celebrated across the state is the Hingula yatra during the month of April or May. The festival celebrates and worships Shakti and is done as a Shiva puja. The day is celebrated preceding the Vishuba Sankranti. The culture of Tantrism is a popular trend under this. The festival is quite often celebrated more in the remote villages in Odisha. The special thing about this festival is the fact that the food is made in a special oven and the worshipper has to eat their one meal a day out of that.

**Raja Parba**– Raja Parba is a four – day long festival which is fondly celebrated all over the state of Odisha in the month of June or July. This festival is celebrated to bring prosperity in agriculture fields and also to celebrate womanhood. The festival is dedicated to Basu– Mata , the Earth Goddess and during this festival, all the agriculture activities are stopped to allow the Goddess to rest. It is believed that during this period the Goddess undergoes her menstrual cycle, and to respect the womanhood of the Mother Earth, all the activities such as ploughing, plucking, cutting trees, that can hurt nature are prevented.

**Chandan Yatra** – Also known as Gandhalepana Yatra, it is the longest festival of Odisha which is celebrated at Jagannath temple at Puri held during the month of April and May. The 42 – day long festival is celebrated by worshiping the deities with sandal mixed water. The deities are taken out of the temple for a holy patron in water in the traditional boats called ‘ Chapa’. The boats are beautifully decorated generally in red and white colour to give the resemblance of a swan floating in the water. The conclusion of the pompous festival is marked at the Vishnu or Shiva temples in Puri. Thousand of pilgrimages gather to take part in the celebration of this great festival of Odisha.





Chandan Yatra



Chhau Festival



Gamha Purnima



Hingula Yatra



Konark Dance Festival



Magha Saptmi



Mahabisuva Sankranti



Makar Mela



Naukhai



Raja Parba



Rath Yatra



Sitalsasthi Mela

### Few festivals of Odhisa

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## 2.5.10 DISHES FROM ODISHA CUISINE

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### 1. Masala Makka

Ingredients –

- Corn – 1 kg
- Onion – 100 gm
- Ginger – 2 inch
- Garlic – 15 cloves

- Tomato – 100 gm
- Dry Chilli – 2 Pc
- Turmeric powder – 1 tsp
- Jeera– 3tsp
- Refined oil– 4 – 5 tbsp
- Salt – as per taste

**Method –**

- Peel the corn and cut it into small round slices.
- Take onion, ginger, garlic, cumin seeds (2 tsp) and dry chilies and the grind into a fine paste. Cut the tomatoes into small slices.
- Heat oil in a pan, add cumin seeds. Allow spluttering.
- Add the paste, turmeric powder to it and stir it. Fry this paste over medium flame until it begins turning light brown.
- Add the tomatoes to it and continue to fry till the paste is cooked well.
- Then add corn slices, salt (as per taste) to it and stir it till the corns fried with the paste properly.
- The add 2 – 3 cups of water to it and stir it properly.
- Boil it, till the core become tender and the gravy thickens to the desired consistency.
- Serve it hot as side dish with rice ,roti and paratha

**2. Masala Machha bhaja****Ingredients –**

- Rohu Fish – 750 gm
- Onion– 450 gm
- Tamarind – 20 gm
- Garlic – 30 gm
- Ginger – ½ inch
- Green Chili – 4 pcs(as per taste)
- Turmeric Powder – 3tsp
- Chili Powder – 1 tsp
- Tomato – 100 gm
- Mustard Oil – as required for frying

**Method –**

- Wash and clean the fish properly, mix it with 2 tsp turmeric powder and salt and keep aside for 15 mins.
- Make a fine paste of onion (75gm), garlic (8 cloves), and ginger ( ½ inch).
- Soak the tamarind in a little water for 10 mins. Make a paste out of it and cut thin slices of the remaining onion and garlic cloves. Slit the green chilies and cut the tomato into small cubes.
- Mix the tamarind paste and the onion, ginger, garlic paste masala to the fish. Keep it for 20 mins.
- After 20 min add the onion, garlic, green chili and tomato slices to the above mixture.
- Add chili powder, turmeric powder and salt to the mixture, keep it for 15 min.
- Take a deep pan, heat oil, when hot put 1 or 2 pcs of fish with the masala. Fry it till each side turns looks brown and the masala is cooked well.

- Remove from flame and serve it hot with rice.

### 3. Simba Rai

Ingredients –

- Broad bean(sem ) – 350 gm
- Tomatoes – 350gm
- Mustard seeds – 4tps
- Galrlic– 6 cloves
- Cumin Seeds– 1 btps
- Dry Chilies – 2pcs
- Curry Leaves – 15gm
- Turmeric Powder– ½ tps
- Mustard oil– 2btps
- Salt – to taste

Method –

- To start with string and cut the beans into 1 inch sizes.cut the tomatoes into small pieces.
- Make a fine paste of mustard seeds (3 btps), cumin seeds (½ tbsp), dry chilies (1 pc) and garlic.
- Take a deep pan, boil one cup of water, add pieces of simba and salt to taste and boil it till it gets cooked.
- Heat oil in a frying pan, add mustard seeds, cumin seeds, dry chilies and curry leave.
- After it starts spluttering add tomatoes and fry it.
- Then add the prepared paste and turmeric powder to it. Stir it continuously for sometime.
- Then add the boiled simba to the above paste and frequently stir till the simba blends well with the paste.
- Add water (2 cup) to it and salt to taste, stir well and cover the lid.
- Cook on a lower flame for 10 minutes. Serve it hot.

### 4. Dahi Baigana

Ingredients –

- Brinjal – 250gm
- Curd – 200gm
- Green chilies – 2 – 3
- Curry leaves – few
- Chilli Powder ) – ½ tbsp
- Cumin Powder ) – ½ tbsp
- Cumin,Mustard seed, Methi, Black cumin – 1tbsp
- Sugar – 2 tbsp
- Refinedoil – 200gm
- Salt – to taste

Method –

- To start with, cut the brinjal into thin slice.
- Blend the curd and keep it aside.
- Split the green chilies.
- Wash the curry leaves.
- Heat oil in a pan and deep fry the sliced brijal and keep it aside.

- Again heat oil and add phutana, green chilies and curry leaves ( bhusanga patra ).
- Then add fried brinjal, salt to taste and sugar and stir it properly.
- Then add the above to the curd kept aside in another container and stir it well .
- Add the cumin and chilli powder to it and blend it well and serve it.

## 5. Chhena Poda

## Ingredients –

- Fresh soft paneer – 3 cups (850 gms)
- Semolina (sooji) – 3 tbsp
- Sugar – 1 cup
- Brown sugar/Jaggery – ½ cup
- Gr. Cardamom powder 1 teaspoon
- Roasted cashew nuts – 8 pieces
- Raisins – 15
- Butter – unsalted (optional) – 100 gms

## Method –

- Mix the fresh paneer, semolina, sugar and brown sugar in a big bowl.
- Use a hand mixer to make a smooth batter. Then add a butter stick (optional). Mix it again; add cardamom powder, roasted cashew nuts, and raisins to the smooth batter.
- Pre heat the oven at 350 °C, grease the container with butter and pour the smooth batter to the container and bake the cheese for 40 – 45 mins until the top turns light brown in color at 350 °C .
- Then use broil for 2 – 3 mins to get a baked (podo) look on the top. Take out the container and allow it to cool down. Cut into pieces and serve. (Tips: 1. Adding brown sugar or jaggery gives a typical authentic look and taste to the chenna podo.
- While cooling down the chenna podo, make sure to cover the container with a foil, so that the chenna podo will remain moist).

### 2.5.11 CHECK YOUR PROGRESS – III

Q.1 What is the staple food of the people of Odisha?

[illegible]

Q.2 What do the people of Odisha generally eat?

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Q.3 Write a note on Pakhala?

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## 2.6 SUMMARY

Awadhi cuisine is greatly influenced by Mughal cooking techniques similar to those of Persia, Kashmir, Punjab and Hyderabad which is famous for its royal food. The cuisine consists of both Vegetarian and Non – vegetarian delicacies. Mutton, paneer and spices like cardamom and saffron is highly used in these dishes. The lucknowi or the Awadhi cuisine is the result of the Nawabs who have ruled the city for more than ages. Dum Pukht, one of features of this cuisine, involves sealing the ingredients in large haandis placed over slow fire and allowing the ingredients to cook in their own juices and aromas.

The richness of Awadhi cuisine lies not only in the variety of cuisine but its ingredients used in creating such a variety. The Chefs commonly called Babarchis in Awadh transformed the traditional dastarkhwan (laying of dinner on floor setting) the Persian word meaning a dining spread with elaborate dishes like Korma (braised meat in thick and rich gravy), Salan (a gravy dish of meat or vegetable), Keema (minced meat), Kababs (pounded meat fried or roasted over a charcoal fire), Bhujia (cooked vegetables), Daal (lentils), Pasanda (grilled ribbons of marinated tender meat, usually kid lamb or beef served as kabab or in rich gravy). Rice is cooked with meat in the form of a Pulao, Chulao (fried rice) or served plain. There would also be a variety of breads including Sheermaals, Parantha etc.

Desserts comprised Gullati (rice pudding), Kheer (milk sweetened and boiled with whole rice to a thick consistency), Sheer Birinj, (a rich, sweet rice dish boiled in

milk), Muzaaffar (vermicelli fried in ghee and garnished with saffron). The Awadhi menu changes with each season and is unique to the festivals that mark the month. The severity of winters is fought with rich food Paya (trotters) that are cooked overnight, over a slow fire and the 'shorba' (thick gravy) eaten with Kulcha (a flaky pastry type bread).

The Awadhi cuisine is very traditional cuisine served from ages. It is very heavy cooked in Ghee and spices that are very rich and is prepared in dum pukht style. The Murg Mussallam is a typical example of Persian flavours merged with the Awadhi style of cooking. So is also the case with kababs. Originally, they were simply pieces of meat roasted over open fire, called boti kababs. Later, innovations were brought about in Awadh and the Shaami kababs, Galauti kababs, Kakori kababs, etc., were born out of innovations and improvisations here.

An abundant land provides for an abundant table. The nature and variety of dishes found in Bengali cooking are unique even in India. Fish cookery is one of its better – known features and distinguishes it from the cooking of the landlocked regions. Bengal's countless rivers, ponds and lakes teem with many kinds of freshwater fish that closely resemble catfish, bass, shad or mullet. Bengalis prepare fish in innumerable ways – steamed or braised, or stewed with greens or other vegetables and with sauces that are mustard based or thickened with poppyseeds. You will not find these types of fish dishes elsewhere in India. Bengalis also excel in the cooking of vegetables. They prepare a variety of the imaginative dishes using the many types of vegetables that grow here year round. They can make ambrosial dishes out of the oftentimes rejected peels, stalks and leaves of vegetables. They use fuel – efficient methods, such as steaming fish or vegetables in a small covered bowl nestled at the top of the rice cooker.

The use of spices for both fish and vegetable dishes is quite extensive and includes many combinations not found in other parts of India. Examples are the onion – flavored kalonji seeds and five – spice (a mixture of cumin, fennel, fenugreek, kalonji, and black mustard). The trump card card of Bengali cooking probably is the addition of this phoron, a combination of whole spices, fried and added at the start or finish of cooking as a flavouring special to each dish. Bengalis share a love of whole black mustard with South Indians, but the use of freshly ground mustard paste is unique to Bengal.

All of India clamors for Bengali sweets. Although grains, beans and vegetables are used in preparing many deserts, as in other regions, the most delicious varieties are dairy – based and uniquely Bengali.

Odisha has a simple yet unique cooking style that has its own identity and this makes it a major culinary tourism destination in the east India. Covered mostly with fertile plains and humid climate conditions, the state is a rice producer, and thus, cuisine of Odisha is mostly rice – based. The Odiya cuisine uses a combination of locally sourced vegetables, cereals, pulses, dairy products and seafood as well as it uses less spices and oil compared with the cuisines of other Indian states. Despite that, the recipes and cuisine is loaded with great taste, flavours and aromas.

Some of the popular rice dishes in Odisha are Khechidi that is cooked with rice, lentils and ghee; Palau that has vegetables, dry fruits and spices; sweet rice dish, Kanika prepared from dry fruits and ghee; Ghee rice, and Pakhala that is watered rice served



with curd and stir – fried vegetables. Lentils dishes serve as a great accompaniment to rice and some lip – smacking famous lentil dishes include the vegetable and spice – laden Dalma, plain and simple Dali with a spicy tadka and delicious and flavourful Besara that has vegetables, lentils, amaranthus, mustard paste, and badi as its chief ingredients.

The state is famous for some delectable curries including Chaatu rai that is mushroom and mustard curry, Kadali manja rai that is a curry of banana plant stem and mustard, and Alu potala rasa prepared from potato and pointed gourd. Santula is a vegetable stew that is sauteed with onion, garlic and green chilies. Khajuri khata, Amba khatta, Ouu khatta, dhania – patra and pudina – patra chutney are some of the renowned chutneys of the state that are condiments in Odishan cuisine. Dahi baigana, a dish of curd and brinjal is a great side dish that is notable for its tangy, tasty and sweet – sour flavour. Speaking of sweet, there are many desserts in Odisha ranging from cheese – based Chhena Poda to Chhena Jhili to Rasamalai to Chhena Gaja, and from flour – based Pheni to Jilapi to Malpua to Kheera Gaja, among others. Odisha is known for its pitha or indigenous cakes such as Poda Pitha, Arisha Pitha, Manda Pitha, Puri Pitha, Chakuli Pitha, and others.

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## 2.7 GLOSSARY

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Ambal	: A sour dish made either with several vegetables or with fish. (Bengal)
Baghar	: Tempering
Bawarchis	: Awadhi cooks
Berani	: Paratha stuffed with mashed dal
Besara	: Mustard seeds pounded with garlic (Odisha)
Bhaja	: Assorted fried items including vegetables and fish. (bengal)
Bhapa	: Steamed (bengali)
Chhenchki	: Tiny pieces of vegetables (Bengali)
Dalma	: Slow – cooked vegetables with lentils (Odisha)
Daroga – e – Bawarchikhana	: Incharge of Awadhi cuisine
Dastarkhwan	: Ceremonial dining spread where many people can sit together and have food.
Dhoka	: Steamed balls of dal in a salan
Dum dena	: Cooked in sealed pot. (Awadh)
Galka	: Sweet sour chutney made from raw mangoes.
Ganga – Jamuni tehzeeb	: Hindu muslim unity – phrase
Ghanto	: Mixture of vegetables and dal (Bengali dish)
Gupchup	: Golgappa in odiya
Haleem	: Khichri made of dals, wheat and meat
Hatha	: Ladle in Bengali
Havan	: Lighting of Holi fire of Hindus.
Kal – baisakhi	: Hot winds in Bengal
Kanhaar	: Person who serve water in Awadh
Kanika	: Sweet rice dish in Odiya
Khunti	: Spatula in Bengali.
Laute paute	: Gram flour pancakes—rolled, sliced, and

served in a salan

Loab	:	Oil floating on top of gravies in Awadhi cuisine.
Masalchi	:	Person who grinds masalas in Awadhi cuisine
Mehrin	:	Person who cleans utensils in Awadhi cuisine
Moin	:	Rubbing together fat and flour.
Moori	:	Puffed rice (Bengali)
Musallam	:	Marinated chicken/mutton/vegetable
Muzzaffar	:	Sewiyaan in Awadhi
Nafasat	:	Refinement
Nanfus	:	Awadhi naan – roti makers
Naru	:	Sweet made from grated coconut and jagary. (Bengal)
Nazaakat	:	Delicateness
Nimona	:	Crushed green peas curry.(Awadh)
Noon chai	:	Kashmiri tea making pink coloured tea.
Pakhal	:	One day old fermented rice (Odisha)
Panch phoron	:	A combination of cumin seeds, Fennel, mustard seeds, methi seeds and onion seeds .(Bengal)
Paye	:	Stewed trotters of goat.
Pitha	:	Pancake (Bengal and Odisha)
Rakhabdar	:	Person involved in presentation and service of Awadhi food
Rumaali	:	Paper thin roti
Santula	:	Odiya vegetable dish.
Shakramba	:	Sweet n sour dessert made of mango.
Taftan	:	Leavened bread.(Awadh)
Yagna	:	A ritual sacrifice with a specific objective
Zarda	:	Sweet rice (Awadh)

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## 2.9 TERMINAL QUESTIONS

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1. What are the characteristics of Awadhi cuisine?
2. How Awadhi cuisine is different from Mughlai cuisine?
3. How does agriculture effect the fooding habit of the people of awadh?
4. Write note on Dum pukth.
5. Write a note on the kitchen brigade of Awadhi cuisine.
6. Write short notes on the different types of epecialty breads of awadh.
7. What are the different culinary terms used in Awadhi cuisine?
8. Write the name of 10 equipments used in Awadhi and odisha cuisine.
9. What are the 5 especial dishes served during occasions in awadh. Write the recipe of any one of them.
10. What is the role of Widows in Bengali cuisine?
11. Write a note on the staple food of Bengalis.
12. What are the characteristics of Bengali cuisine?
13. Write about the temple cuisine of odisha.
14. Write the name of 10 equipments used in bengasli cuisine.
15. Name 5 especiality dish from Odisha. Write the recipe of any one.

# UNIT: 03

## CUISINE OF UTTARAKHAND (KUMAONI AND GARHWALI)

### STRUCTURE

#### 3.1 Introduction

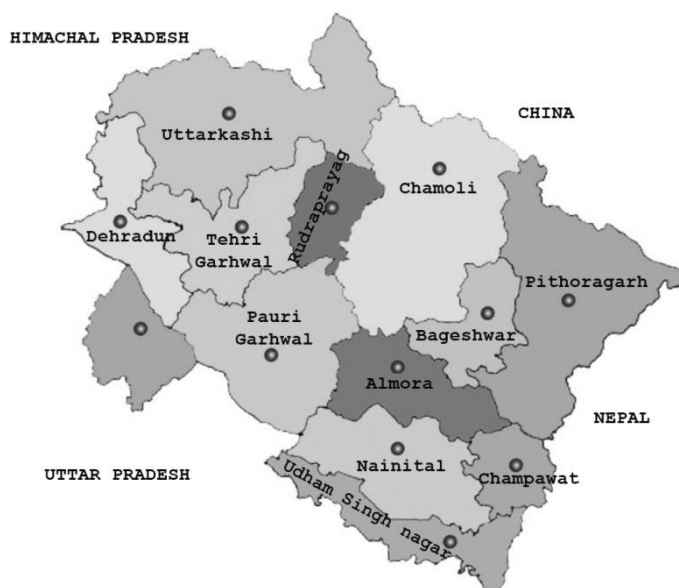
#### 3.2 Objective

#### 3.3 Uttarakhand (Kumaoni and Garhwali)

- 3.3.1 Geographical Perspectives
- 3.3.2 Brief Historical Background
- 3.3.3 Climate
- 3.3.4 Agriculture and Staple Food
- 3.3.5 Culture and tradition of the people of Uttarakhand
- 3.3.6 Characteristics and Salient Features Of The Cuisine
- 3.3.7 Cooking Equipments
- 3.3.8 Specialties during Festivals and Other Occasions
- 3.3.9 Festivals and Other Occasions
- 3.3.10 Dishes from Uttarakhand Cuisine
- 3.3.11 Summary
- 3.3.12 Glossary
- 3.3.13 Reference/Bibliography
- 3.3.14 Terminal Questions

### 3.1 INTRODUCTION

Such is the profound beauty of the place, that it provoked Mahatama Gandhi to call this place the '*Switzerland of India*'. The Himalayan state of Uttarakhand has an uncomplicated yet mouth-watering cuisine which is similar to its people, simple yet incredible. The food is tremendously wholesome to suit the high-energy necessities of the mountainous and wintry region. The two distinct regions, Kumaon and Garhwal offer palates of flavoursome dishes that are high on nutrition as well. The cuisine of the state is meticulously chosen to not only offer delight the taste buds but also to make most of the resources available. Great care is taken to include all the necessary elements to keep one well-prepared for the



tough climate and trails, special attention is paid to maintaining the look and taste of the dishes as well. A balanced flavour is the key to authentic Uttarakhand cuisine that is mostly cooked over slow fire and consists of lentils. Although Kumaon and Garhwal are divided in different regions; they unite as one in its methods of cooking and the choice of basic ingredients. There are also several dishes that two regions are common but have different names. The distinctive trait of the Kumauni cuisine is the tightfisted use of especially milk and milk-based products as cows from hilly areas do not yield high-quality or amount of milk. The similarity between both of them is the liberal use of Ghee (clarified butter) and charcoal cooking. Both Garhwalis and Kumaunis are fond of lentil or pulses and ‘*Bhaatt*’ or rice. To combat the extreme winters and possible exhausting of food, they also use *Badi* (sun-dried Urad dal balls) and *Mangodi* (sun-dried Moong dal balls) as substitute for vegetables at times. The food habit in the state also witness variation with the changing season; where in winter *Mathari* and Til laddus or Madua rotis are preferred, in summers, Dubkas with Chholia rotis are relished.

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### 3.2 OBJECTIVE

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After learning this unit the learners will be able to understand –

- Geographical Perspectives
- Brief Historical Background of the three states
- Climatic conditions of the state
- Agriculture and Staple Food , culture and tradition of the people
- Characteristics & Salient Features of Cuisine
- Equipment and Utensils Used
- Specialties during Festivals and Other Occasions
- A few representatives dishes of the state

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### 3.3 UTTARAKHAND (KUMAON AND GARHWAL)

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The cuisine of Uttarakhand (Kumaoni and Garhwali) will be discussed under the following sub – sections –

- Geographical perspectives
- Brief historical background
- Culture and traditions of the people of Awadh
- Climate of the state
- Agriculture and staple food of the people
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals



- and other occasions of the state
- Community foods served during occasions
- A few representatives dishes of the state

### 3.3.1 GEOGRAPHICAL PERSPECTIVES

Uttarakhand, located at the foothills of Shivalik range of the Great Himalayas of Northern India is formed from north western districts of Uttar Pradesh. It borders Nepal on the east, Tibet on the north, Himachal Pradesh on the west, Uttar Pradesh on the south and Haryana in the northwest. Uttarakhand can be divided into several physiographic zones, all running parallel to each other from northwest to southeast. The northern zone, popularly known as the Himadri, contains segments of the Zaskar and the Great Himalaya ranges. Adjacent to and south of the Great Himalayas is a zone containing the Lesser Himalayas known popularly as the Himachal. To the south of the Himachal is a stretch of the Siwalik Range. The entire area containing the Himadri, the Himachal, and the Siwaliks is broadly known as the Kumaun Himalayas.

The southern edge of the Siwalik Range merges with a narrow bed of gravel and alluvium known as the *Bhabar*, which interfaces to the southeast with the marshy terrain known as the *Tarai*. South of the Siwaliks are found flat-floored depressions, known locally as duns, such as the Dehra Dun. The state is divided naturally by Nanda Devi Mountains in two regions, the western half known as *Garhwal* and the eastern region as *Kumaon*. Dehradun, the capital, is the railhead and the largest city of the state. Nainital is where the high court of Uttarakhand is located. Both Kumaon and Garhwal have beautiful natural scenario, with a series of imposing mountain peaks of *Chowkhamba*, *Bhagirathi*, *Pindari*, *Nanda Devi*, *Sahastrataal*, *Kedarnath*, *Gangotri*, *Milam*, *Jogin* to name a few. Nanda Devi, having an altitude of 25,643 feet is the highest mountain in Uttarakhand.

Out of a total area of 53483 km<sup>2</sup>, the state of Uttarakhand is 65% covered by forest and 86% is mountainous. Two of India's mightiest rivers, the Ganges and the Yamuna start off from the glaciers of Uttarakhand. The *Valley of Flowers*, a world heritage site designated by UNESCO, well known for the all absorbing beauty and variety of the rare plants and flowers, is located near Joshimath in Garhwal. The presence of several hill stations, wildlife parks, pilgrimage places and trekking routes make Uttarakhand an attractive tourist destination.

### 3.3.2 BRIEF HISTORICAL BACKGROUND

Archaeological evidence like ancient rock paintings, paleolithic stone tools, rock shelters, megaliths, etc suggest that this mountainous state had been frequented and inhabited from prehistoric times. Findings in Chamoli and Almorah districts clearly reveal the existence of human habitation from Stone Age in this state. The name of this state can be found in the great Purans and Vedas and the legendary epic of Ramayana and Mahabharata. During Vedic age, Uttarakhand formed a part of Panchal and Kuru kingdom (*mahajanpads*). In Hindu mythology also, Uttarakhand has been recognized as a part of the famed *Kedarkhand* (now Garhwal) and *Manaskhand* (Kumaon). Kunindas were the first major dynasties of Kumaon during 2nd century BC. According to findings, Kunindas practiced an early form of Shaivism. Early presence of Buddhism has been noted in Kalsi region where Ashokan edicts have been found. The kingdoms of Kumaon and Garhwal, were formed during the medieval period. The region fell to the Gorkha empire of Nepal in 1803, but in 1816, British



took over the kingdom after winning the Anglo-Nepalese war, and formed the Treaty of Sugauli.

**Garhwal Kingdom:** Founded in the year 888 AD this kingdom later on became a part of the British raj in India. People from this region were active participants in the quit India movement which was waged against the British. Later on, while on one side Sardar Vallabhbhai Patel was working towards the unification of India on the other end, the people of Garhwal themselves were forcing the king to accept the concept of a sovereign India. In 1949 the last ruler of Garhwal – Manavendra Shah gave up and Garhwal officially became a part of India.

**Kumaon Region:** Meanwhile the Kumaon region of Uttarakhand was a complete battle field. Before the British annexation 8 princely states existed in the regions that were in complete control. The eastern Garhwal was attached with the newly annexed Kumaon region. Just like the Garhwal population, Kumaon people also actively participated in the quit India movements along with being heavily influenced by the teachings and motivation by Mahatma Gandhi. This is the reason why the people here immediately and very willingly India's sovereignty.

The word Uttarakhand literally translates into '*North part of the Land*' and it was formerly a part of Uttar Pradesh and was known as Uttaranchal. The similarity of traditions, geography, and proximity to different ethnic groups brought Kumaon and Garhwal closer forgetting their long rivalry, and this had greatly strengthened the movement for statehood of Uttarakhand in 1990. Finally, on 9th November 2000, the birth of Uttarakhand took place by carving out 13 districts from Uttar Pradesh. It became the 27th state of India with Dehradun as its capital. The name Uttarakhand was coined for the state, which was changed later as Uttaranchal and again it was renamed as Uttarakhand. This state is also referred to as *Devbhoomi* or the land of gods and goddesses due to the presence of some of the most ancient temples, shrines and pilgrimages.

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### 3.3.3 CLIMATE

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Uttarakhand mainly has two different climatic regions, namely, the hilly terrain and the smaller plain region. So, the weather is also quite varied, depending on the particular place. Summers in the plain region of Uttarakhand have similar climate as other surrounding plain regions of different states i.e the maximum temperature can cross the 40°C mark and there can be considerable humidity. Warm temperate conditions prevail in the Middle Himalayan valleys with temperature around 25°C making it an idle getaway for people of the plains to beat the heat. However, in the higher areas of middle Himalayas the temperature is around 15 to 18°C, still pleasant. The season extends from April to June.

The Climate of Uttarakhand during winters in the plain region can be chilly with temperatures going below 5°C mark. The winters in the middle Himalayan valleys are very cold and in the higher areas the temperature can drop below the freezing point. The Himalayan peaks remain snowcapped throughout the year and many places receive regular snowfall. Throughout the state the temperature ranges from sub-zero to 15°C and the season lasts from November to February. The monsoon is the most pleasant season when temperature differs from 15 to 25°C at most places which reigns from July to September. The state receives 90% of its annual rainfall in this season.

The eastern parts of Himalayas are subjected to heavier rainfalls when westerns are relatively drier.

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### 3.3.4 AGRICULTURE AND STAPLE FOOD

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Agricultural practices are the main stay of the people of Uttarakhand. Out of the total population, more than 75% people are engaged either with the main occupation of agriculture or its allied practices, dominated by traditional subsistence cereal farming. Agricultural crops are grown almost in all the altitudinal zones — from the low-lying areas, which are called '*Gangarh or Bhangar*', to the highly elevated region, where the legendary term is given as '*Danda*'. Farming is done by three methods:

1. Contour farming- is growing crops "*on the level*" across or perpendicular to a slope rather than up and down the slope. The rows running across the slope are designed to be as level as possible to facilitate tillage and planting operations on the contour as well as prevent soil erosion and retention of moisture.
2. Terrace farming- when the land is quite sloppy, then 'steps' known as terraces are built. This type of land retains the water, stops soil erosion and loss of nutrients.
3. Jhoom Farming is basically adopted by the nomads. They clear a certain area of the forest and start cultivation there. After few years when the soil becomes unusable or loses its fertility, they leave the place in search of another suitable forest land.

The growing of crops varies according to the heights. Among them, the main crops are rice, wheat, millet, barley, all types of pulses, all types of oilseeds and almost all types of fruits. The crops, vegetables and fruits of all varieties are grown in the different climatic zones such as tropical, temperate, and cold because, the region is characterized by the different altitudinal zones elevated from 200 m to more than 8000 m. As a result, different climates are found from hot tropical to sub temperate and chilly cold. Pulses varieties are grown extensively.

Among vegetables, potato, onion, carrot, all types of green leafy vegetables, brinjal, pumpkin, ladyfinger, pea, gram, radish, ginger, garlic, etc, are grown widely. All fruit varieties are grown in the different altitudinal zones. The main fruits are Peach (*Aadoo*), Plum (*Pulam*), Apricot (*Khumanee*), Pears (*Nashpati*), Cherry, Mango, Mekauti (*Malta*), Litchi, *Dadim*, Guava, Jackfruit, Apple, Strawberry, Lemon, *Chakotra* (Grape Fruit), *Narangi* (Orange), *Kirmodi* or *Kirmoli*, *Hisaaloo* or *Aisayloo*, *Kafal* (Bayberry), *Ghigharu*, *Alu Bukhara* (Plum), Timil, *Fantullo*, *Bhayanbhalo*, *TingloPhalalo* Pine Nuts and *Bedu*, while the juices preferred are Buransh (rhododendron) juice, rose juice and malta juice.

In spite of feasible climatic conditions, agricultural dominant society, and availability of all types of crops, the production and productivity of these crops are very low, even they are unable to meet the grain-need of the people in Uttarakhand. Like most of India, agriculture is one of the most significant sectors of the economy of Uttarakhand. Agricultural export zones have been set up in the state for leechi, horticulture, herbs, medicinal plants, and basmati rice. The people living in higher villages are deprived of fresh vegetables and fruit and also wheat or rice. They generally grow grain such as *mandua* and barley which becomes their staple food.

The Bhotia tribes are nomadic and are engaged in mostly agriculture and trade. Ingredients exported were food grain, sugar, gur (jaggery), spices, tobacco, cotton, cloths, corals, beads etc. and items imported were borax, salt and wool. They cultivate grains like Mandua or palti (buckwheat), phaphar, naphal (hill wheat), paddy, maize, jowar, potato etc. As the Bhotia community is seasonally nomadic, storing dehydrated or sun-dried food for the winter is a common practice. They dry vegetables like onion, radish, herbs, spices and meat. '*Lafhoo*' is a popular preparation of radish, made by grating and then sun-drying it. The sun-dried grated radish is then prepared into a stew (*jholi*) and served with rice. *Thawe* (caraway seeds) is commonly used in dal and chilli chutney.

Mountain herbs are widely used in their food. *Kwacho* (Sakwa), another wild herb, is also used in dal and with fried vegetables. *Chibi* is prepared with rajma dal, *Timor* is a herb, used in chutney with chillies. Roti and *Dulang* (sacred bread- offered to God) is made from the different kinds of wheat available and also with *Kutu* or *KodoGuthain* (pancake) and *Jadu* (porridge) made from wheat is a part of their everyday diet. Wild Goat, also called '*Phasi*', is a popular dish of the community. Different parts of Phasi are dried in the sun and smoked after marinating the meat in salt. The dried meat is preserved and carried to the lower settlements for winter. '*Jaama*', dried intestine of the wild goat, is also preserved and used in many preparations. Apart from Phasi, Bhotias eat goat, wild boar and wild chicken.

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### 3.3.5 CULTURE AND TRADITIONS OF THE PEOPLE OF UTTARAKHAND

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Uttarakhand is also known as '*Dev Bhoomi*' the land of the gods and religion and spirituality exists in the soul of every Pahari and can be visible in their daily life. Large segment of the people in Uttarakhand, especially in the upper reaches, are orthodox Buddhists and Hindus. Many of Hinduism's most important shrines like 'Char Dham'- the four shrines of Gangotri, Yamunotri, Badrinath and Kedarnath, (a pilgrimage of which is supposed to ensure instant salvation) lie tucked in the mountains and along the rivers of the state. The sacred Ganga, on its foaming path down to the plains, meets its tributaries at what are called the Panch Prayag- the five sacred 'sangams' of the river at Vishnuprayag, Nandprayag, Karnaprayag, Rudraprayag and Devprayag. And that is not all; Hardwar and Rishikesh are two of Hinduism's most prominent destinations for pilgrims, while the historical Gurudwara of Hemkund Sahib, near the Valley of Flowers, is an important shrine for Sikh. The Kumbh Mela that is held every twelve years witnesses some of the largest gatherings of devotees to be seen anywhere in the whole world. Overwhelming natural panoramas accompany the pilgrims taking part in the Nanda Devi Raj Jaat and Kailash Mansarovar Yatras. Similarly the Dargaah at Piran Kaliyar Sharif, holds a significant religious rank for Muslims and people from other faiths alike.

According to a 2007 study, Uttarakhand has the highest percentage of Brahmins of any state in India, with approximately 20% of the population being Brahmin. Muslims, Sikhs, Christians, Buddhists, and Jains make up the remaining population with the Muslims being the largest minority.

The culture of the people of Uttarakhand is kept in check or enriched by features like its music and dance, festivals, cuisine, arts and crafts and much more. All the local traditions of the state are determinedly attached to nature and its bounty. No legends or myths are complete without nature, seasons or the Himalayas being integral part of them. The people spare no opportunity to celebrate this bountiful natural, social and

religious diversity. Collective celebrations become the order of the day – the many fairs and festivals bear testimony to this. These fairs have now become remarkable stages for all sort of uncluttered social, cultural and economic exchange. The religious bonds between the people is held tight by features like music, dance and arts and thus the people are in turn deep-rooted in their religion with awe inspiring Himalayas. The people of Uttarakhand never miss out on any celebration of festivals for they take the slightest possible opportunity to celebrate all the festivals of India with great enthusiasm. Some of the national festivals celebrated by them include Holi, Diwali, Navratri, Christmas and Durgotsav. The people here generally get very excited about festivals and they take an active participation in it by fasting, joining the festival processions, cooking food, etc. Some of the festivals pertaining to the people of Uttarakhand during which their distinct customs and traditions are followed includes *Basant Panchami*, *Bhitali*, *Harela*, *Phooldei*, *Batsavitri*, *Ganga Dusshera*, *Dikar Puja*, *Olgi or Ghee Sankranti*, *Khatarua*, *Ghuian Ekadashi* and *Ghughutia*. At the time of monsoon and on the first day of the month of `Shravana` a Kumaoni festival known as *Harela* is celebrated with great pomp and religious fervor. The love between a brother and a sister is shared by exchanging of gifts between them on the festival of *Bhitali* and this is celebrated in the month of Chaitra. They follow age old customs and traditions for all social functions like new birth, marriage, death, etc. The Bhotia tribes, who are somewhat related to Tibetan people are mostly located in the upper regions of Pithoragarh district. They are mostly mountain dwellers engaged in agriculture and trade. They offer a special type of designed roti called *Dulungto* to their gods. They celebrate the *Losar* festival during the flowering of the apricot trees in autumn and *Kandali* festival in the rainy season. Several indigenous tribes and communities flourish in this state today maintaining their distinct cultural heritage and traditions. The several fairs and festivals celebrated by the tribes such as *Bhotias* (Shaukas), *Tharus*, *Buxas* and *Jaunsaris* are opportune for the locals and the visitors to witness these events as opportunities to keep the traditional modes of life and art alive apart from providing them the recognition they so strongly deserve. Legends, myths and anecdotes galore in the state of Uttarakhand which has in turn been bestowed by the richest, holy rivers and the most esteemed mountains. Series of legends and tales are intricately woven around the sacred shrines, temples and rivers by simple hearted, god-fearing people that simultaneously reflect the socio- cultural diversity of the state.

### 3.3.6 CHARACTERISTICS & SALIENT FEATURES OF CUISINE

Characteristically grain and cereal based, made up of simple ingredients, cooked with minimal spicing, simple temperings and optimal cooking methods into flavourful, filling and nutritious meals. '*Ghar ka khana*' or made at home, is a very important phenomenon for Uttarakhandis. Most of the food is steamed, boiled, roasted or baked. The food of every Pahari is incomplete without dal, chutney and a sweet dish. In the kitchens of Kumaon, a wide range of pulses is used to create mouth-watering recipes, which are usually enjoyed with rice. The pulses, beverages, and fruits here are quite different from other parts of India. The distinct flavours of Pahari food are prominent



Bichhu ghas

in the cuisine with the use of mustard and cumin seeds not only adding a distinct taste but also acting as appetizers. Though the people in the higher mountainous regions use generic spices and herbs found in most Indian homes, they also use some very indigenous ingredients like *Pahadimirch* (which are spicy enough to get one's ears smoking) and *bhaang* (Hemp) pods, which grow in the wilderness, *Faran* (similar to onion family) is a super tasty spice which can be used in a host of Indian dishes including dal and vegetables. Tiny dark mustard like spice called *Jakhiya* (small black seeds which grow wild and are often used in tempering, the way we use mustard or cumin seeds), *Gandreni* (a dried root which is used in place of asafoetida), yellow chillies and *Jambu* (wild herbs that are dried and used like we use kasuri methi). In the monsoons, they have virtually a treasure trove of wild greens like fiddlehead ferns called *Lingur*, *Lai* (a close cousin of red mustard) and plenty of *Sisunag* or *Bicchooghaas* or *Kandali* (stinging nettle) and *Lingadusaag* or *Lengda* (wild asparagus). Aerial yams called *Gethi* and *Chippi* (button mushroom) which proved to be an excellent ingredient for salads and soups. The use of tomato in the cuisine is minimal and food is essentially cooked in mustard oil or pure ghee and even the chutneys, namely *Bhang-jeera chutney*, are made using Bhang seeds.

Pahari meals are healthy, with a balanced use of fats; ghee to temper lentils, mustard oil for greens and vegetable oil for other dishes. Spices used are minimal. Garlic, ginger, chillies, asafoetida are favoured. The Pahadi communities get their proteins from river fish, mutton and robust dals are made with legumes like *Bhatt* (a black pulse), *Gahat* or *Gauth* or *Kulath* (horsegram), *Rajma*, *Toor*, *Masoor*, *Mung*, *Chana*, *Swanta* and *Gauthare and ras* (a mixture of dals). Lentils and pulses are also used to make unique local preparations like *Chainsoo*, a deliciously textured thick smoky gravy of roasted dal *Bhatwani* (a variety of soyabean) and *Phanu* (made with roughly ground Gahat soaked overnight and then boiled on slow fire for a long time), a textured aromatic gravy made from soaked crushed dal.

Urad dal is extremely important to Pahadi culinary culture and *Urad ki pakodi* (lentil fritters) and *Swala* (fried bread stuffed with potato) are ubiquitous to all celebratory occasions. One of the traditional dishes that you can find in small eateries along the winding hill roads is *Aloo ke gutke*, which is essentially potato wedges fried with local herbs like *jakhya* and *jamboo* and then topped with coriander leaves. During the warm summer months, the cooling *triphala* is included in the diet, while the monsoon sees the preparation of the delicious, warming *Surka*, a drink made with *Takeera* (soaked, pounded and dried wheat), almonds and cardamom. Hill spinach is a common dish to accompany chapatis made of *madua* or finger millet seeds. Topped with dollops of ghee and jaggery, this is an ideal winter dish. Bhang too is used extensively to make chutneys. Its seeds are also used to make *Sana hua nimbu* from curd, radish, lemon and spices. Despite the high altitude and cold climatic conditions, they hardly use any oil. Every household owns cattle, so food is cooked mostly in clarified butter (*ghee*). In the rare event that oil is used, it is mustard oil. The *Koda roti* is best served with *Kandali* (nettle leaves) *ka saagandlingadi* (fiddlehead fern) *kasaag*. The people in the Kumaon region relish large dried balls of urad dal, called *Badis*, and their smaller version prepared from Moong dal called *Mangodi*. These items help people in combating severe winter cold conditions. The Garhwali breakfast begins with *Mandua ki roti* (chapati made finger millet or ragi or nachni) or *Bhari roti* (chapati stuffed with cooked pulses, namely Gahat) or *Gahat ke paranthe*. Various other rotis are also eaten like *Marchhra roti* (made of chawlai seeds), *Bajra roti* and *Aloo ke parathe*. *Kodo*, a coarse grain with high fiber content, has always been the energy diet of the people of the hill region.



Vegetables play an important part in Pahadi meals in the form of raitas, chutneys and subzis. Some may simply be tempered with jakhiya and chilies in mustard oil. Others cooked into simple gravy preparations called *jhols*. Lauki (white gourd), tori (ridge gourd), leafy greens like chawlai (amaranth), kaddu (green pumpkin), tukkulu and other regular vegetables are eaten in summer. The monsoon brings colocassia leaves made into delicious *Patyud* (the Garhwali version of the patod/patra). Winter brings leafy greens like methi (fenugreek leaves), mooli ke patte (radish leaves), rai (mustard greens), and more. Pahadi palak (local spinach) is a particular favourite in the winter and is cooked into subzi and signature dishes like *kafuli*, a gravy thickened with rice or chickpea flour and *Dhabadi* made with arhar dal. *Thichwani* is a popular vegetable preparation made of pahadi mooli (round white raddish) that is ‘thinchoed’ or bashed up and cooked into delicious gravy.

As it might appear Pahadi cuisine is largely vegetarian but non-vegetarian dishes are much loved too although elaborate recipes are limited. River fish especially trout is fried or cooked into *jhols* (curries), an occasional chicken curry is eaten but meat-bhaat (mutton curry and rice) are still the most loved favourite. Meat came from hunting and when an animal was killed the whole carcass was put to use. Choice cuts cooked into curry, excess pickled, trotters made into *Dauni* soup, and intestines into *Bhuttua* (Cooked intestines, heart and liver of goat). One notable, traditional meat recipe is *Kachmauli* in which a goat is spit roasted, the meat is taken off the bone, tossed with mustard oil, salt, chili and turmeric and served. Yoghurt is used a lot, especially in making the mouthwatering *Kheere ka raita*.

Food preservation is a regular part of the culinary calendar and there is a fantastic repertoire of options to zing up meals, from chutneys like *Chullu* and bhaang to til, pickles like kathal, kachner and flavoured salts like *Lehsun ka namak* (green garlic pounded with salt) to name a few.

The cuisine has something in store for those with a sweet tooth as well. Festivals and other occasions feature special foods like *Gujiyas* for Holi, Diwali starts with *Kheel patasha*. *Duseraa*, *Bhaiduj* and Weddings call for *Balushai*, *Chenamurkhi*, *Rabri malpua*, and piles and piles of *Roat* and *Aarsa*. *Bal mithai* is chocolate (milk reduced to solid form) studded with sugar balls can be found in sweet shops across the region. *Singhori* is a sweetmeat moulded in an indigenous leaf called *Malla ka patta* that results in little cones fragrant with an elusive scent of the leaf packaging. Another sweet tooth of the region includes the Kumaoni Puas. What makes Arsa different from the common malpua is the use of jaggery and curd in it. These melt-in-the mouth sweet balls can be munched on during tea time or as a dessert after meals. Jowar-like grain called *Jhangora* is popularly used to make kheer. *Rotana* (Sweet flour dumplings) is a traditional Garhwali sweet. No celebration of Uttarakhand is complete without it. *Singal* a traditional sweet snack usually made for weddings and other occasions. Bhotiyas relish on ‘*Champaa*’, a roti made of barely roasted flour or boiled potatoes, rice or avegetable stew called ‘*Thukpa*’. They drink *Chakti* and *Jaana* (local beer) that contains very low concentration of ethyl alcohol; *Daru* is distilled liquor that contains higher concentration of ethyl alcohol in all their celebrations.

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### 3.3.7 EQUIPMENTS AND UTENSILS USED

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Donga	:	Assorted serving bowl
Gol karchul	:	Ball Scoop

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Katora	:	Big bowl
Botal	:	Bottle
Balti	:	Bucket
Plain Chaku	:	Butter knife
Katordaan	:	Chapati box
Dibba	:	Container
Pyala	:	Cup
Bhagona	:	Deep cylindrical vessel
Parat	:	Edged big plate
Thali	:	Edged small plate
Chhapta karchul	:	Flat spoon
Kanta	:	Fork
Keep	:	Funnel
Gas tandoor	:	Gas Oven
Chulha	:	Gas stove
Gilas	:	Glass
Kaddukas	:	Grater
Tawa	:	Griddle
Idli khancha	:	Idli mould
Martban	:	Jar
Jug	:	Jug
Chaku	:	Knife
Karchul	:	Ladle
Dhakkan	:	Lid
Lighter	:	Lighter
Machis	:	Matchbox
Microwave	:	microwave
Okhli	:	Mortar
Degchi	:	Pan

Cheelne wala chaku/chheelar	:	Peeler
Lamba ched wala karchul	:	Perforated flat spoon
Gol Ched wala karchul /Jhara	:	Perforated spoon
Thali	:	Plate
Cheemta	:	Pliers
Cooker	:	Pressure cooker
Chakla	:	Rolling board
Belan	:	Rolling pin
Lota	:	Round water pot
Saucepan	:	Saucepan
Kainchi	:	lScissor
Katori	:	Serving bowl
Chota Karchul	:	Serving spoon
Chammach	:	Spoons
Bada chammach	:	Tablespoon
Chota Chammach	:	Teaspoon
Channi	:	Teastrainer
Sandsi/ Pakad	:	Tongs
Tray	:	Tray
Kadahi	:	Wok
Lakdi karchul	:	Wooden Spatula

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### 3.3.8 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

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- 1 Aloo Daal Pakora Mashed potatoes are shaped into balls and dipped into a dal batter and deep fried. It is served as a snack and is one of the favorite snacks of the locality of the Kumaon. It is served with chutney or tomato ketchup. It is an innovative food of Kumaon.
  - 2 Aloo ke Gutke These are small pieces boiled potatoes cooked in spiced masalas and relished with cucumber raita, locally used as snacks in Kumaun region.
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| 3  | Aloo Tamatar Jhol | Pahari aloo cooked in spiced tomato thin gravy.   |
| 4  | Arsa              | A special Garhwali sweet dish. It is prepared on special occasion like marriages and festivals. It is prepared with jaggary, rice and mustard oil.  |
| 5  | Baadi             | Made of Kwado /Choon/Mandua flour cooked in small quantity of water to soft dough consistency and eaten with Gahat ki dal or Phaanu- a Garhwali preparation.  |
| 6  | Badil             | These are small cakes made from boiled and mashed pulses. The pulses are boiled with spices, ground, made into small cakes, fried and served. Kumaoun especiality.  |
| 7  | Bal Mithai        | These are brown chocolate-like fudge made with roasted khoya, coated with white sugar balls, and is a popular sweet from Almora.  |
| 8  | Bhang ki Chutney  | Roasted Bhang seeds (Hemp Seeds), cumin seeds and <i>darim</i> (a local variety of pomegranate) and mixed with lemon juice.   |
| 9  | Bhatt ki chutney  | roasted Bhatt dal , ground together with lemon, green chilli, green coriander to form a mouthwatering Garhwali chutney.   |
| 10 | Bhatwani Dal      | A delicious dal made from Bhatt.  |
| 11 | Bhumla            | Roasted whole green chana with its covering. Used as snacks   |
| 12 | Chainsoo          | It is made by roasted grain of Moong Dal and black Bhat. This Dal is very nutritious but hard to digest.  |
| 13 | Chanchyya         | It is type of light salted kadhi made from the starch of strained rice mixed with buttermilk.   |
| 14 | Palyo             | This is a type of thin kadhi made with jhangora or saawan rice or besan mixed with butter milk. This may be salted or sweet in taste.   |
| 15 | Chholyaan rota    | This dish is often eaten for breakfast or as a snack and has a pancake-like consistency. The batter is made of wheat flour with sugar or jaggery and fennel, which is then poured on a hot griddle and cooked on both sides till golden brown |
| 16 | Dhabadi           | It is an palak arhar dal from Garahwal.   |
| 17 | Dubuk             | It is a dal prepared by coarsely ground Gahat or bhatt.   |

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|----|--------------------------|--|
| 18 | Dwancha or timur chutney | This is a chutney prepared by the Bhotias using Timur and tomatoes.  |
| 19 | Phanu                    | Phanu is also made of dals (lentils) like chainsoo, but in this case the dals are soaked in water for about 4 to 6 hours before its use. A different variety of dals like-Gahat, Arhar or green Mung can be used to prepare Phanu.   |
| 20 | Ghughuti                 | is fried sweet preparations of various shapes and sizes prepared by each Kumauni household during the festival of maker sankranti. These sweets are then tied into a string and are garlanded around the children's neck in order to attract birds (especially crows). Wheat Flour, Dry Fruits, Sauf (Fennel Seeds), Sesame Seeds, Grated Dry Coconut, Sooji (for crunchiness), Ghee (for softness), Jaggery Syrup (as per dish quantity), Milk are kneaded together to form the soft dough. |
| 21 | Gahat dal (Kulath)       | horse gram dal also known as gahat, muthira, kulath, or kulthi is widely eaten in Uttarakhand. It is a good source of iron and is very beneficial in stomach, blood and kidney related disease.  |
| 22 | Gahat Soup               | It is soup made from Gahat ( Kulth) Grains.  |
| 23 | Gidkiyu                  | This is a types of soup made from mandwa ata.  |
| 24 | Gulgula                  | These are sweet Fritters (mitha pakora) made either refined flour or a mixture of ripe banana and refined flour. A festival dish.  |
| 25 | Jhangore ki Kheer        | Sweet dish prepared with Jhangora  |
| 26 | Jhol                     | It is a very light gravy made of tomatoes, potatoes and other tubers   |
| 27 | Jholi                    | It is thick gravy made of various pulses, Phannu like preparation.   |
| 28 | Jya                      | A type of salted tea.  |
| 29 | Kachmauli                | Goat is spit roasted; the meat is taken off the bone, tossed with mustard oil, salt, chili and turmeric and served.  |
| 30 | Kapa                     | A curry dish made by minced spinach and mustard leaves.  |
| 31 | Kurunthi                 | Urad dal pakore.   |

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| 32 | Mooli ki thinchodi                                | This dish derives its name from the method of its preparation. Pahari mooli (mountain radish) and potatoes are pounded (not cut) with the help of a small pestle called sil-batta. These are then cooked in mustard oil in a kadhai with Jakhya and tomato paste  |
| 33 | Kafuli  | It is a thick gravy Daal made of green leafy vegetables (preferably radish leaves) and cooked mustard oil or pure ghee.   |
| 34 | Kaddu raita                                       | Shredded and boiled pumpkin mixed with salted curd.   |
| 35 | Lesu  | Lesu is a local dish of Kumaon region, which is served for breakfast, lunch or dinner. This Kumouni bread is prepared by stuffing Madua dough into wheat flour dough. It is eaten with a lot of butter or ghee. It can also be served with curd and mixed pickle. |
| 36 | Mixed Bhaddu Dal                                  | Bhaddu is a heavy bottom and narrow neck pot made of mix alloy.   |
| 37 | Pahari Rajma Daal                                 | A hilly species of Rajmas highly protein and delicious to eat   |
| 38 | Phaanu  | A dish like Chainsoo made of different variety of Daals like- Gahat, Arhar or green Mung and soaked in water for 4 to 5 hrs before cooked.  |
| 39 | Roat  | A mixture of wheat flour and sugar fried in oil   |
| 40 | Rus   | Kumaoni delicacy prepared with mixed dal stock, thickened by Rice paste and served with Rice.   |
| 41 | Sanaa hua chukh                                   | It is mouthwatering chutney from Kumaon, made from Pahadi lemon, radish, curd and spices.   |
| 42 | Sani Hui Mooli                                    | Slices of radish flavored with lemon, curd and paste of bhang seeds. Often used in winter.  |
| 43 | Sisaun or Sisunak<br>Saag or Bicchu booti<br>saag | Tender leaves of “Bichhu Ghas” or nettle plant are picked for making the vegetable and it is tempered with Jakhya in mustard oil.   |
| 44 | Singal  | Singhal is a apiral traditional sweet festive snack from Kumaon, usually made for weddings and other occasions besides special festivals like Diwali and Holi. Made with mixture of semolina, yogurt and banana and then spiraled and deep fried.                 |
| 45 | Siyal   | A sweet dish made from semolina and ripe bananas.   |

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| 46 | Swala                           | Spiced toor dal stuffed in wheat dough, flattened and deep fried.   |
| 47 | Thechwani                       | Made by crushing of boiled potato or Radish   |
| 48 | Til ke Laddus                   | Made of til and sugar   |
| 49 | Til ki Chutney                  | Special in winter have tasty nature with Tor ki daal & Bhaat or with Gahat ke paranthe. Also used with various snacks items |
| 50 | Timur                           | This is a hot pepper used in chutneys in northern part of Uttarakhand.  |
| 51 | Urad Dal ke Pakore / Urad Bhuda | Spicy Pakoras made by mixture of different dal (Pulses)   |



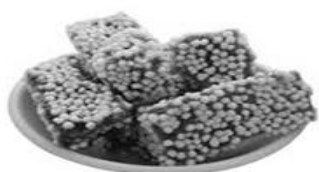
Aloo Tamatar Jhol



Arsa



Baadi



Bal Mithai



Bhatt ki chudkani



Chainsoo



Gahat dal (Kulath)



Ghughuti



Gulgula



Jhangore ki kheer



Kafuli



Kurunthi

**Few speciality dishes from Uttarakhand**





Dubuk



Palyo



Phaanu



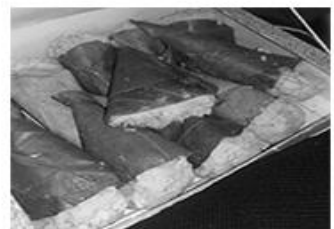
Roat



Sani Hui Mooli



Singal



Singori



Sisunak Saag



Siyal



Swala



Thechwani



Til ke Laddus

Few speciality dishes from Uttarakhand

## CHECK YOUR PROGRESS-1

Q.1 What are the different fruits and vegetables grown in Uttarakhand?

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Q.2 Write the names of 10 traditional equipments used Uttarakhand cuisine?

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Q.3 Write short note on Ghughutiya?

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### 3.3.9 FESTIVALS AND OTHER OCCASIONS

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Fairs and festivals for long have been the unique, interesting feature of the land of India and Uttarakhand is also no exception. In fact it won't be wrong to say that it's a land of fairs and festival. Uttarakhand, a land dotted with temples and more temples, has its own fairs and festivals, which are inherent to the culture here and have been passed from one generation to another since centuries. At such auspicious occasions, places of worship like Uttarakhand temples turn into venues of fairs and great celebration attracting people from far and wide. A fair held in the state is not just linked with its cultural identity but is also an important mark of its socio economic fabric. It offers glimpses of all aspects of a culture. A common trend in India and in Uttarakhand therefore is that many festivals come with their attached fairs.

- 1 **Jauljibi and Thal fair:** The fair of Jauljibi (or the Kumaoni festival as it is known) is held in the confluence of the rivers Kali and Gori of Pithoragarh district every year in the month of November. It is also the place of meeting of three cultures- Shauka, Nepali and Kumaoni. Stressing on the significance of this place in the past and even today is the fact this is the getaway to important places like Johar, Darma, Chaudans and Byans. It was also once the centre point between Tibet and Tarai regions. While the fair is important for its commercial value yet its cultural significance is equally important. It invites visitors from as far as Nepal, who come here to sell horses, ghee and take back food grains and jaggery. A similar kind of fair is organized in Thal on the occasion of Makar Sankranti on the occasion of Vaishakh Sankranti on 14th April every year and is particularly famous with Shaukas.
- 2 **The Uttarayani Fair:** The Uttarayani fair is a very important fair to the cultural and social fabric of Uttarakhand. It is organized at not one but many places throughout the land of Uttarakhand- Bageshwar, Rameshwar, Suit Mahadev,

Chitrashila (Ranibagh) and Hanseshwar. It is one of the oldest fairs of Kumaon also as the Makarsakranti or 'sakrant' or 'Uttarayani Kauthik Mela' in local dialects. People from far-flung areas of Uttarakhand gathered here on the bank of Saryu and Gomti river to take a holy dip on the occasion of Sankrant or Makar Sankranti. It is believed that bathing on this day/festival is auspicious and it will wash away one's sins.

- 3 **Nanda Devi Fair:** Nanda Devi is the patron goddess of people of mountains. The Nanda Devi fair is held at many important cities across Uttarakhand like in Almora, Nainital, Kot, Ranikhet, Bhowali, Kichha and on a smaller level in villages of Lohar and in valleys of Pindar. According to the locals, the fair started in Kumaon region during the time of Kalyan Chand in 16th century. The fair is very important and sees visitors from far-flung areas. Rich with folk expression, the Nanda Devi fairs are also important from economical point of view. Famous Festivals of Uttarakhand
- 4 **Gauchar Mela:** Gauchar Mela of Uttarakhand is a great attraction for the local people and the traders and merchants from every corner of the state. Held every year for a week starting from 14th November, Uttarakhand's Gauchar mela is fundamentally an industrial fair. It is attended widely by tourists and inhabitants of the state alike. The cultural programs like the local dances and songs always remains a major attraction of Gauchar mela at Uttarakhand.
- 5 **Peerane Kaliyar:** Peerane Kaliyar Festival is organised at Piran Kaliyar Sharif. This is located in Roorkee tehsil of Haridwar district. Lakhs of Jaireens from across the country and abroad participate in Peerane Kaliyar Festival. The festival spans for a period of about one month. It is organised on the basis of the Muslim calendar near Id-E-Milad.
- 6 **Ghughutia or Kale Kauva:** People make sweetmeats of flour and jaggery and make it in the shape of pomegranates, swords and knives and other such interesting shapes. A necklace is made with these then with an orange in the centre. Little children wear these and go out to attract crows and other birds and offer them pieces from their necklaces.
- 7 **Phool Dei:** The festival is celebrated in the beginning of month of Chaitra according to the Hindu calendar, which comes sometime in mid March. It is mainly a festival of young girls, where in they go from house to house with plates full of rice, jaggery, coconut, green leaves and flowers. These girls give their blessings and wishes for the prosperity of the house and are given presents, jaggery, sweets, and money in return.



- 8 **Olgia or Ghiya sankranti:** The festival is celebrated on the first day of August or Bhado as it is called in the Hindi calendar. This is the time when the fields are full of lush green harvest and the milking animals are very productive. Earlier son in-laws to father and nephews to maternal uncles used to give presents, however now a days it has changed. People eat chapatis with ghee and urad dal (pulse) filled in it. Common presents that are exchanged include axes, ghee, *datkhocha* (metallic toothpick) and firewood. The festival's popularity has declined over a period of time.
- 9 **Khatarua:** While some say that the festival is celebrated in lieu of victory of king of Kumaon. But the popular belief goes that the festival marks the beginning of autumn season. It's celebrated sometime in mid September, the first day of month of Ashwin according to the Hindu calendar. Bonfires are lighted around which children dance. People offer cucumbers to fire as it is said to destroy all the evils. Special care is taken of animals during this time.
- 10 **Bat Savitri:** Another popular festival celebrated in entire northern India by married women for the well being of their spouses. The festival is celebrated on the last day of the dark half of the month of Jyeshtha according to Hindu calendar. Women worship Savitri who with her intense devotion brought her husband from death and observe fasts. They also worship a holy tree called Bat or Banyan tree.
- 11 **Ganga Dusshera or Dasar:** The festival is celebrated sometime between May and June on the tenth day of the month of Jyeshtha according to Hindu calendar. This is the day of worshipping river Ganga and people take a dip in holy rivers. Many people put up stalls and offer water and food.
- 12 **Doonagiri mela:** Doonagiri mela Doonagiri, noted for its ancient Durga Temple, is a pilgrim spot that attracts a large of pilgrims, during the fair days at Navratri in October. Doonagiri Doonagiri is extremely rich in historical and religious significance and has many myths attached to it. According to one, when Hanuman was carrying the Sanjiwani booty to save Lakshman, a piece fell at this place and since that day, this place is known as Doonagiri. A temple of Vaishno Devi, the famous cave Goddess, is situated here. Doonagiri is abuzz with activity in Chait and Ashwin months of Navaratri as many festivals are celebrated around that time.
- 13 **Kumaoni Holi:** The uniqueness of the Kumaoni Holi lies in its being a musical affair, whichever may be its form, be it the Baithki Holi, the Khari Holi or the Mahila Holi. The Baithki Holi and Khari Holi are unique in that the songs on which they are based have touch of melody, fun and spiritualism. These songs are essentially based on classical ragas. No wonder then the Baithki Holi is also known as Nirvan Ki Holi. The Baithki Holi begins from the premises of temples, where Holiyars (the professional singers of Holi songs) as also the people gather to sing songs to the accompaniment of classical music. Kumaonis are very particular about the time when the songs based on ragas should be sung. For instance, at noon the songs based on Peelu, Bhimpalasi and Sarang ragas are sung while evening is reserved for the songs based on the ragas like Kalyan, Shyamkalyan and Yaman etc. The Khari Holi is mostly celebrated in the rural areas of Kumaon. The songs of the Khari Holi are sung by the people, who

sporting traditional white churidar payajama and kurta, dance in groups to the tune of ethnic musical instruments.

- 14 **Harela and Bhitauli:** On the first day of the navaratri (nine day holy period) of the month of Chaitra women fill baskets with soil and sow seven types of grains in them. The grains germinate symbolizing the future harvest. These yellow leaves, called Harela, are cut on the tenth day and people put them on their heads and behind their ears. During the month of Chaitra (March-April) brothers send presents to their sisters and parents to their daughters. These presents are called Bhitauli. However, the more popular Harela is the one that is celebrated in the month of Shravan to commemorate the wedding of Lord Shiva and Parvati and to welcome the rainy season and the new harvest. On this day people make Dikaras or clay statues of Gauri, Maheshwar, Ganesh etc. and worship them. Even the overworked bullocks are given a rest on the occasion of Harela. People put the blades of freshly cut Harela on their heads and send them to their relatives and friends as well.
- 15 **Kangdali:** Kangdali Festival is celebrated by the Rung (Shauka) tribals of the Chaundas valley in Dharchula of the Pithoragarh District. It is held every twelve years between the months of August and October. It was last held in 2011. The festival coincides with the blossoming of the Kangdali plant, which flowers once every twelve years. According to some accounts, Kangdali commemorates the defeat of Zorawar Singh's army, that had attacked this area from Ladakh in 1841. The Kangdali procession is a majestic march cum war-dance – armed with rills (a tool used in compacting the weave on the loom) the women lead the procession. The children and men armed with swords and shields follow compactly. As they sing and dance, their music echoes in the valley, and upon approaching the cursed shrubs (each village has a specific place where the shrubs are destroyed), music reaches its crescendo and the women begin the attack with their rills. The men follow and the bushes are hacked and uprooted and brought back, representing spoils of the war. More dance and song follows and the festivities culminate in a grand feast.
- 16 **Purnagiri Mela:** Purnagiri Mela is organised at Purnagiri Temple on the Annapoorna range during Chaitra Navratri in the month of March - April. A large number of devotees visiting Purnagiri during this period. Although, devotees from all part of country visiting Purnagiri Temple throughout the year. The surrounding valleys echo with the holy chantings of the devotees climbing up to the top for darshan, creating an atmosphere of spirituality.
- 17 **Syalde Bikhauti Mela:** he Syalde – Bikhauti Mela is held in Syalde Pokhar in the old town of Dwarahat in Kumaon. It is an annual fair which is held every year in the month of Vaisakh (April/May). The fair commences with the beginning of the Hindu New year. The fair is held in two phases. The first one is held on the last day of the month of Chaitra at the Vimandeshwar temple of Lord Shiva, located eight kilometers from Dwarahat, while the other is held on the first day of Vaisakh at Dwarahat market. The preparations for the fair begin a month in advance in many surrounding villages. Singing of traditional Jhoda songs begins at the houses of the village chiefs.
- 18 **Hill Jatra:** Hilljatra is amongst the traditional festivals celebrated in the state of Uttarakhand, especially in Pithoragarh district of Kumaon Region. The festival is



celebrated mainly by the people associated with farming in the state. Hill Jatra simply means the adoration (worshipping) of Hal (Plough) which good crop yield. It is essentially the festival of pastoralists and agriculturalists. The origin of this festival is believed to be from the Sorar Region of West Nepal to the Sor Valley and was initially introduced in Kumaour village. During the festival, a white-clothed deer is worshipped as a regional god. The festivity takes place in three phase, and in the first phase sacrifice of goat is made with all the rituals, whereas in the second phase, dramas are performed for public and in the third and final phase, songs are sung and dance is performed.

- 19 **Tapkeshwar Mahadev Mela:** he cave temple dedicated to Shiva is situated at a distance of 6 kms from Dehradun and it turns into a huge fair site during the auspicious time of Maha Shivratri that generally falls during the months of Late February. Locally this fair is also referred to as 'Shivratri Mela' and each year this place gets colored in various hues marking the marriage of Shiv and Parvati. People and devotees from various parts of the world make it a point to visit this temple at least once during this auspicious event.
- 20 **Bissu Mela:** The Jaunsari tribals of Uttarakhand celebrate a week long Bissu Fair marking the happiness and propersity coupled with the harvesting season. This fair is held in the Chakrata Block of Dehradun District. The Bissu Fair mirrors the plentiful cultural heritage and rich traditions of the Jaunsaris. People turn up in large numbers to participate in this fair from nearby Tehri, Uttarkashi and Saharanpur Districts. Bissu Fair is also celebrated at the well-known temple of Santoor Devi in close proximity to Kempty, about 5 kms from Mussoorie. The week-long fair is held during the Shukla Paksha in the month of Chaitra in accordance with the Hindu calendar.
- 21 **Egaas:** People of Uttarakhand Believe that Lord Rama returned from his exile 11 days late to the upper hilly regions. Which is why they celebrate Egaas, 11 days after Diwali by cooking various delicacies, lighting of candles and lamps, performing folk dances and lighting up their homes and people sing some local songs that are related specifically to Igaas Diwali.. People even celebrate by spinning a rope called "Bhailo" with a fire lit at one end.
- 22 **Basant Panchami:** Basant Panchami is the festival which celebrates the coming of Basant or Spring season. It is a significant festival in Uttarakhand. This festival marks the end of winter, a season of death and decay, and is celebrated in the month of Magh or January/ February. The locals dress themselves up in yellow clothing, perform Chounphula and Jhumelia dances and fly kites. They worship Saraswati, goddess of knowledge and prosperity and the land. Sweet rice is made in almost every home.
- 23 **Ramman:** s a religious festival and ritual theatre of the Garhwal region in India. It is a festival of the Hindu community in celebrated in the month of May or June in the twin town of the Saloor Dungra village of the Painkhanda Valley in the Chamoli district. It is celebrated in honour of the tutelary god, Bhumiyal Devta, a local divinity whose temple houses most of the festivities. This event is made up of highly complex rituals: the recitation of a version of the epic of Rama and various legends, and the performance of songs and masked dances. During this festival, Bhumiya Devta is taken by the local inhabitants in the form of a procession from his residing place to the central temple of the village. The



procession is followed by beatings of drums and masked dance performances given by the locals.

- 24 **Bagwal Fair:** Bagwal Fair is celebrated at Maa Varahi Devi Temple in Devidhura located at a distance of 45 km from Lohaghat in the Champawat district of Uttarakhand on the occasion of Raksha Bandhan. Devidhura also marks the trijunction of Almora, Pithoragarh, and Nainital districts and is famous for its rich cultural heritage. Bagwal Fair is one such cultural fair that is celebrated with great zeal and devotion. It is a unique tradition in which two groups of devotees pelt stone at each other as part of a ritual named "Bagwal", while they try to protect themselves with the help of large wooden shields. Devotees flock to in large numbers to witness the festival.



Jauljibi fair



Uttarayani fair



Nanda Devi fair



Gauchar Mela



Peerane Kaliyar



Ghughutia



Phool Dei



Ghee sankranti



Khatarua



Bat Savitri



Ganga Dusshera



Doonagiri

#### Festivals of Uttarakhand



Kumaoni Holi



Harela



Kangdali



Purnagiri



Syalde Bikhauti



Hill Jatra



Tapkeshwar Mahadev



Bissu Mela



Egaas



Basant Panchami



Ramman



Bagwal

### Festivals of Uttarakhand

## 3.3.10 DISHES FROM UTTARAKHAND

### 1. Aloo ke gutke

Ingredients-

- Potato -1Kg
- Cumin powder-½ Tsp
- Tumeric powder-1 Tsp
- Coriander powder-2 Tsp
- Red Chilli powder-1 Tsp

- Whole Red Chillies-5 gms
- Green Coriander-2 Bunches
- Oil-50 gms
- Salt- to taste

**Method-**

- Boil and peel the potatoes
- Cut the potatoes into small pieces
- Fry whole Red Chillies. (Keep it aside)
- Fry cumin seeds till it cracks then add turmeric powder
- Add boiled potatoes pieces with Coriander powder and Salt.
- Cook on slow fire
- Garnish with chopped green Coriander and fried chillies.

**2. Baadi****Ingredients-**

- Kwada ka Aata -1-2 cup
- Water -as required
- Ghee -1-2 tbsp

**Method-**

- Heat water in a pan till it boils.
- Now mix Choon (kwada flour) in water and cook for 2 minutes.
- Add ghee to it and serve hot

**3. Chainsoo****Ingredients-**

- Black Gram seeds(Kali Urd whole) -1 cup
- Oil -1/2 cup ( preferably mustard oil)
- Garlic -4 to 5 cloves
- Cummin seeds -1 tsp
- Black pepper -4 nos.
- Red chillies whole -4 to 5
- Asafoetida -a pinch
- Dry coriander powder -1/2 tsp
- Turmeric powder -1/4 tsp
- Red chillies powder -1/2 tsp
- Water -3 cups
- Salt to taste
- Garam masala -1/2 tsp

**Method-**

- Place an iron frying pan (kadhai) on a moderate flame. Put Sabut Urad (black gram) in it and roast it without oil for about 3 to 5 minutes or till the pleasant aroma of roasted seeds comes. Do not over cook it. Take off the flame. Grind the roasted seeds into a coarse powder.
- Heat oil in the Kadahi and add garlic cloves. When the garlic turns light brown, add cumin seeds, red chillies, black pepper, and heeng (asafoetida)
- Immediately add the daal powder and fry it for 1-2 minute or so. Add turmeric powder, dry coriander powder, red chillies powder, salt and water. Bring it to boil.

- Cover and Cook till the daal becomes very soft. Simmer for 20-30 minutes. Before taking off the heat, sprinkle garam masala over chainsoo.
- Garnish with pure ghee and chopped coriander leaves. Serve with hot steamed rice.

#### 4. Gahat (Kulath) ki Dal

##### Ingredients-

- Gahat (Kulath) -300 gms
- Tumeric -1 Tea Spoon
- Rice Paste -50 gms
- Coriander powder -1 Tea Spoon
- Red chilli powder -1 Tea Spoon
- Oil -50 ml
- Ginger -20gms
- Asafoetida Pinch
- Garlic -4-5 flakes
- Cumin Seeds -½ Tea Spoon
- Gandherin small piece

##### Method-

- Boil Gahat grain and add Ginger, Garlic, Tumeric, Coriander, Chilli powder and salt
- Add Rice paste and cook for sometime
- Temper with Cumin powder, Asafoetida and Gandharein.

#### 5. Bhang ki Chutney

##### Ingredients-

- Bhang Seeds -50 gms
- Cumin Seeds -3 gms
- Lemon (Big) -One
- Salt to taste
- Whole Red Chillies -3 Pieces

##### Method-

- Roast Bhang seeds and cumin seeds separately
- Grind Red Chillies, Cumin seeds and Bhang seeds into fine paste adding little water.
- Squeeze Lemon juice into the paste, add salt and serve.

#### 6. Jhangore ki Kheer

##### Ingredient-

- Jhangora -500 gms
- Sugar -200 gms
- Milk -2 Lts
- Cahewnuts -50 gms
- Raisins -50 gms
- Chironji -100 gms
- Kewara essence -2-3 drops.

##### Method-

- Wash and soak Jhangora in water for 1 hour.



- Boil Milk.
- Add Jhangora and stir well to avoid lumps.
- Add sugar and cook till it done.
- Add kewara essence and mix well.
- Garnish with Raisins, Cashewnuts, and Chironji

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### 3.4 SUMMARY

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Snuggled in the foot hills of the majestic Himalayas, Kumaon and Garhwal are two distinct constituent regions. Both have their own distinctive traditions, festivals and culture and their Cuisine is high on taste and nutrition. The food habits of the people change according to the changing seasons.

The cuisine of Uttarakhand, to say the least, unconventional is strongly influenced by the geography of Uttarakhand. Which are the main ingredients used in the cuisine found in and around the mountains, forests and lakes of Uttarakhand with a number of vegetables, pulses and cereals availability which are rarely found in other parts of the world.

Where great care is taken to include all the necessary elements to keep one well-prepared for the tough climate and trails, special attention is paid to maintaining the look and taste of the dishes as well. A balanced flavour is the key to authentic Uttarakhand cuisine that is mostly cooked over slow fire and consists of lentils. Although Kumaon and Garhwal are divided in different regions; they unite as one in its methods of cooking and the choice of ingredients. There are also several dishes that two regions are common but have different names. The food habit in the state also witness variation with the changing season; where in winter in Mathir and Til Laddus or Madua Rotis are preferred, in summers, Dubkas with Chholia Rotis are relished.

The major ingredients responsible for adding the taste and incredible aroma to the food of Uttarakhand are varied lentils that are exclusive to the state and variety of flours that come from barley and buck wheat. The dishes in Garhwal deeply connects to its people, the food is prepared with the right amount of spices, which only entices one to savour it. Phanu, Kafuli, Thechwani, Chainsoo, Jholi, Gahat ke Paranthi, Roat and Baadi are some of finger-licking Garhwali dishes. Meanwhile in Kumaon, Aaloo ke Gutke, Dubke, Thathwani, Kaapa, Chudkani, Jaula, Kandalee ka Saag and Sisunaak Saag are the mouth-watering presentations. The side dishes in Uttarakhand are equally important and therefore are prepared with utter care, Bhangeera ki Chutney, Mooli Thechuwa and Hara Namak are some of the sides that add to the flavour of main course meals. Concluding the gastronomic journey in Uttarakhand are its melt in mouth deserts, of which Singal-Puha, Jhangora ki Kheer, Singodi and Baal Mithai are few prelude. One noticeable and worthy of trial is Sanaa Hua Nimbu, which is by far the clear attention grabber in the palatable cuisine of Uttarakhand. People of this state are meticulous, honest and courageous as we know about it. Owing to milk abundance are very fond of dairy product are the food people of Garhwal also get change with season. These cuisine are among in pilgrims also unique traditional very famous.

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### 3.5 GLOSSARY

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Arsa	:	Fries dumplings made with sugar cane/ jaggary and rice. Served in pahadi wedding.
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Badi	:	Sun dried urad dal paste balls, used in Pahari vegetables and curries.
Bhatt	:	Black pulse from Kumaun.
Bhuttua	:	Intestines, heart and liver of goat cooked together
Champaa	:	Roti made by Barley by the Bhutiyas.
Danda	:	Highly elevated land used for farming.
Daru	:	local alcoholic beverage.
Dhabadi	:	Arhar and palak dal from Garhwal.
Dubkas	:	Kumauni dal made from mung dal
Dubuk	:	Dal prepared with coarsely ground Bhatt or Gahat.
Dulung	:	Especial roti served to gods by the Bhotiyas.
Gandreni	:	Aromatic root of plant used dals and curries.
Gidkiyu	:	A soup made from Mandwa ata by the Bhotiyas.
Jaama	:	Dried intestine of the wild goat, is also preserved by the Bhotiyas and used in many preparations during non-availability of meat.
Jadu	:	Jadu is like porridge. Prepared with I (buckwheat) flour, a Bhotiya speciality.
Jakhiya	:	Jakhiya is also known as wild mustard or dog mustard. It has sharp pungent smell and crunchy taste and so most Garhwalis prefer jakhiya over cumin and mustard seed for tempering.
Jambu	:	wild herbs that are dried and used like we use kasuri methi
Jhol	:	Thin gravy
Jholi	:	Thick gravy made of pulses.
Jhoom	:	Nomadic style farming.
Jya	:	Salted tea of Bhotiyas.
Kafal	:	Bay berries. Small berries of Kumaun region.
Kedarkhand	:	Old name of Garhwal.
Kodo	:	Or Kodri is a type of high mineral millet.
Kurunthi	:	Urad dal pakore.
Kwacho	:	A kind of wild herb used in tempering.
Lafhoo	:	Grated and sundried radish.
Lengda	:	Wild asparagus
Lingadi	:	Fiddlehead fern, used as saag.
Madua	:	Finger millet.
Manaskhand	:	Old name of Kumaun.
Mangodi	:	Dried dumpling made from Moon dal, used in making curries.
Marchhra	:	Chawlai seed.
Mekauti	:	Kumauni name for malta.
Phanu	:	Dal made from gahat or kulath
Phasi	:	Wild goat in Uttarakhand
Roat	:	Sweet Flatbread which is subtly flavoured with fennel seeds and cardamom.
Rotana	:	Sweet flour dumplings
Rus	:	A delicacy made from mixed dal stock thickened with rice flour.
Singal	:	Fried spirals of Samolina / Rice Flour, a sweet delicacy.



Sisunag	:	Nettle leaves
Siyal	:	Sweet dish made from semolina and ripe bananas.
Surka	:	A local beverage made from fermented wheat.
Swala	:	Spiced toor dal stuffed in wheat dough, flattened and deep fried.
Thawe	:	Nigella seeds
Thechwani	:	Dish made by crushing of boiled potato or Radish
Thukpa	:	Rice or vegetable stew from the Bhotiyas
Timur	:	This is a hot pepper used in chutneys.

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### 3.7 TERMINAL QUESTIONS

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1. What are the characteristics of Uttarakhand cuisine?
2. What is Ramman festival all about?
3. Name 5 specialty dishes from Uttarakhand and write the recipe of any two.
4. What is the significance of Kandali Mela?
5. Write a brief note on the sweet dishes of Uttarakhand.

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## UNIT: 04

# INDIAN SWEETS AND DESSERTS

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### STRUCTURE

- 4.1 Introduction
- 4.2 Objective
- 4.3 Brief history of Indian sweets and desserts in India
- 4.4 Classification of Indian sweets and desserts
- 4.5 Description of sweets and desserts
- 4.6 Summary
- 4.7 Glossary
- 4.8 Reference/Bibliography
- 4.9 Terminal questions

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### 4.1 INTRODUCTION

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Everyone is well aware of a slogan “*muh mitha kijiye*” whenever any auspicious event occurs in India. People say this because sweets are a vital element of every joy and happiness celebrated in this country. Whether it is related to the birth of a child, buying a new car or getting married, sharing sweets is a tradition that will always remain on. It has become a sign of expressing love and gratitude towards those who are close to you. Apart from marriages which initialize from distribution of sweets and end with the same, festivals are also playing a big role in distribution of sweets. All the Indian festivals are incomplete without its essence. Whether it is Diwali, Holi, Pongal, Thrissur pooram, Chhath, Baisakhi, Feast of Three Kings, Bihu, Onam, Id ul Zuha and Id ul Fitror the day of celebrating bond of brother and sister i.e. Rashabandhan, they act as an essential part for each one of them. They are prepared in Indian households not only for special feasts and occasions, but also for simple celebrations like birthdays, anniversaries etc. The people who live close to their relatives go at each other's place and share the packets of sweets during Diwali. No Indian

wedding is complete without boxes of sweet. Firstly let's just clarify what sweet is. Indian sweets, simple yes, but this is then broken



down further to hundreds of different types of sweets from laddoo, barfi, besan, gulab jamun, petha, halwa and so much more. The choice of flavours are endless but it is a must at a wedding and any celebratory event, a birthday, birth of a baby or even passing your examinations.

So why are Indian sweets mandatory to have for a celebration? According to Hindus, all the ingredients in mithais; sugar, milk, and ghee are considered to be '*sattvic*' which means pure and can be eaten by everyone, even spiritual leaders and vegetarians. As they are pure ingredients, mithai is also offered to the gods and distributed to the devotees in temples. Mithai is used to break fasts or eaten during a fast bearing in mind that the term mithai has no religious significance. This old tradition has been kept alive for centuries and mithai will always be served at times of celebrations. Moreover sweets can also be referred to as a '*happy food*' as they swiftly lighten up the mood and make you feel better.

Indian sweets are known as '*Mithai*'. They rely heavily on sugar, milk and condensed milk and frying, however the bases of the sweets vary by region. They are more intense and sweeter than western sweets and desserts and quite a bit heavier since they're made mainly in Ghee which is clarified butter.

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## 4.2 OBJECTIVES

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After learning this unit the learners will be able to understand:

- The history of the famous sweets and desserts of India.
- Origin of some of the famous sweets and desserts.
- Classification of sweets and desserts
- Characteristics of Sweets and desserts.
- Recipes of sweets and desserts.

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## 4.3 INDIAN SWEET AND DESSERT

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India not only has a rich cultural history, its association with sweets is also millennia old. Sugarcane has been grown in the Indian subcontinent for thousands of years, and the art of refining sugar was invented there 8000 years ago (6000 BCE) by the Indus Valley Civilization. The English word "sugar" comes from a Sanskrit word *sharkara* for the refined sugar, while the word "candy" comes from Sanskrit word *khaanda* for the unrefined sugar– one of the simplest raw forms of sweet. The oldest reference to *Jalebi* was made in the 13th century. Over its long history, cuisines of the Indian subcontinent developed a diverse array of sweets. Some claim there is no other region in the world where sweets are so varied, so numerous, or so invested with meaning as the Indian subcontinent.

Some of the common ingredients used in Indian sweets are different flours, milk, milk solids, fermented foods, root vegetables, raw and roasted seeds, seasonal fruits, fruit pastes and dry fruits. The method of preparation are also quite diverse using techniques like freezing for kulfi, frying for jalebi and Imarti, roasting for Mysore pak, baking for nan khatai and simple cooking for gajar ka halwa among others.

India is the largest consumer of sugar in the world at 26 million tonnes per year. The largest population in the world, China consumes far less at 16 million tonnes per year. Thus the love of Indians for sweets can be gauged from these figures. The taste and preferences of the populace have seen mercurial changes in the last few decades. Lately a keen interest has once again arisen in the traditional sweets in India, and to cater to the demands of the new generation. Indian Sweets like Pedhas, Barfis, Gulab Jamuns, Rassogollas, Jalebi, Halwa and a host of other sweets are in great demand today not only in India but also in foreign countries

Earlier the facility of online shopping was not available so it was a bit difficult to gift these sweets to your loved ones who live quite far away from you. But now you have a large variety of sweets which can be ordered online and will be safely delivered to the place you want. Some of the famous sweets of India are–Bengali rasgullas, Kaju katli, petha etc. Apart from these traditional sweets, nowadays cakes and cookies are also very much in trend during these festivals. You can order these sweets online and can choose the type of packing that you like. They also provide a facility of low sugar sweets for the health conscious people or the one suffering from diabetes. All sweets are available in various shapes and colours too. The one you will opt will be delivered without any fuss. You do not have to worry about the freshness and hygiene of these sweets because they assure you a pretty good quality. According to different seasons of festival, they provide the discount coupons as well and other offers such as one on one free. You can also get free gift covers during Diwali season on buying of a specific quantity of sweets and can also order different cakes as well according to the flavours you like. They provide different categories according to price and material used in sweets. Different toppings can be chosen if you like to add some extra tinch of taste in the sweets. No matter if you are celebrating a little joy, festival or whatever, do not forget to share your happiness with others by giving them sweets in present because festivals are the perfect time to share your feelings and removing all the grudges between you and your beloved ones not just by words but sweets too. Moreover buying sweets is no more a big task; it's just one click away because of the online shopping facility available nowadays. They are available for the all age group people whether you are planning to gift them to kids in the form of chocolates or young ones in the form of traditional sweets because sweets are forever.

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#### **4.4CLASSIFICATION OF INDIAN SWEETS AND DESSERTS**

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Though there are hundreds of Indian sweets they can broadly be divided into seven categories:

##### **Kheers and Payasams**

Kheers are like Puddings. It's rice pudding typically made by boiling rice with milk and sugar. It is often flavored with cardamoms, saffron, pistachios or almonds. While the dish is traditionally made with rice, it can also be made with other ingredients such as vermicelli (sewian) which is a thin noodle and also flour. Kheer is known as Payasam in the South of India. They tend to use coconut milk instead of regular milk. There are many versions of this dessert dish in both the south as well as North of India.

It's an essential dish in many Hindu and Muslim feasts and celebrations. Payasams are served as an offering to the gods in South Indian Hindu temples during rituals and ceremonies. The Southern Indian state of Kerala, people have a particular affinity towards this dish.

##### **Laddu/Laddoos**

Laddoos are like crumbly textured candy balls. They are usually made of flour and other ingredients formed into balls and sometimes dipped in sugar syrup. Like most other Indian sweets there are hundreds of variants of this ball of sweet goodness. Laddoos are very popular in India, and are an irreplaceable part of religious ceremonies. They are offered at temples for religious ceremonies, and later served as prasad (blessing from god) to people. The Motichoor Laddu or Boondi laddu is a popular type of laddoo found in India made from grilled gram flour flakes which are

sweetened, mixed with almonds, pressed into balls and fried in ghee. The Besan (ground gram) laddoo is common in India. It is made from besan mixed with pieces of sugar.

These laddoos are often finished by rolling them in nuts or dessicated coconut or syrup. Sometimes just a single nut or raisin is pressed into them.

### **Halvas**

Halva also spelled Halwa is a sort of cross between a pudding and candy. They are thick puddings made out of finely grated vegetables, milk, sugar and flavored with cardamom. They can also be grain based and made out of semolina or pulses like the mung bean.

The semolina halwa known as Suji Halwa is common and popular in India. It is made with wheat semolina, sugar or honey, and butter or Ghee and topped with nuts and raisins. The halwa is very sweet with a gelatinous texture similar to polenta with the added butter giving it a rich mouthfeel.

Gajar halwa or a halva made of carrots is also widely popular in India. It is prepared with condensed milk and ghee, without semolina to bind it together. The result has a moist yet flaky texture when freshly prepared. Some halvas are put in molds to give them a shape and neatly cut and garnished with a nut, raisin or beaten silver foil.

### **Barfis**

Barfi or Burfi is a sweet quite similar to fudge. Plain barfi is made from condensed milk, cooked with sugar until it solidifies. Plain barfi is made from condensed milk, cooked with sugar until it solidifies. Other varieties include besan barfi, made with besan (gram flour) and pista barfi, which is a milk barfi containing ground pistachio nuts. The name is derived from the Persian word ‘barf’ which means ice since burfi is similar to ice in appearance.

The bite sized Barfi is often flavoured with cashew, mango, pistachio and spices and garnished with a thin layer of edible silver leaf. There are hundreds of varieties of Burfi and can be shaped in a number of ways and can be quite colorful. Some burfi is cut in to diamond shapes like the Kaju Katli (Cashew nut Burfi) while some are multi colored and rolled in to a sushi rice ball shape.

### **Kulfi**

While Ice cream is the probably the World’s most popular dessert, India it’s own frozen dessert called Kulfi. Kulfi is prepared from evaporated milk, sweetened condensed milk and heavy cream along with sugar. The mixture is boiled and thickened before it is cooled, put in molds and frozen. Unlike the Western ice creams, which are whipped and filled with air, kulfi is not whipped, which results in a solid and dense frozen dessert. Traditionally, kulfi is set in cone shape molds but can be frozen in any shaped molds or even ice trays.

### **Sugar Syrup Based Sweets**

Like the western doughnut which is dipped in a sugar syrup..many Indian sweets are deep fried and soaked in syrup as well. The syrup these sweets are often dipped into in India is usually aromatic and flavoured with saffron, rose water and cardamom. One of the most popular syrup based dessert is the Gulab Jamun. They are deep fried balls made of special dough and soaked in the aromatic sugar syrup.

Another deep fried sugary delight is the Jelebi/Jalebi. The batter for Jalebis is piped directly in hot oil or ghee in circular shapes...a bit like a pretzel, then soaked in syrup. They're bright orange or yellow in colour and are very common around India and available at almost any sweet shop. It can be served warm or cold and has a somewhat chewy texture with a crystallized sugary exterior coating.

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## 4.5 DESCRIPTION OF SWEETS AND DESSERTS OF INDIA

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### 1 Amras

In Hindi, Aam means mango and Ras means Juice. So Aamras is basically Mango Juice or Pulp. It is also called Keri no Ras in Gujarati. This is a sweet which is considered as food made in heaven. Aamras or aam ras is a popular summer dessert or sweet from the western Indian states of Maharashtra, Uttar Pradesh and Gujarat. It is very popular both in Gujarat and Maharashtra. In fact, in both Gujarati and Maharashtrian weddings aamras is an important part of the menu. Traditionally aamras is served with Poori and this combo of aamras puri is liked by many people and is quite popular. But aamras can also be had after a meal or as a sweet dish, dessert or just about at any time. It is made of sweet, juicy and ripe pureed mangoes flavored with sugar or jaggery. Mango is considered the king of fruits in India and no summer season is complete without the mention of aamras. A cup of Aamras makes a good energy booster, protects against dehydration in summers and has calming and antidepressant properties. Though its natural taste by itself is great, some people add more flavor to it by putting some rose syrup, saffron, dry ginger powder, cardamom or dry fruits like cashews, almonds etc.

#### Recipe:

##### Ingredients

- Ripe alphonso mangoes – 4nos
- Sugar – 2 tbsp
- Cardamom powder – 1 tsp
- Saffron soaked in 4 tablespoons of milk – a pinch
- Slivered almonds and pistachios – for garnish

##### Method –

- Wash the mangoes and dip them in water for 2 – 3 hours.
- Now, with the help of fingers press the mangoes gently to loosen the pulp.
- Take off the tip and squeeze out the pulp in a clean bowl, discard the seed.
- Next, after squeezing them, peel it and extract the pulp completely. After this, if you find any pulpy lump, just take the whisker or wooden whisker (mathani) and whisk it well.
- Now add cardamom powder saffron milk, sugar and mix well.
- Garnish with slivered almonds and pistachios and serve with hot pooris

### 2 Ada

Ada or Ela Ada, is an Indian sweet and traditional Kerala delicacy, consisting of rice parcels encased in a dough made of rice flour, with sweet fillings, steamed in banana leaf and served as an evening snack or as part of breakfast. It can be seen even in parts of Tamil Nadu as well. It is a snack made out of raw rice flour, sugar or jaggery and grated coconut. It is a heavenly yet healthy mixture, which has the sweetness of coconut and melted jaggery and sealed within a layer of steamed rice flour dough. Sometimes mashed bananas or ripe Jackfruit is also added. It is traditionally prepared



in most parts in Kerala and enjoyed during festivals and occasions like on Onam and Vishu (the New Year of Keralites). It is also given as Prasadam (Sacred Food) to devotees at temples in Kerala. Ela means leaf, and this sweet rice pancake is named so because it gets a special aroma and flavour by being steamed in banana leaves. It makes for one of the healthiest delicacies out there since it is steamed and not fried in oil or ghee like most desserts

**Recipe:****Ingredients**

- Jaggery– 200 gms.
- Water to melt jaggery– 50ml

**For filling**

- ghee – 2 Tsp
- Grated coconut – 1 cup
- Cardamom powder –½ tsp
- Hot water salted –60ml
- Rice flour – 1 cup
- Ghee/Oil – 1 tsp
- Banana leaf to wrap (dipped in hot water to wrap)

**Method–**

- Pour some water in a pan and add the jaggery to it.
- Keep mixing gently to avoid the jaggery sticking to the surface of the pan, and melt the jaggery completely.
- In a wide sauce pan, roast a whole cup of freshly grated coconut in two tps of ghee. Roast it for a few minutes until the colour of the coconut changes slightly.
- Once roasted, add the melted jaggery to the pan, pouring it through a sieve.
- Mix the coconut and jaggery together. Let it cook till it thickens.
- Add some cardamom powder and ghee now.
- Turn off the stove and let it cool.
- Pour some water in a pan and add some salt. Let the water come to a boil.
- Once the water starts boiling, turn off the stove.
- Take a cup of rice flour and a tsp of ghee in a mixing bowl.
- Pour the boiling water in the bowl and mix well.
- Mix the flour till you get nice tough dough.
- Now, take a banana leaf and cut it up into several pieces, to seal and cook the adas.
- Take some dough and roll it in your palm to form small balls.
- Flatten the dough and place it on the centre of the banana leaf piece. Pat the dough to flatten it evenly.
- Now, place some of the jaggery–coconut mixture in the centre and spread it.
- Fold the leaf and seal it, making sure to press down on all sides.
- Once the steamer is ready, place the banana leaf on the tray and put it in the steamer. Steam cook for about 10 to 15 minutes.
- Serve hot.

***Tips to remember–***

You can increase or decrease the amount of jaggery used based on your taste preference. If you prefer your desserts to have less sweetness, you can decrease

the quantity of jaggery to about 150 gms., and if you prefer it extremely sweet, then you can slightly increase the quantity.

### 3 Anarsa

Anarsa is a type of sweet Marathi and Bihari dish made from rice flour, sesame seeds or poppy seeds, sugar or jaggery and desi ghee. Anarsas are made in two types- in the shape of round tablets or flat tablets. While eating round Anarsa, it is crisp and soft from inside, which has a completely different taste. The term Anarsa or Anarasa may be originated from Anna means grains and Rasa means juiciness in Hindi dialect. (ann + ras = anarasa). It is important to note that Anarsa is considered pure compared to other sweets, so its demand is more in the festival. There is also a religious story related to this. If the scriptures are believed then it is believed that when Parvati offered prayers to get Lord Shankar, then she offered Lord Shankar in the form of prasadam. This is the reason why it is compulsorily used in Teej, the popular festival of Bihar, Uttar Pradesh and Jharkhand. The biggest feature of Anarsa is that it does not spoil quickly, it can be eaten comfortably for a week without keeping it in the fridge.

Adhirasam or Kajjaya in Kannada or Ariselu in Telugu a type Anarsa from Tamil Nadu cuisine. This is a sweet with a strong association with Diwali across homes in Tamil Nadu. The accompanying syrup known as the 'paagu' is considered to be all important here. The consistency needs to be exactly right as depicted by the traditional adhirasam recipe. Usually made of flour, the adhirasam looks similar to a doughnut.

An old historical companion states that the adhirasam made an appearance in Tamil Nadu during the reign of the formidable Chola dynasty almost thousand years ago (1509–1529 C.E). There are inscriptions from the Vijayanagar empire that suggest it was a popular sweet dish in Krishna Deva Raya's royal kitchen which was made from rice flour, jaggery, butter and pepper. It's not just a food of the royals but also a food of the gods, and is part of the temple offering (prasada) at many temples and also poojas at homes.

The yearly festival at the Panchavarneswar Temple in Nallur, Tamil Nadu is characterized by an offering of adhirasam as it is considered to be a form of holy food during the celebrations. The sweet meat is prepared by following the traditional adhirasam recipe which is cooked within the temple premises itself between the hours of dawn to 11 PM in order to offer it to the deity at the stroke of midnight when the Pujas or the holy ritual begins.

#### Recipe:

##### Ingredients

- Rice flour – 1 cup (150 gms.)
- Jaggery– more than ½ cup (75 gms.)
- Sesame seeds – 3 to 4 tbsp
- Poppy seeds – 3 to 4 tbsp
- Ghee – for frying anarsa

##### Method–

- Finely crush the jaggery in mortar pestle.
- Take sesame seeds and poppy seeds in separate plate to coat the anarsa.
- Take rice flour in a big mixing bowl and add finely grind jaggery into it.
- Mix really well and knead smooth and firm dough. You'll need to mix jaggery in flour for around 6 to 7 minutes.

- Now cover the dough and keep aside for 15–20 minutes to set. Keeping the dough for over a day gives spongier anarsa.
- Heat enough ghee in a wok or pan to deep fry the anarsa.
- Dough is now ready, grease your hands with some ghee and pinch small size dough and roll giving it a round shape.
- Dust this dough ball with some sesame seeds and roll back again then flatten it slightly. You can also coat the anarsa with poppy seeds as well.
- Now gently slide the anarsa in medium hot ghee for deep frying and fry until golden brown and little crispy from both sides on low flame.
- Drain out the fried anarsas on kitchen paper towels to remove excess ghee. Continue making the anarsa until the entire mixture is utilized.

#### 4 Aval Puttu

Aval is one of the favorite food for Lord Krishna. Aval Puttu is one of the simple sweet that we can make for an offering to Lord Krishna. Aval Puttu is made using Aval (Poha), Jaggery and grated coconut and seasoned with cashews.

##### Recipe:

##### Ingredients

- Aval (Poha) – 1 cup
- Jaggery – ½ cup
- Grated coconut – ¼ cup
- Cardamom Powder – ½ tsp.
- Cashew nuts – 10 Nos
- Ghee – 4 tsp.

##### Method –

- Dry fry the poha in a kadai till it turns light brown. Cool and grind it to a fine powder.
- Put this powder in a big bowl and sprinkle little warm water and mix well. If you hold the flour in your palm and press, it should be like a ball and put it back, it should fall loosely like puttu flour. Keep aside.
- In another vessel, put the jaggery and add ¼ cup water and bring to boil.
- Remove and strain it. Again put it back on the stove and allow to boil for five minutes or till reaches one string consistency.
- Add coconut gratings and the poha powder and immediately switch off the stove. Mix well.
- Add cardamom powder, ghee and fried cashew nuts and once again mix well.
- Keep it covered for at least half – an – hour and then serve.

#### 5 Awan Bangwi

It is special type of cake made only by Tripuri. The special type of leaf used for preparing this cake is *Lairu*. Apart from it, banana leaf can also be used. Or nowadays thick aluminum foil has also been used successfully. Many variety of *bangwi* are prepared, viz. plain bangwi, only with guria rice, onion and ginger; Cashew nut–Resin bangwi with added nut, resin, and ghee in it; Pork Bangwi, addition of small pieces of pork and lard in it etc. and one can make different types of combination as per choices.

**Recipe:****Ingredients**

- Mami rice– 2 kg.
- Lairu leaves– 25 pc.
- Ginger– 150gms
- Cashew nuts– 200 gms
- Ghee or butter oil– 200 gms
- Resins – 100gms.

**Method–**

- Soak the Mami rice for 4–5 hours.
- Peel off the ginger, chop it finely.
- Separate each half of cashew nuts in two.
- Soak the resins for 1–2 hours.
- Wash and clean the lairu leaves, and soak the canes in water.
- Sieve the Mami rice and transfer it in a big container.
- Mix the chopped ginger with rice, and then mix the halved cashew nuts.
- Now add the ghee or butter oil in it and thoroughly mix it.
- Take one leaf of lairu, make a cone of it, keeping the end part of leaves inside.
- With help of spoon, pour mixed rice in cone, and fill 4/5 th of the cone,
- Fold down the upper end of leaf and tie around it with the cane. It will look a cone shaped ice cream.
- This way make bangwi out of all 2 kg it will make some 18–22 piece of bangwi depending on size of cone.
- Now cover it and boil it in a big container till cooked, drain the water out.
- Then peel of the leaves and serve the bangwi warm or hot.
- One more way of making it tastier is to roast the cooked bangwi in grill till it turns light brown, and then peel of leaves to serve hot.

**6 Bal Mithai**

Bal Mithai is brown chocolate–like fudge, made with roasted khoa, coated with white sugar balls, and is a popular sweet from Almora, Nainital and Bageshwar in the Himalayan state of Uttarakhand in India, especially regions around Almora. It is one of the most favourite sweet of common people and the people living near Almora region.

Bal Mithai, which sneaked into the Kumaon region of the Central Himalayas from Nepal– in all probability around 7–8th century AD, when Sun worship was quite prevalent in hills. Scholars of Assyriology say that ‘bal’ happened to be the name of Sun God in ancient Assyrian culture and initially must have been the name of the prime offering to the Sun God. Sun worship died in Kumaon several centuries ago, but not the bal mithai.

Bal Mithai was again rejuvenated by of Lala Joga Ram Shah of Lal Bazaar, Almora during early twentieth century.

**Recipe:****Ingredients**

- Fresh khoya / mawa– 500 gram
- Cocoa powder– 2 tbsp

- Sugar powder– ½ cup
- Desi ghee – 1 tbsp
- Bal dana / sugar balls– 4 tbsp
- Sugar– ½ cup
- Water– ¼ cup

Method–

- Take Mawa & grate it in a plate
- Heat Ghee in thick bottom kadai or nonstick pan, keep the flame low
- Add Mawa & stir it till mawa leaves the ghee, add cocoa powder & mix it well.
- Add sugar powder and mix it well, keep stirring till it become thick, Switch off the flame.
- Now take a plate and grease it with ghee.
- Put batter in a plate, level it with help of knife.
- Keep it aside for one hour to cool down
- After one hour cut into small square or rectangular burfi like pieces per your choice, again keep it aside to cool down further.
- In another pan add sugar and water, mix it well.
- Keep boiling till it becomes little thick, Keep is aside for cooling.
- Now take Barfi pieces, dip in sugar syrup and coat it with Bal Dana (sugar balls) all over
- Place the Barfi in serving plate and repeat the same with every piece. Bal mithai is ready.

Note –If you don't get Bal Dana or Sugar Balls you can use non medicated homeopathic sugar balls too.

## 7 Balushahi

This is a traditional dessert in northern Indian Cuisine, Pakistani Cuisine, Nepali cuisine, and Bangladeshi cuisine. It is similar to a glazed doughnut in terms of ingredients, but differs in texture and taste. In South India, a similar pastry is known as *Badushah*. Balushahi has a soft texture from outside, whereas a Badushah has a crisp texture from outside. Balushahis are made of maida flour, and are deep-fried in clarified butter and then dipped in sugar syrup. Balushahi is typically made during Diwali and other festive occasions. In the north of India, especially in the Punjabi community, this sweet is a must at a marriage.

The exact historical fact to support the origin of this sweet is not well known, but the “*shahi*” indicated in the name suggests that this dish has some origin with the Persians, and then carried over by the Mughals from north to south India. The “*Shahi*” cuisine is also incredibly rich usually, and the Balushahi is nothing if not rich considering the ghee in it! Also, the deep-fried pastry dipped in sugar syrup is reminiscent of sweets from the Middle East.

### Recipe:

#### Ingredients

- Refined flour (maida) – 1 ½ cups
- Soda bicarbonate – ¼ tsp
- Ghee – 4 tbsps
- Yogurt whisked – 6 tbsps
- Sugar – 2 cups

- Milk – 2 tbsps
- Pistachios finely chopped – 4–5

Method–

- Sift together the flour and soda bicarbonate into a large bowl. Rub four tbsps of ghee into the flour mixture with your fingertips till it resembles breadcrumbs.
- Add the beaten yogurt and knead into soft dough. Cover the dough with a damp cloth and allow it to rest for forty–five minutes.
- Divide the dough into twelve equal portions and shape into smooth balls. Take care not to overwork the dough. Make a slight dent in the centre of the ball with your thumb. Keep the balls covered.
- Heat sufficient ghee in a non–stick kadai on medium heat. Gently slide in the prepared dough balls, two to three at a time, and deep–fry on low heat. If necessary, place a non–stick tawa below the kadai so that the ghee does not get too hot.
- Gradually the Balushahis will start floating to the top. Turn gently and fry the other side till golden. The entire process may take around half an hour to forty–five minutes. Remove with a slotted spoon and drain on absorbent paper. Set aside to cool for forty–five minutes, or till they reach room temperature.
- Cook the sugar with one cup of water in a deep non–stick pan on high heat, stirring occasionally, till the sugar dissolves. Add the milk to the cooking syrup. Collect the scum which rises to the surface with a ladle and discard. Continue to cook till the syrup attains a two–string consistency.
- Remove the syrup from heat and soak the cooled Balushahis in it for two hours.
- Gently remove the Balushahis from the sugar syrup and place on a serving plate. Decorate with the pistachios. Set aside for two to three hours till the sugar syrup forms a thin white coating on the Balushahis.

## 8 Barfi

Barfi, borfi or burfi is a dense milk–based sweet from the Indian subcontinent, and a type of mithai. The name is a derivative of the Persian word *Barf*, which means snow. This is due to the white colour it has in its most simple form. Every barfi maker has their own versions of the recipe. Traditionally, barfi was made with milk that was cooked slowly until the liquid was reduced to a fudge–like consistency.

This milk solid was then flavoured with either saffron, vanilla essence, cardamom or rose water. Depending on type of barfi being prepared, cashews, almonds, pistachios or fresh coconut were added. A few of the famous varieties of barfi include *Besan barfi* (made with gram flour), *Kaaju barfi* (made with cashews), *Pista barfi* (made with ground pistachios), *Sing barfi* (made with peanuts) and *Koprak* (made with coconut). The main ingredients of plain barfis include khoya, sugar and small cardamom. The ingredients are cooked in a vessel until the mixture solidifies. Adding edible silver leaf (*vark*) to the edges of barfi is common when the sweet confection is served at a wedding. For added flavour and to provide a colourful contrast, often it is rolled in crushed nuts before being served. They are typically cut into square, diamond, or round shapes. The sweet is easily adapted for casual occasions to the most formal event. Different types of barfi vary in their colour and texture. The confection is served in Pakistan and India, all year round, but especially consumed during the holiday seasons, wedding ceremonies, and religious festivals. Barfi is often served during Eid and also Diwali.



**Recipe of common Barfi:****Ingredients**

- Unsweetened khoya–250 gms.
- Sugar–5 tbsp
- Powdered gr. cardamoms –4
- Finely chopped pistachios–15
- Finely chopped almonds or cashews–15
- Saffron–a pinch (optional)
- Milk–1 to 1.5 tsp (optional)
- Ghee–¼ to 1/3 tsp for greasing the pan or tray

**Method–**

- First grate or crumble the unsweetened khoya.
- In a small bowl dissolve a few saffron strands in 1 tsp of milk. This is an optional step.
- Grease a bit of ghee, on a butter paper lined on a tray or on a thali/tray.
- Add the grated khoya in a thick bottomed pan.
- Begin to cook on a low flame for 2 to 3 minutes stirring often.
- Switch off the flame and add sugar.
- Stir. Then turn on the flame. The whole mixture's consistency will become smooth and slightly thin, due to the sugar getting melted.
- Stir often and continue to cook on a low flame.
- When the mixture becomes slightly thick and starts leaving the sides of the pan, as you see in the pic in step number 9, its time for the next step.
- Avoid cooking too much as then the barfi will have a chewy texture. The time taken to get this texture right from the time, sugar is added is about 8 to 9 minutes on a low flame. The time will vary a couple of minutes here and there, depending on the size, type, quality of the pan and intensity of the flame.
- Add chopped dry fruits (almonds, pistachios) or your choice of dry fruits. Also add cardamom powder.
- Stir and cook for a minute. Switch off the flame.
- Pour the entire barfi mixture in the greased pan or butter paper.
- Spread evenly keeping 1 inch thickness at the edges.
- Sprinkle the saffron scented milk on the barfi.
- Once the barfi cools down, slice into squares or diamond shapes.
- Serve barfi immediately. You can also store them in an airtight box. These barfi stay good for about 4 to 5 days in the refrigerator.

**9 Basundi**

Basundi is sweet thickened milk, flavored with cardamom and nutmeg, with the addition of dry fruits, especially popular in Western Indian states of Gujarat and Maharashtra during the festivals of Rakshabandhan, Janmashtami Kali Chaudas and Bhaubeej (*Bhai Dooj*). It is a sweetened condensed milk made by boiling milk on low heat until the milk is reduced by half. In North India, a similar dish goes by the name rabri. Different styles of basundi are also prepared, such as *sitaphal* (custard apple) *basundi* and *angoor basundi* (basundi with smaller kinds of rasogullas).

**Recipe:****Ingredients**

- Milk, full cream– 2 litre
- Cashew / kaju, chopped– 2 tbsp

- Sugar– ½ cup
- Almonds / badam, chopped– 2 tbsp
- Pistachios, chopped– 2 tbsp
- Saffron / kesar– ¼ tsp
- Cardamom powder / elachi powder– ¼ tsp

**Method–**

- Firstly, in a large thick bottomed kadai boil 2–litre milk stirring occasionally.
- Once the milk comes to a boil, add 2 tbsp chopped cashew, almonds and pistachios.
- Stir well making sure milk doesn't stick to the bottom.
- Boil the milk on low flame for 30 minutes or till milk reduces.
- Keep stirring in between to avoid sticking till the milk reduces to quarter.
- Now add ½ cup sugar and ¼ tsp saffron and mix well.
- Boil for another 5 minutes or till the milk thickens completely.
- Now add ¼ tsp cardamom powder and mix well.
- Finally, serve Basundi chilled or hot garnished with few dry fruits.

**10 Bebinca**

Bebinca, also known as bibik or bebinka, is a type of pudding and a traditional Indo–Portuguese dessert. *Traditionally it is also called “The queen of Goan desserts,”* is a seven– to sixteen–layer pudding cake made from incrementally–baked sheets. This is a must–have at any celebration in Goa. The ingredients include plain flour, sugar, ghee (clarified butter), egg yolk, and coconut milk. Traditionally it was made by using Dum method of cooking put a coconut shell or charcoal on the top of the sinni (cover) but now a days people used to prepare it in Salamander. Legend says that Bebinca was made by a nun called Bibiona of the convento da Santa Monica in old Goa. She made it with seven layers to symbolize the seven hills of Lisbon and old Goa and offered it to the priest. But he found it too small and thus the layers were increased. Ideally it is 14 and 16 layers.

**Recipe:****Ingredients**

- Thick coconut milk (the first extract of coconut milk)– 250 ml
- Yolks–6 egg
- Refined flour–175 gms
- Desi ghee–1 tbsp
- Desi ghee for the bibinca batter–½ cup
- Sugar–200 gms
- Nutmeg powder–1 tsp
- Cardamom powder–1 tsp
- Almonds– few flaked
- Vanilla essence (optional)–1 tbsp
- Salt–a pinch

**Method –**

- Preheat oven to 180°C exactly fifteen minutes before baking. Grease a round tin Or loaf pan with 2 tbsp ghee.
- Take a mixing vessel, combine coconut milk and sugar. With the help of electric beater beat until sugar dissolves.
- Add one egg yolk at a time and beat until they all mix nicely.
- Now add flour, 1 tbsp ghee and salt. Beat all nicely.

- Pour ½ cup of batter and bake for 25 mins.
- Now spread some ghee over it with the help of brush. Sprinkle little cardamom powder and vanilla essence if using.
- Bake again for fifteen mins. Again spread ghee, cardamom powder and vanilla essence.
- Continue greasing and baking with ½ cup batter until all batter is finished. Bake each layer for fifteen minutes.
- For the last batter spread ghee, sprinkle, cardamom, nutmeg and vanilla essence if using. Add flaked almonds if using now. Bake the last layer for 20–22 mins.
- Allow to cool completely. Unmould the pan gently with a tap from behind. Slice bibinca and serve warm or cold with a dollop of ice-cream.

### 11 Boorelu

Boorelu, Poornam boorelu or Poornalu is a traditional and popular sweet of Andhra Pradesh and Telangana. This golden sweet ball or dumplings have a yummy Poornam (mixture of chana dal/ urad/mixed dal paste, jaggery, cardamom and dry nuts) inside which is covered by a rice dough and fried in oil. Often Poornalu is served along with ghee to enhance its flavor.

Poornalu is mostly served during festivals, weddings & other special occasions after the main course and rarely as an evening snack in most Telugu households. Most telugu speaking homes prepare poornam boorelu for *Varalakshmi vratham & Durga navratri* to offer as Naivedyam to the Goddess. These are then shared with family, friends & neighbors. Preferably it is better consumed hot. It is made in abundance during the famous Makar Sankranti – the festival of harvest. During this time, poornalu is made exuberantly and most heartily and distributed among friends, relatives and neighbours. Poornalu is often served at weddings and other festivities. The preparation and serving of Poornalu, however, undergoes minor alterations from place to place. Poornalu are commonly prepared. Poornalu are also made in other neighboring states are known as Sukhiyan in malayalam, Suyam, Suzhiyan or Sugunta in other regional languages.

#### Recipe:

##### Ingredients

- Urad Dal–1 cup
- Rice 1–½ cup
- Chana Dal or Bengal Gram–1 cup
- Jaggery–¾ or 1 cup
- Cardamom–2 pods
- Salt–½ tsp
- Oil–to deep fry

##### Method –

- Wash and soak urad dal and rice for 4–5 hrs or overnight. Grind them to a fine batter like a thick dosa batter. Add salt, mix well and keep aside.
- Wash and soak chana dal for 2 hrs or overnight. Add the soaked chana dal to pressure cooker, add 1½ cups water or just up to the level of dal and pressure cook for 4 to 5 whistles.
- When the pressure goes off, check whether dal is cooked nicely. If any water is left over, remove the lid and cook for few more minutes to drain the water completely.

- Now smash the dal with a spoon or spatula. Dal should be smooth if not you can also blend to smooth.
- Add 3/4 or 1 cup of jaggery to the dal. Here I have mixed 3/4 cup if you like more sweet you can add 1 cup.
- Keep on stirring till the jaggery melts and nicely mixes with dal on low flame. Add cardamom powder and mix well.
- When the water evaporates and the dal is dry, switch off the flame and cool the dal completely.
- When the dal is cooled completely, make a small lemon size balls and set aside.
- Meanwhile heat the oil in a deep frying pan. When the oil is hot enough, take one ball, dip it in the batter and drop it in the oil.
- Repeat the process for the other balls and fry them on medium flame till golden.
- Drain them on the kitchen towel. Serve hot.

## 12 Cham cham

It is also known as chom chom or chum chum. It is one of the other Bengali delicacies apart from Rasgulla, Sandesh and Rasmalai that can be found in Indian Sweet shops. Cham cham sweet is made with lot of fancy colorful stuffings and garnishing.

This sweet is made by curdling milk and then shaping the coagulated solids to cylindrical or oblong pieces. These are cooked in sugar syrup similar to rasgullas to get soft, spongy and light texture. The sweet is then garnished with mawa or coconut scrapping or nuts.

It is made during Durga puja or Diwali. The history of Porabari chamcham, an oval – shaped brownish variety of chomchom from Porabari in Tangail District of modern – day Bangladesh, dates back to mid – 19th century. The modern version of this dish was made by Matilal Gore, based on a sweet dish prepared by his grandfather Raja Ram Gore, who was a native of Ballia district in Uttar Pradesh, India.

### Recipe:

#### Ingredients

For chenna –

- Full cream cows milk – 4 cups
- Vinegar or lemon juice – 2 tbsp
- Maida – 1 tbsp

For sugar syrup –

- Sugar – 1½ cup
- Water – 8 cups
- Gr.cardamom – 2 pods

For stuffing –

- Ghee – 1 tsp
- Milk – ¼ cup
- Cream – 2 tbsp
- Milk powder – ½ cup
- Saffron milk – 2 tbsp
- Powdered sugar – 1 tbsp

Other ingredients –

- Desiccated coconut – ¼ cup
- Tutti frutti – 3 tbsp

Method –

- Firstly, prepare chenna by curdling milk. Drain completely.
- And hang for 30 minutes.
- After 30 minutes, start to knead the paneer for 8 minutes.
- Additionally add 1 tbsp maida and combine well.
- Furthermore, make small oval balls of paneer.
- Boil for 15 minutes in sugar syrup.
- Furthermore, keep aside till it cools completely.
- Take cooked paneer balls leaving behind the water.
- Slit in between and stuff sweetened khoya.
- Further, roll them in desiccated coconut.
- And garnish with tutti frutti or dry fruits of your choice.
- Finally, serve chum chum recipe immediately or store in refrigerator.

### 13 Chhanar payesh

Chhannar Payesh is an authentic dessert recipe of Bengali cuisine for special occasions and festivals. Also known as cottage cheese pudding or paneer kheer, this is an exotic and classic sweet dish which is quite popular during the New year celebration and other festive season. The best thing about this kheer recipe is that you don't need to add sugar in it, it is prepared using condensed milk which itself is sweet enough to make the dish taste sweeter. This dessert recipe is cooked using paneer or cottage cheese, milk, condensed milk, and uses green cardamom powder that enhances the taste and flavour of this mouth – watering dish.

#### Recipe:

Ingredients

- Home made paneer – 3/4 cup (Needs to be fresh)
- Milk – 4 cups
- Sugar – 3/4 cup (or more as per preference)
- Saffron – a pinch soaked in a tablespoon of milk
- Cardamom Powder – ½ tsp
- Mixed nuts – ½ cup

Optional ingredients –

- Condensed milk can be used to make it richer and thicker and also to reduce the cooking time.
- Corn Flour / Rice Flour can be used as a thickening agent

Method –

- Knead the fresh paneer well and make small roundels of them and set aside.
- Boil milk under a reduced flame until it is reduced to 1/2 or 3/4 of its quantity. Add sugar and the saffron. Take care to make sure the milk doesn't get burnt. So continuous stirring is a good idea.
- Gently drop the prepared paneer balls into the simmering milk. Let it simmer for a few more minutes.
- Remove and refrigerate upon cooling and serve.

## 14 Chhena Gaja

Chhena gaja is a sweet signature dish from Odisha, India. Unlike some other popular chhena-based Oriya desserts, such as rasagola, which have spread throughout India, the Chhena gaja remains largely popular within the state itself. It is the village of Pahala that excels in making this sweet. Although the ingredients of chhena gaja are essentially the same as that of rasagolla and chhena poda, the dishes are very different in taste.

Chhena gajas are prepared by combining chhena, similar to cottage cheese, and sooji (semolina), and kneading the dough thoroughly. Water is squeezed out from the mixture, which is then dried briefly until it acquires the right consistency. It is then molded into palm-sized rectangular shapes (gajas), boiled in thick sugar syrup. Sometimes, the gajas are then allowed to dry a little more, in which case the sugar may occasionally crystallize on the surface.

### Recipe:

#### Ingredients

##### For Chhena

- Full Fat Milk–1 litre
- Lemon Juice–1tbsp
- Ice–6 to 8 cubes

##### For Sugar Syrup

- Sugar– $\frac{1}{2}$  cup
- Water– $\frac{2}{3}$  cup
- Lemon Juice– $\frac{1}{2}$ tsp
- Rose Water Or Few Drops of Kewra–1–2 tbsp

#### Other Ingredients

- Semolina–1 tbsp
- Oil or Ghee for Frying

#### Method–

##### Making Chhena

- Bring the milk to a boil.
- Turn off the heat and wait for 2 to 3 minutes.
- Now add the lemon juice gradually and stir till the whey separates from the milk solids.
- Add the ice cubes and wait for 5 minutes.
- Using a thin cotton cloth or cheese cloth, drain all the whey from the Chhena.
- Wash the Chhena well under running water to remove traces of the lemon.
- Squeeze the extra water from the Chhena.

##### Making the Sugar Syrup

- In a heavy-bottomed vessel, combine the sugar and water.
- Now cook these ingredients till you get thick syrup (one string consistency).
- Add a few drops of lemon juice and mix well. This prevents the sugar syrup from crystallizing after we take it off the heat.
- Add the rose water and mix well.
- Over low flame, keep the sugar syrup remain warm.



**Making the Gaja**

- Break up the Chhena till it is crumbly.
- Add the rava and knead well till it comes together as smooth dough.
- Divide the dough into 8 to 12 equal portions.
- Roll each portion into a ball and then press to form a disc.
- Shape the disc into a square.
- Set aside. Cover with a damp cloth, if required.
- In a small kadhai, over low flame, heat about ½ cup of oil.
- To test the heat of the oil, add a tiny ball of chhena to the oil. It should sizzle on the surface of the oil.
- Keeping the heat at low to medium, add a few Gaja at a time to the oil and fry till golden brown.
- Using a slotted spoon, remove the Gaja from the oil and add to the Sugar Syrup.
- Fry all the Gaja, and add them to the sugar syrup.
- Let the Chhena Gaja soak in the syrup for about 1 hour.
- Remove the Chhena Gaja from the syrup and serve.

**15 Chhena Jhili**

Chhena jhili is a popular dessert from Cuisine of Odisha. The birthplace is Nimapada in Puri district. It is prepared in fried cheese and sugar syrup. This special sweet (a deep fried cottage cheese patty) is prepared with fried cheese, cardamom powder, ghee and sugar syrup. It is best eaten hot to feel the soft, juicy cheesiness with the backdrop of a little cardamom flavor. The extraordinary fried flavor with the touch of sweet make it more special. The man who started preparing this sweet was Aartabandhu Sahoo from the Shyam Sundarpur Village of Nimapara. It was started from Puri the sacred land of lord jagannatha, just in a few years it spreads all over the odisha and abroad also.

**Recipe:****Ingredients**

- Fresh Chhena/ Cottage Cheese – 400gm
- Pure Ghee/ Oil – 500ml
- Wheat Flour – 2 tsp
- Sugar – 2 tsp
- Cardamom Powder – 1/2 tsp
- Semolina – 1 tsp
- Salt – Pinch

**For Sugar Syrup**

- Water – 500 ml
- Sugar – 500 gm

**Method –**

- Take a bowl. Make a soft dough by mixing Chhena, wheat flour, semolina, sugar, elaichi powder and a pinch of salt into it.
- On a flat surface knead the dough using your palm very well to get a smooth texture. Remember for this recipe, kneading is a very important process which will take approximately 15 – 20 mins.
- Apply little oil in palm. Make small balls out of this dough and flatten these into thick patties. If at that time breaking or cracking occurs, then I would suggest you to knead more.

- Now keep these cheese balls separately in a bowl and cover it with a lid for sometimes.
- To prepare Sugar Syrup all you need is some Water and Sugar. Take same amount of water and sugar to prepare the sugar syrup. Stir it and boil this for 10 mins to make a thick syrup and now add some cardamom powder to it.
- Now take another heating wok filled with Ghee or Oil (Ghee is more recommended) and deep fry the balls until the color turns into beautiful and rich dark brown color.
- Once it done, remove it and straightway add it to the hot sugar syrup. Stir it again and let it soak for 4 – 5 hours.
- You can add some dry fruits and elaichi to garnish it and serve.

### 16 Chhenamurki

Chhena murki, or chenna murki, is a sweet made from an Indian version of cottage cheese, milk and sugar in many states such as Odisha. Milk and sugar are boiled to a thick consistency and round, cube, cuboid or other shapes of cottage cheese are soaked in the milky condensate. The sweet originated in the coastal areas in the district of Bhadrak and nowadays is available in all parts of Odisha. Other flavors and aromatic spices are typically added. It is also known by Bengali and Guyanese people as Pera.

#### Recipe:

##### Ingredients

- Paneer – 250 gms
- Sugar – 1 cup (250 gms)
- Green Cardamom – 4
- Rose water – 1 tsp

##### Method –

- Take paneer and cut into small pieces. Take small cardamoms. Peel and coarsely grind them.
- Take a nonstick pan add 1 cup sugar to it also add ½ cup water, turn on the flame. Stir well. Keep a check on the sugar syrup. Cook for 2 minutes. To check the sugar syrup, pour a few drops of syrup in a bowl and let it cool. Keep the flame low. Stick a little syrup on your fingers and check. If it forms a single thread on cooling then the syrup is ready.
- Put the paneer pieces to the sugar syrup, add cardamom powder too. Cook on low flame until the sugar syrup reaches the setting consistency. Keep stirring regularly so that there is even coating over the paneer.
- Once the sugar syrup is transparent and reaches the setting consistency then turn off the flame. Lift the pan and place on a jali stand. Add 1 tsp rosewater and constantly stir it. Cool it while stirring it.

### 17 Chhena poda

Chhena poda is delectable, heavenly and extremely popular sweet made of cottage cheese from Odisha. Its literally means burnt cheese in Odia language. It is made of well-kneaded homemade fresh cheese chhena, sugar is baked for several hours until it browns. Chhena poda is the only well known Indian dessert whose flavor is predominantly derived from the caramelization of sugar. Chhenapoda originated in the Odia town of Nayagarh in the first half of the twentieth century. The owner of a confectionery, Sudarshana Sahu decided to add sugar and seasonings to leftover

cottage cheese one night, and left it in an oven that was still warm from earlier use. The next day, he was pleasantly surprised to find out what a scrumptious dessert he had created. Chenna Poda is used in all functions, including marriages and other celebrations. It is also associated with the Jagannath temple and is offered to the Lord Jagannath. It is also popular in Dussera. This is an easy-to-make sweet dish which is prepared using paneer, semolina, raisins, cashews, ghee and sugar and baked to dark brown coloured crust.

### Recipe:

#### Ingredients

- Paneer or cottage cheese – 2 cup, crumbled
- Sugar – ½ cup + 2 tbsp
- Cardamom powder – 1 tsp
- Cashew nuts – 2 tbsp
- Raisins – 2 tbsp
- Milk or whey – 4 tbsp
- Ghee or butter – for greasing
- Sugar – for caramelization
- Pistachio – to garnish

#### Method

- Preheat the oven at 180°.
- Fry cashew nuts and raisins lightly.
- Blend paneer or cottage cheese, sugar and cardamom powder. Mix well.
- Add milk or remaining whey of paneer. Blend till the mixture becomes smooth. Taste and adjust sugar if required. I like less sweet.
- Add fried cashew nuts and raisins. Mix well.
- Grease a baking pan with ghee or butter. Spread 1 tbsp sugar and heat the pan till sugar caramelize.
- When sugar caramelized switch off the flame.
- Tilt the pan to spread the caramelized syrup all over the base.
- Pour the paneer mixture over it.
- Spread evenly with a spoon or spatula.
- Bake in a preheated oven at 180° for 35 – 45 minutes.
- To check insert a toothpick in the middle. If the toothpick comes out clean chhena poda is ready.
- Take out the pan when hot and invert it on a plate to take out.
- If it becomes cold sugar syrup at base will be hard and it will be difficult to come out intact.
- Garnish with pistachio. Serve delicious chhena poda or baked cottage cheese hot or cold.

### 18 Chikki

Chikki is a traditional Indian sweet (brittle) generally made from nuts and jaggery/sugar. There are several different varieties of chikki in addition to the most common groundnut (peanut) chikki. Each variety of chikki is named after the ingredients used, which include puffed or roasted Bengal gram, sesame, puffed rice, beaten rice, or khobra (desiccated coconut), and other nuts such as almonds, cashews and pistachios. In regions of North India, especially Bihar and Uttar Pradesh, this sweet is called *Layiya patti*. In Sindh and Sindhi regions of India, it is called Layer or Lai and in other north Indian states, it is also known as *gajar* or *Maroondah*. In

Bangladesh, it is known as *Gur badam*. In South Indian states of Telangana and Andhra Pradesh, it is called *Palli Patti*. Similar dishes are also very popular in Brazil, where it is known as *pé-de-moleque*, and in Paraguay, where it is called *Ka'i Ladrillo*. Some chikkis are made using a combination of ingredients. Special chikkis are made out of cashews, almonds, and pistachios also sesame seed called *Ellu* in Tamil. Though jaggery is the usual sweetener material, sugar is used as the base in certain types of chikkis. It is a very popular sweet item in both rural and urban South Asia (spanning India, Pakistan, Bangladesh, Nepal and Sri Lanka). Some also add glucose to the chikkis, which are usual there. It started from a single flavor of jaggery and peanuts. And today there are different exotic flavors such as strawberry, cranberry available in the market.

In the South Indian state of Tamil Nadu, the preparation is with a larger proportion of nuts to jaggery and the mixture is formed into balls and slabs. The most common versions are *Kadalai Urundai* (peanut balls), *Ellu Urundai* (sesame balls) and *Pori Urundai* (puffed rice balls). In Kerala, it is made in both slab and ball forms. Peanut based sweet is called as *Kadala Mithai* or *Kappalandi Mithai* or in some places as *Abhayaarathi Katta*. And the sesame based sweet is called as *Ellunda*. Lonavla, the hill station in the Indian state of Maharashtra is synonymous with Chikki; no trip is complete without tourists picking up a few packets of their favourite chikki to take back home.

### Recipe of Common Chikki:

#### Ingredients

- Peanuts–1 cup
- Jaggery–150 gms.
- Water–1 tbsp
- Ghee (or coconut oil)–1 tsp

#### Method–

- Roast peanuts on a medium to low flame stirring often until deep golden and aromatic.
- To check remove the skin and look for golden color on the nut. This deep roasting brings out a nutty aroma from peanuts.
- Cool and de-skin them.
- Take a cup and gently rub the nuts with the base of the cup.
- Transfer them to a plate and crush them randomly with the base of the cup for 2 to 3 mins. This will crush the peanuts a bit and bring out the nutty aroma of the peanuts. Keep this aside.
- Grease a steel plate with little ghee. Set this aside.
- Next grease a rolling pin or the base of a cup to level the hot chikki mixture.
- Keep a small bowl half filled with water ready to check the consistency of jaggery syrup.
- Grate the jaggery and add to a heavy bottom pan. Pour just 1 tbsp water. Begin to dissolve on a low flame.
- When it dissolves completely, remove the impurities, .
- Add ghee and mix. Boil the jaggery syrup until it reaches a hard ball brittle consistency (three strings).
- Lower the flame completely.
- To check hard ball brittle consistency, drop little jaggery syrup to the bowl of water. It must become hard immediately.
- Add the peanuts and mix well.

- Quickly pour this to the steel plate. With the help of a spatula, shape to a rectangle
- Roll the mixture with the rolling pin evenly. Within a minute it will set, so you must be fast. Cut to pieces, when it is still slightly hot.
- Cool completely and break the peanut chikki to pieces. Store in an air tight jar.

### 19 Danadar

Danadar is a very popular sweet of West Bengal. It is a drier form of Rasogolla or Rasgulla Sweets, Chum Chum sweet, and Rajbhog sweets. This sweet is easy to make and crunchy in texture. It is dry with syrup still clinging on the outside; or rather dried sugar crystals are formed. Unlike the Rasgulla, where the sugar syrup is mild, this sugar syrup is thick and it is 1 – 1 ratio of sugar to water. Once you boil the chhana in the preferred shape, it is then cooked further in the sugar syrup until it gets completely coated and dry. In the end, you will end up having a crunchy sweet, with a thick sugar layer coating it.

#### Recipe:

##### Ingredients

- Milk – 1 liter
- Sooji – 1 tsp
- Flour – 1 tsp
- Sugar – 2 Cup
- Cardamom Powder – ½ Tsp
- Lemon juice – as required
- Water – as required

##### Method –

- Boil milk, add lemon juice gradually and stir well. The milk will curdle. Rest for 10 minutes.
- Strain the curdled milk through muslin cloth, squeeze excess water from chhana / chenna (cottage cheese). Keep a side.
- Wash and rinse the chhana / chenna (cottage cheese)/ with cold water to remove sourness from chhana. Again squeeze excess water from chhana. Keep a side.
- Take a steel flat plate. Place the chhana add cardamom powder and mix it well.
- Knead it very well for about 20 minutes with help of palm of hands. Make soft dough from the chhana / chenna (cottage cheese).
- Divide into small equal size balls and make a cylindrical shape. Keep a side.
- Take a wok with 2 cups of water. Next add 2 cup of sugar and mix it very well. Increase to heat to dissolve the sugar.
- Add chhana ball into the hot water. (reduce to heat medium). Cover the wok. Cook for 5 minutes.
- After 5 minutes, open the cover. Flip the Danadar to other sides very carefully. You can notice that now increase the Danadar size double. Cover the wok again. Cook for 10 minutes. Reduce to heat very low.
- After 10 minutes, open the cover. When sugar syrup is very thick and dry in consistency. Then switch off the flame.
- Take out Danadar very carefully from the sugar syrup. Remove the excess syrup. Keep aside for about 4 to 6 hours. Allow to cool or keep the Danadar sweets into of the Refrigerator or fridge.
- Serve the Danadar at room temperature or cold.

## 20 Dehrori

Dehrori is one of the unique and popular traditional sweet of *Chhattisgarh* and it is commonly prepared in every house during festivals like *Holi* and *Diwali*. The origin of Dehrori is from Chhattisgarh yet it is dissipated in different states as well. It is a sweet delicacy and heavenly which is normally arranged during the festive period of Holi and Diwali. It is the sweet ball which is deep fried, covered with jaggery syrup. Dehrori is made with batter of rice flour (New rice which is freshly harvested in the month of November) and curd which is fermented overnight and then mixed with ghee, sugar, cardamom powder, and nuts (your choice). After that it is deep fried dipped in jaggery or sugar syrup. Its preparation actually takes more than a day, and so it is kind of special. *It is also acknowledged as 'Rice Gulab Jamun'*. The flavor of Dehrori is sweet and marginally tartish and its surface is to some degree hard and granular because of the rice flour.

### Recipe:

#### Ingredients

- Rice –1 cup
- Water – ¼ cup
- Yogurt – ¼ cup
- Ghee – ½ cup for frying
- Sugar – 2 cups
- Cardamom powder – 2 tsp
- Nuts – to garnish

#### Method–

- Rinse and soak the rice in water for approximately 6 hours. You can take any variety of rice.
- After 6 hours drain the water completely from the rice and blend coarsely, it should look like sooji. Make sure there is no water while you blend.
- To the blended rice, add yogurt and mix with hands. Mix till the batter receives the warmth from your palms. Do not add anything to the batter.
- Cover and leave the batter overnight for fermentation. Fermentation provides fluffiness in the batter and the dumplings get cooked easily while frying.
- Next day, prepare sugar syrup by adding water and sugar and cook till 1 string consistency. You can check the string by taking the syrup between thumb and index finger. Switch off the flame and add cardamom powder. Keep it aside.
- Heat ghee in a high flame first, then reduce the flame to medium. Make dumplings out of the fermented batter and fry gently. Once the dumplings get light brown in color on both sides, place it in paper towels to remove excess oil and then dip them in the warm sugar syrup. Let it dip till it is nicely soaked in sugar syrup.
- Garnish it with the choice of nuts.

## 21 Dharwad peda

Dharwad Peda is a unique delicacy from North Karnataka. The name “Dharwad” has been derived from a place called Dharwad which has a history of this sweet since 150 Years. The sweet was discovered by a Ram Ratan Singh Thakur Family from Uttar Pradesh. Traditionally the sweet is prepared from buffalo’s milk that are raised by the Gavali community in and around Dharwad. The pedhas that he made and sold became so popular that the street on which the shop stands came to be known as *Line Bazaar*– easily identified by the ever present queue of people waiting to make a purchase. This light brown coloured peda is garnished with sugar giving its traditional



appeal. The much awarded pedha, from the Lord Willingdon Medal in 1913 to the Priyadarshini Indira Gandhi Award in 2001 and 2013 and the Rajiv Gandhi Excellence Award in 2002 and 2013, is today an intrinsic part of the history, culture and traditions of our country. Mathura Pedha is the parent of this local popular sweet dish.

**Recipe:****Ingredients**

- Khoya–2 cups
- Ghee–10 –15 gms
- Finely powdered sugar– 1½ cup
- Freshly ground green cardamom powder–a pinch
- Mace powder–a pinch
- Clove powder–a pinch

**Method–**

- Add grated khoya in a heavy bottom pan and start cooking.
- Add ghee in small amounts to keep the mixture moist.
- Keep stirring continuously on a low to medium flame. Keep an eye on the khoya and ensure it doesn't burn. This is really the 'make or break' step in making the perfect Dharwad Pedha.
- When the colour of khoya turns brown, add sugar and stir.
- Add the spices and let it cool.
- Take bite–sized quantities of khoya mix and make them into pedhas.
- Roll them over some powdered sugar till you get a thin layer.

**22 Dhondas**

This is a popular Konkani sweet which is also called Tavsale in Goa. Generally prepared using dark green cucumber that you get in rainy season. But you can also make this using light green cucumber that are generally available all through the year. This steamed sweet cake gets its lovely grainy texture with semolina and grated cucumber and sweetness from jaggery. The mixture is baked like a cake.

**Recipe:****Ingredients**

- Grated Cucumber–3 cups
- Rawa/Suji–2 cups
- Jaggery–2 cups
- Freshly grated coconut–2 cups
- Green cardamom powder–1 tsp
- Broken cashewnuts– a handful
- Raisins (I didn't add them)–½ a cup
- Salt–pinch
- Ghee–2½ tbsp
- Baking Powder–1 tsp
- Grated coconut –1 cup (optional)
- Baking Soda–½ tsp

**Method–**

- Peel the cucumber, remove seeds and grate. Do not drain the water.
- Roast Semolina, in a pan with 1 tbsp ghee, on medium flame, till light brown.

- Add grated cucumber along with its water, jaggery, grated coconut and mix well.
- Cook the mixture without covering it till jaggery melts, keep stirring.
- Add chopped cashew nut, salt, cardamom powder and pure ghee and mix well.
- Prepare baking dish by applying pure ghee to the sides and bottom.
- Pre-heat the oven at 200 °C for 10 minutes.
- Bake at 200 °C for 30–35 minutes or till the upper crust is light brown.
- Cut into 1 x 1 inch pieces after cooling. Serve

### 23 Dodha Burfi

Dhoda burfi's history is not that old and has been around since 1912. The dish originated in *Khushab*, Pakistan. Almost all the shops in and around the region claim it to be their own original recipe and the inventor of this dish and call it *Khushabi Dodha*. Dhoda burfi was invented as a form of energy food by Hans Raj, a local health conscious wrestler in Khushab. Conscious about his diet he wanted a food item which will be easy to carry around and yet provide energy and nutrients required during his wrestling sessions. He experimented and tried different combinations of high energy foods like wheat, milk, dry fruits. He then introduced this Dhoda fudge cake which was full of taste and served as an energy bar for him. Later, he commercialized the recipe and it was the invention of "*Dhoda*". After the Indo-Pak partition in 1947, his family moved to Kotkapura, Punjab, India and handed over the recipe to the local sweet makers in Khushab. Now, khushab is the land associated with the origin and pride of Dhoda. Dhoda is quite a simple dish and takes almost an hour to prepare. The ingredients needed to prepare Dhoda are milk, sugar, broken wheat, and clarified butter, dry fruits like pistachio, walnuts, cashew nuts and peanuts. It is often called as the close cousin of milk fudge; this desi treat is extensively prepared during winters and is slightly coarser than Peda.

#### Recipe:

##### Ingredients

- Milk– 4 cup
- Heavy cream–1– ½ cup
- Sugar–2 cup
- Fine crack wheat (dahlia)–3 tbsp
- Clarified butter–1 tbsp
- Crushed cashews–1 cup
- Crushed almonds–1 cup
- Coco powder–2 tsp
- Sliced pistachios for garnishing–2 tbsp

##### Method–

- In a small pan stir fry crack wheat with butter over medium heat, till it turns brown in color. Set aside.
- In a heavy bottom pan over medium high heat boil the milk, and heavy cream, together.
- Let it boil till milk begins to thicken for about 40 minutes, stir occasionally and clean the sides to avoid the milk build up.
- Add crack wheat and sugar mix well and keep cooking for about 20 more minutes and stirring occasionally and clean the sides to avoid the milk build up.

- Add coco powder mix well, add cashews and almonds stir continuously till milk has become like soft dough and Burfi start leaving the sides of the pan and also Burfi has start leaving the butter. This should take about 15 minutes.
- Transfer the Dodha to 12 inch plate shaping it into square or rectangle in about ½ inch thick.
- While Dodha is still warm cut them in about one inch square. Sprinkle the pistachios over Dodha and lightly press them in.
- Dodha is ready to serve when it is at room temperature. Dhoda will stay good for about 2 weeks at room temperature or refrigerate for 2–3 months.

## 24 Doodhpak

Doodhpak originates from Gujarat, a kind of rice pudding made from milk, rice, saffron and nuts. The milk is slow-boiled to thickened and sweetened and the dish is garnished with chopped almonds. It is known for its delectable flavours and textures. Doodh Paak is mostly prepared during the festive season in Gujarati and Parsi Household. This delicious and sinful Gujarati dessert is best served with Puri, Bhajiya (Pakora).

### Recipe:

#### Ingredients

- Milk– 1 liter
- Saffron Strands—a pinch
- Rice– 1 cup
- Sugar–1 cup
- Cardamom powder–½ tsp
- Chopped almonds–1 tbsp
- Ghee–1 tbsp
- Charoli–1 tbsp

#### Method–

- Wash the rice properly and drain it properly.
- Now, Add milk into a broad bottom pan and let it boil for 10 minutes, stirring occasionally.
- Then add ghee and rice to simmering milk and keep stirring.
- Let the rice cook for 10 minutes. When the rice becomes soft and thickens add sugar to it.
- Now, add cardamom powder, charoli and mix well and cook on medium heat for 10 minutes.
- Remove the pan from the heat.
- Garnish the Doodh pak with chopped almond and saffron strands and serve hot.

## 25 Double ka meetha

Double ka meetha or Bread ka Meetha is a bread pudding Indian sweet of fried bread slices soaked in hot milk with spices, including saffron and cardamom. Double ka meetha is a delicious dessert of Hyderabad, Telangana and is made at all most everyone's house. It is popular in Hyderabad cuisine, served at weddings and parties.

It is a traditional Nizami dessert and served after having a heavy biryani. Double ka meetha refers to the maida loaf bread, called "*Double Roti*" in the local Indian dialects. The sweet, sugar and milk soaked fried pieces of bread with a lovely crunch from dry fruit in every bite. The dish is similar to *Shahi Tukra* which

has its roots in Mughlai/Awadhi cuisine. It is particularly prepared during the festive month of Ramadan and on Eid. The recipe uses bread, condensed milk, and dry fruits.

### Recipe:

#### Ingredients

- Bread – 1 loaf
- Milk – 1 litre
- Khoa/mawa – 250 gms.
- Sugar – 500 gms.
- Almond – 100 gms.
- Cashew Nut – 100 gms.
- Pista – 100 gms.
- Raisins – 100 gms.
- Ghee – 250 gms.
- Cardamom – 10 gms.
- Water – 500 ml

#### Method–

- Trim the edges of the bread slices and cut each slice into four.
- Fry them in ghee till golden brown.
- Make sugar syrup by adding half a litre of water to the sugar. Add the milk to the sugar syrup. Boil till the syrup starts thickening.
- Powder the cardamom seeds.
- Add the powdered cardamom seeds and khoa/mawa to the thickened milk. Stir the mixture well.
- Arrange the fried bread pieces on a flat tray. Pour the syrup over the bread pieces while they are still hot. Garnish with the raisins and nuts.
- Refrigerate and serve.

## 26 Gajak

Gajak (also *gachak*) is a well-known dessert or confection originating from Morena in Madhya Pradesh. It is a dry sweet made of sesame seeds (til) or peanuts and jaggery. The til is cooked in the raw sugar syrup and set in thin layers, which can be stored for months. It is said that long time ago when India was ruled by the Mughal Emperors. They were non-vegetarians so they eat fish and meat to get strength, whereas king of Hindu Dynasty uses til, gur, chana for their soldiers to get energy, they used to feed their horses gur, chana for the energy during war. Therefore people at that time started using chana with gud, peanuts and til in order to get same level of energy. Later mixture of many material like til, gud, peanut, chana, dry fruit, kaju, badam ghee etc, become a part of sweet delicacy. This is how Gajak was introduced, with time it has changed but the originality is still the same. It is also believed that Sitaram Shivhare had invented the present form of crispy Gajak. In 1946, Chambal's pure water gave birth to crispy Gajak in Morena. When due to the dreaded dacoits of this region the people were frightened, at that time Sitaram Shivhare was busy in giving a new identity to this area. He was busy making a new sweet meat called Gajak by using jaggery and til and pure water of Chambal. Making of Gajak is time consuming because it takes about 10–15 hours to prepare 5–8 kilograms. of Gajaks. The dough is hammered until all the sesame seeds break down and release their oils into the dough. Nowadays Gajaks are sold in various shapes like plain rectangular, rolled, balls, etc.

**Recipe:****Ingredients**

- Sesame seeds–1 cup
- Soft, sticky jaggery–¾ cup
- Ghee–1 tbsp
- Oil for greasing pan–1 tsp
- Cardamom powder–¼ tsp

**Method–**

- Grease a pastry tray with oil, keep aside.
- Roast sesame seeds in a heavy pan, till they feel light and pinkish.
- Remove, keep aside.
- Melt jaggery over low heat, in a large heavy pan.
- Add Ghee, cardamom, stir gently till smooth.
- Add sesame seeds, mix gently.
- Pour into tray, allow to cool till warm.
- Mark out indentations for squares as desired.
- Allow to cool completely, before storing in airtight containers.

**27 Gavvalu**

Sweet shells are one of the typical Indian sweets made in Andhra Pradesh, India. It is a mixture (dough) of plain flour/maida and water or milk. The prepared dough is shaped into small rounds, which are flattened and rolled (on a special tool) so as to take the shape of gavvalu (cowrie shells). These shells are fried in oil or ghee and are poured into sugar or jaggery syrup. This sweet is basically prepared in every household in Andhra Pradesh during Janmashtmi and during Laxmi Puja in Deepawali. Gavvalu are small shells found in the sea and is believed to be precious as it resemble coins during barter system of business in the earlier times. According to legend Laxmi is believed to be the daughter of sea, hence it is thus believed that wherever there are shells (cowrie), there is Laxmi or wealth. Gavvalu is prepared by special serrated wooden tool known as “*Gavvala Peeta*”. These are similar to *or Kulkuls* prepared during the Christmas celebrations in Goa.

Kidyoor Kulkula –is a Goan special Christmas sweet recipe. Traditionally these are specially prepared by the Catholics in Goa and are distributed to neighbors, friends and relatives during Christmas. These are fried cookies resembling sea shells.

**Recipe****Ingredients**

- Ghee – 2 tbsp
- Maida – 2 cup
- Oil – to fry
- Salt – 1 pinch
- Sugar – 1cup
- Water – 2tbsp

**Method–**

- Take a bowl pour maida into it add ghee and mix well.
- Now add water to make dough, the dough should not be too hard or soft.
- Take a Fork turn back side, then take a small piece of dough into hand and press at the back side of the fork and remove opposite direction repeat the same way for all the dough. Keep the shells a side.

- Now take a pan add oil for fry add the shells into the oil and deep fry till light golden brown colour fry in a low flame.
- Once it is done remove from oil and keep it a side.
- Now take another pan add sugar and little water and let it boil till you get a thick consistency and remove from the flame.
- Add the fried shells to the sugar syrup once the sugar sticks to shells transfer these shells into another plate.

## 28 Ghari

Ghari or Surti Ghari is a sweet Gujarati dish from Surat, Gujarat. Ghari is made of puri batter, mawa, ghee and sugar. It is also available in many varieties and flavours such as pistachio, almond–elachi and mawa. It is generally made on *Chandani Padva* festival. There is a history behind Ghari. Priest Nirmaladasji referred Devshankar Shukla to make Ghari in 1838. Ghari was also prepared by the Devshankar Shukla for Tatya Tope to provide extra strength to the freedom fighter's soldiers in 1857 on a full moon day which is now celebrated as Chandi padwa. However, it began to be consumed during inauspicious occasions too, particularly by people of some castes in the crematorium for peace to the soul of the dead. Chandi Padwa is one of very popular festival of Surti people. Huge amount of gharis gets made in Surat during Chandi Padwa which is a big business. It helps many small and big vendors to make decent amount of money during this festival time! Ghari stuffing can be anything sweet, mostly it's filled with either semolina, mawa & nuts and the covering is maida bread.

### Recipe:

#### Ingredients

##### For the layer–

- Maida – 1 cup
- Melted ghee – 2 tbsp
- About – ¼ cup
- Milk – as per req.

##### For the filling–

- Crushed pistachio – 1 cup
- Crushed badam – 1 cup
- Mava or khoya – 2 cups
- Rava – 1 tbsp
- Besan – 2 tbsp
- Cardamom powder – 1 tsp
- Saffron – a pinch soaked in 1 tsp milk
- Sugar – ¾ cup or as req.

##### To Fry–

- 1½ cup oil + ¼ cup ghee (Only oil or ghee can be used)

##### For glaze–

- Ghee – 1/3 cup (about 6 tbsp)
- Powder sugar – ¾ cup



Method–

Preparing the Dough–

- Make soft dough with maida, ghee and milk. Leave it for 20 mins.

Preparing the Stuffing–

- Fry besan and rava in ghee for 3 mins. Add mava or khoya (or cream and milk powder) and cook for 4–5 mins. Take out the mixture into the plate to cool faster.
- When cooled completely, add cardamom powder, sugar and mix everything. Divide it into 2 portions.
- Add crushed almond, saffron and to one portion and add crushed pista and to other portion. Use little milk at a time to bind the both mixture.
- Make small balls of each. Flatten the almond ball in between your palm. Keep pista ball in the centre and cover it nicely.

Preparing Ghari–

- Roll out to thin puris of 4” diameter. Place 1 ball in each puri and cover it nicely . cut off the extra dough portion and deep fry in ghee on low flame. Let it cool down for 4 hours.
- For garnishing–
- Melt ghee slightly and add sugar and whip it lightly. Dip each ghari in the ghee and set aside for 12 hours to become firm. Garnish it with pista. Cut each ghari into 4 pieces and serve.

## 29 Ghevar

Ghevar is a disc-shaped Indian sweet having a crispy but porous texture. It is prepared using maida and ghee, mildly fried in moulds, soaked in sugar syrup and dressed with rabri or dry fruits. It is a traditional sweet dish of Rajasthan and western Uttar Pradesh and mostly prepared and served during the Teej and Rakshbandhan festivals. As per ayurveda, the months of Shravan and Bhadrapada i.e. July–August–September are predominated with *Vata* and *Pitta* respectively. This causes dryness and acidity in the whole body, resulting in restlessness and mood swings. The highly sweet and ghee laden Ghevar provide relief from the acidic and moist environment. They have Vata and Pitta calming properties due to ghee and sweet juice. Thus, they have a calming effect on mind as well as the body. Furthermore, ghevar is a carrier of love, care and blessings of parents to their married daughters. Ritually the ghevar is core item among gifts sent to daughters on this day with blessing for a blissful married life. The month of *sawan* is allied with Lord Shiva and his union with Parvati, as they are considered the eternal cosmic pair, parents do bless their daughters for the same. Ghevars are available in many colours and varieties including plain, mawa, malai and are very colourful.

### Recipe:

Ingredients

- Maida –500 gms
- Ghee– 150 gms
- Water –1.5 litre
- Milk– 1 litre
- Sugar– 50 gms
- Cardamom powder– 5 gms
- Saffron– 1 gram

- Chopped fried nuts– 50 gms

For sugar syrup–

- Sugar– 500 gms
- Water– 250 ml
- Saffron– a pinch
- Ghee– (for frying)

Method–

- Heat Ghee in a heavy bottom pan and cool by adding ice, by this all the impurities are left behind and pure ghee gets accumulated on the surface.
- Massage the ghee nicely till it is smooth and start incorporating the flour and water slowly till you get batter.
- Heat ghee in a heavy bottom pan, place a circular mold and start pouring the batter in center, fry till it is golden brown.
- Make sugar syrup by heating water and sugar till the sugar dissolves completely.
- Add the fried Ghevar to the warm syrup and remove.
- To make malai heat milk, sugar, cardamom powder and saffron and reduce to half, cool till it thickens.
- Top the malai on the ghevar and garnish with chopped nuts.

### 30 Gujiya

Call it a cousin of Turkish Baklava, a co-traveller of *Sambusa* (now famous as samosa) from Arabia or the result of the culinary exploits of the last Mughals, who had lost the whole of India but their love for food and revelry, the desi Gujiya's journey has been quite a fascinating one. These crunchy flour pastries, filled with sweet fillings have formed a part of several rituals and celebrations through the ages. The exact date of Gujiya's association with *Holi* is not known, but it has been a part of the celebratory kitchen of the courtiers of the Mughals and the Nawabs since a few hundred years. Gujias are prepared in Uttar Pradesh, Rajasthan, Gujarat and Bihar regions of India, and in Nepal, Bangladesh, during Holi and Diwali festivities. They are called *Purukiya* in Bihar. Purukiyas are very popular in Bihar and are relished by everyone. There are two types of purukiya made in Bihar– one with suji / rawa (Semolina) and another with khoya. In suji purukiya, suji is roasted in ghee with sugar, cashew, grated coconut, cardamom, raisins and other nuts and then deep fried in ghee. In khoya purukiya, pure khoya is mixed with nuts and sugar and then deep fried. It is also called *Ghughra* (Gujarati) in Gujarat, *Karanji* (Marathi) in Maharashtra, *Somas* (Tamil) in Tamil Nadu, *Garijalu* (Telugu) in Telangana and, *Kajjikaya* or *Kajjikayalu* (Telugu/Kannada) in Andhra Pradesh and Karnataka. They are all fried sweet dumplings made of wheat flour and stuffed with dry or moist coconut delicacies. In Goa, Goans prepare a similar sweet on the occasion of their festivals– Hindus for Ganesh Chaturthi and Christians for Christmas, and call it *Nevri* or *Neuri* (plural Neureo). In Odisha it is called “*Karanji*” and has either a coconut based or chhena based filling. Traditionally a sweet offered to friends and relatives during the festival of colours, Gujiya can be made in a number of ways and here is a list of some popular variations found across India–

Perukiya– Made in Bihar and Jharkhand, this Gujiya variety has a mixture of semolina and mawa as filling (together or separately) and is deep-fried but not put in sugar syrup. It has an unmistakable crunch and is not too high on sugar.

Somas–Somas or Karchikai or Somasi is a traditional sweet prepared for Diwali in Tamil Nadu. The sweet filling is usually made with Bengal gram powder, rava and sugar and khoya.

Karanji–In Karanji, the stuffing includes dry fruits like cashew, almond and raisins and also has lots of fresh coconut along with cardamom powder and nutmeg. The Karanjis are deep–fried and can be stored in air–tight containers for longer periods.

Ghughra– Called Ghughra in Gujarat, gujiya of this type is made by making a mixture of rava, coconut, sugar and dry fruits which is then stuffed in flour pastries and deep–fried.

Nevri– Prepared by Goan Hindus on the occasion of Ganesh Chaturthi, this variation of Gujiya has coconut, sugar, poppy seeds and cardamom powder.

Kajjikaya– Popular in Andhra Pradesh and Karnataka, this variety has dry or moist coconut as stuffing along with dry fruits.

**Recipe of simple Gujiya:****Ingredients**

For the dough –

- refined flour– 2 cups
- clarified butter– 1 cup
- Water– (to mix)

For the filling

- Khoya–1 cup
- Sugar–1 cup
- green cardamom, powdered–1 tsp
- chironji–1 tbsp
- Ghee (for deep–frying)

For the syrup (Optional)

- Sugar–1 cup
- Water–1 cup

**Method–**

Prepare the dough–

- Rub ¼ cup ghee into the flour and knead into stiff dough with water.
- Leave to rest for at least half an hour.

Prepare the filling–

- Sauté the khoya over medium heat till it looks slightly fried.
- Take off the heat and when it cools, mix in the sugar, cardamom and almonds.
- Shape the filling into ovals about 21 cm length and 1 cm thickness.
- Make balls of the dough and roll out into 1 cm / 1/8 in thick rounds.
- Take a round, wet the edges with water and place a piece of filling over one half.
- Fold the other half over and press the edges together to seal.

- Either cut off the edge with a fancy cutter or make a design by pinching and twisting all along the sealed edges.
- Make all the gujiyas in this way. Heat ghee in a kadahi. To check if the ghee is hot enough put a piece of dough in it. If it comes up at once, add as many gujiyas as fit in comfortably.
- Turn them over and lower the heat to medium. Fry till golden brown on all sides. Lift out and leave to drain on absorbent paper.
- Make sugar syrup by cooking water and sugar together, till one thread consistency. Dipping into sugar syrup is optional. Gujiyas can be eaten dry.
- Dip the gujiyas in it, lift and let dry on a plate.
- Fry the rest, increasing the heat for a few seconds before adding the next lot.
- Can be eaten hot or at room temperature and can be stored in air-tight containers.

### 31 Gulab Jamun

“Gulab jamun” is a dessert that dates back to medieval India. It is a milk–solid–based sweet made mainly from khoya and dipped in sugar syrup. It is often garnished with dried nuts such as almonds to enhance flavour. It is said to have originated from Persia, and rose to popularity in the Mughal era when it was consumed by the sultans who got it to our land. The original name for the much–loved dessert is *Luqmat Al-Qadi*. It is derived from a fritter that Persian speaking invaders brought to India. The etymology of ‘gulab jamun’ is derived from the roots *gol* (flower), *ab* (water) and *jamun* (a round Indian fruit). This is because the dish is essentially composed of round pieces of mawa and flour immersed in saffron flavored ‘syrup. Legend says that Gulab Jamun was first prepared by the *Chef of Shahjahan*, the Mughal king famous for creating Taj Mahal, one of the Seven Wonders of the World. He is said to have been inspired by the Persian desert and soon, this was popularized among us as a royal dessert.

Gulab Jamun is always the perfect dessert idea for wedding reception, a casual dinner party, a birthday celebration or even mourning or any other festival. Gulab Jamuns go with every mood and occasion. While some, including me, prefer it boiling hot, with minimum syrup and to savor every bite, some prefer it with cold kulfi/ vanilla ice cream, the sweet hot and cold combination confusing and pleasing their senses.

Variations of Gulab jamun

Ledikeni–As per the most famous story, in the late 1850s, Calcutta’s expert confectioner Bhim Chandra Nag was approached to set up a unique sweet for Lady Canning – the spouse of Governor General Lord Charles Canning (later the primary Viceroy of British India) – who was coming to India to be with her better half. This unusual dessert caught the aristocratic Lady Canning’s attention and because of her fondness of the dessert. By the act of God, or a genius or perhaps a mistake the sweet he prepared began to be called by the locals as Ledikeni, which was more of a mispronunciation of her name. Lady Canning served this delicate dessert in all her parties and gathering. It is also said that she is likely to popularize the dessert all over Bengal.

Pantua– a smaller version of Gulab jamun which is stuffed with sugar balls or mishri or nuts.

Kalajam or Kala jamun – This variant of Gulab Jamun has a purple–black color as opposed to the traditional golden–brown color. It is sweeter as there is an addition of sugar to the batter before deep frying it at a high temperature.

Jhurre Ka Rasgulla– many times bigger than usual gulab jamun, prepared in local desi ghee and sold in Katangi, in Jabalpur

Lyancha– elongated or cylindrical shaped gulab jamun sold in various sweet shops in Kolkata.

**Recipe:****Ingredients**

- Maida–½ cup
- Mawa–200–225 gms
- Baking Soda– 1/8 tsp
- Ghee (or oil)– for deep frying
- Cardamom Powder–¼ + ¼ tsp
- Saffron Strands –8–10
- Sugar–1½ cups
- Milk–1 tsp
- Water–2½ cups

**Method–**

- With the heel of your palm or the base of a flat metal bowl, mash the khoya, so that no grains remain.
- Mix in the flour baking soda and ¼ tsp. cardamom powder and knead into firm dough. You can use a food processor too.
- The dough should be firm but pliable and should not feel dry. If it does feel dry, wet your hands and work the dough again.
- Shape the dough into marble–sized balls (jamuns) that are smooth and creaseless. The shape can be round or oblong.
- Heat ghee in the kadahi till a piece of dough tossed in comes up at once.
- Lower heat and fry a cube of bread till light brown (this lowers the temperature of the ghee).
- Lift out bread and add as many jamuns as will fit in, without one touching the other.
- Keeping the heat low, fry these till a golden brown all over.
- Drain the jamuns out of the ghee, and fry the next lot, increasing the heat for a few seconds and then lowering it again before adding the jamuns.
- Keep the gulab jamuns aside till the syrup is ready.
- Mix the sugar and water and place over low heat, stirring till the sugar dissolves. Make sure it does not boil.
- Increase the heat once the sugar dissolves, and then bring mixture to a boil.
- Add the milk and water mixture and continue boiling over high flame, without stirring.
- Skim off any scum that collects on the sides of the pan.
- Cook till syrup thickens a bit. A finger dipped in slightly cold syrup should form a coating on it for a few seconds.
- Take syrup off stove and cool for a minimum of half an hour. Strain through a fine nylon sieve or muslin cloth.
- Add cardamom and bring syrup to a boil again.

- Add the fried gulab jamuns to it and put off the heat. Let jamuns soak for at least half an hour before serving.

### 32 Halbai

It is one of the popular traditional delicacies from the dupe and Mangalore cuisine and is generally made for occasions and celebration feast such as Nagarpanchmi. It is very simple and easy to make as it contains very basic ingredients like rice, jaggery and coconut. It tastes very good when consumed with ghee. The color of the Halbai is totally depends on the Jaggery which is used.

#### Recipe:

##### Ingredients

- White Rice – 1 cup
- Jaggery – 1 cup
- Grated Coconut – 3/4 cup
- Cardamom – 2
- Salt – a pinch
- Ghee or clarified butter – 2 tsp

##### Method –

- Wash and soak rice in water for about 4 to 5 hours.
- In a mixer jar, take soaked rice, grated coconut, and cardamom with half cup of water added to it. Grind all these ingredients until the whole mixture turns into smooth paste.
- Grease a plate with plain surface (like a big stainless steel plate) with ½ tsp of ghee. Keep aside.
- In a vessel, add 1 and 1/2 cup water, salt and ghee. When the water boils, add 1 cup of Jaggery to the vessel. Boil the Water until the Jaggery dissolves completely. Sometimes you may find sugarcane bits in jaggery; if so, try to filter the jaggery water with the help of strainer. Once the jaggery water is filtered, transfer it back to the vessel and boil for a minute and reduce the flame to low.
- Now add the rice – coconut paste from Step 2 above to the boiling jaggery water, keep stirring the mixture until the whole sticky mass starts leaving the sides of the vessel. Ensure that no lumps are formed by continuously stirring the contents of the vessel.
- Remove from the fire and then pour the Halbai paste to the Ghee greased plate and spread evenly. Leave it to cool.
- Once cooled, cut the Halbai to your favorite shape and size. Halbai or Rice Halwa is now ready to serve.

### 33 Halwa

Halwa refers to dense, gelatinous sweet confection that is very popular in India, Pakistan and many Asian countries, European countries and Jewish world. Halwa is also available as crumby form made from nuts and stiff square varieties like the ice halwa found in India. The word halwa is actually Arabic and it derived from the word '*hilwa*' which means 'sweet' and in Arabic, it is pronounced as '*hullwaa*' and is served with tea or coffee. It is delicious, wonderful and healthy sweet.

The first known written halvah recipe appeared in the early 13th century Arabic Kitab al-Tabikh (The Book of Dishes). According to Alan Davidson of The Oxford



Companion to Food, halwa is an Arabic dish. Halwa may also be based on various other ingredients, including beans, lentils, and vegetables such as carrots, pumpkins, yams and squashes.

Food historians hint that the halwa is as old as the hills and has its roots sometime in 3000 B.C.E., while many others hold the opinion that mentions of a gummy, greasy, sweet confection can be found even in early references (12th century) of Istanbul. Be that as it may, the word halava is thought to be Arabic and finds its origins in the word halwa, meaning sweet dish or sweetmeat. But then, the Halwa had quite a journey as mentioned before, which is why it was rechristened as halava in Sanskrit, *Sajjige* in Kannada, *Halawa* in Egypt, *Makedonikos* Halvas in Greece, *halvah* in Hebrew, *hilwa* or *halawi* in Arabic, *helva* in Turkey and *halva* back here in India.

In northern India, the most famous include sooji (or suji) halwa (semolina), aate ka halwa (wheat), moong dal ka halwa, gajar halwa (carrot) which traditionally belongs to Punjab and is referred to as gajrela, dudhi halwa, chana daal halwa (chickpeas), and Kaju halwa (cashew nut).

**Kashi halwa**– made from winter melon or ash gourd, is a famous and traditional sweet of Karnataka, and mainly makes a regular appearance in traditional Brahmin weddings. Tirunelveli in Tamil Nadu is known for its wheat halwa. *Aate ka Halwa* usually being served every day as prasada after reciting hymns in Sikh Gurudwaras.

**Mahim halwa**– is an Indian sweet translated as "*layered semolina sweet*", named after Mahim an area in Mumbai. This flat, palm sized melt-in-the-mouth goodness invented by a family of sweetmeat and snacks makers who migrated from Jamnagar, now in Gujarat. It is named so because it was created by the sweet meat makers "*Joshi Budha kaka*" (Buddha kaka means–old uncle) who belong to Mahim. It has been described as a "unique confection of thin layers of sweet dough pressed into compact squares and separated by sheets of greaseproof paper."

**Satyanarayan halwa** – variation of suji halwa, with the addition of detectable traces of banana.

### Recipe of Gajar ka halwa–

#### Ingredients

- Carrots–1 kg
- Milk–1 litre
- Cardamom seeds–1 tsp
- Water–3/4 cup
- Ghee–3 tbsps
- Mawa–100 gms
- Raisins–2 tbsps
- Almonds–2 tbsps
- Pistachios–2 tbsps
- Sugar–450 gms.

#### Method–

- Wash and grate the carrots. Soak the raisins in water for 30 minutes. Blanch and shred the nuts.
- Put the water to boil, when it starts boiling add the grated carrots. Cook for 5–7 minutes.

- Add the milk. Cook on a low flame for 1 hour stirring occasionally. Add sugar, mix well and cook till the sugar has dissolved and all the milk has been absorbed.
- Add half of the mawa and mix well.
- Add ghee and simmer for 2–3 minutes. Add the slightly crushed cardamoms and the raisins. Mix well.
- Remove the gajar halwa from heat and arrange in a serving dish. Garnish with the rest of mawa, almonds and pistachios.
- Serve cold, hot or at room temperature.

### 34 Imarti

Imarti, which is also known as *mrityu*, *Emarti*, *Omriti*, *Jahangir* and *Jhangiri/Jaangiri*, is a Rajasthani dessert of Persian origin. It was once considered a royal confectionery and served in the courts of the Rajputs and the Mughals in India. It is red–orange in color, shaped somewhat like a circular pretzel, and has a chewy, sugary texture. Imarti is related to another confectionery known as jalebi, which also has Persian roots and is very popular in the Indian subcontinent; This sweet dish originated in India in the Mughal kitchens in Fatehpur Sikri. Many sweet shops in India, particularly those in the northern parts, sell imartis and jalebis. These desserts are made on festive occasions and are also eaten as a warming food in the winter, usually with buttermilk. Beniram ki Imarti is one of the oldest Imarti shop in Jaunpur (UP). It is almost 200 years old.

Imarti ingredients are urad dal, rice, sugar, water, saffron color, rose essence, cardamom and ghee. The urad dal and rice are soaked overnight in water. The following day the water is drained away and the soaked dal and rice mixture is ground.

#### Recipe:

##### Ingredients

- Dhuli urad dal (husked Bengal Gram – soaked in water overnight) – 2 cups
- Sugar – 3 cups
- Water – 1 – ½ cup
- Saffron color – few strands
- Cardamom ground – ½ tsp
- Ghee (to fry) – 500 gram

##### Method –

- Wash, drain and grind the daal with minimum water (should be thick). Mix in the colour.
- Beat daal well till fluffy, a drop dropped in water should float.
- Keep aside to ferment for 3 – 4 hours in Summer, more in Winter.
- Dissolve sugar in the water over low heat, stirring continuously till sugar is dissolved (do not let it come to a boil before that).
- Cook till one thread consistency (a drop pressed between fingers and pulled apart, should form a thin thread).
- Add cardamom powder. Pipe the batter with a nozzle or cloth with a hole, to form imartis straight into the hot ghee.
- Lower flame and allow to crisp turning once.
- Remove from ghee, drop into the hot syrup for 3 – 4 minutes, drain and serve.

### 35 Jalebi

A traditionally festive sweet, jalebi, is the popular dessert of any Indian palate and is available in every mithai shop. Jalebis vary in thickness, size, colour and weight. The name itself is a corruption of the *zalabiya* (Arab) or *zoolabiya* (Persian) and versions of it are found all over the Middle East. In Afghanistan, jalebis are traditionally served with fish in the winter. In Iran, it is a festive dish, and also served to the poor during Ramadan. The origins of jalebi have been traced back to ancient India, where it was called *Kundalika* or *Jal-vallika*. It is said that this name was given because the sweet was full of watery syrup. *Jal-vallika* then became Jalebi in later dialects, sometime during the period of Muslim rule, by means of trade and cultural exchanges with the Indian subcontinent. And soon enough, Jalebi became Zalebi as ‘J’ sound was non-existent in middle-eastern languages and ‘Z’ was the closest equivalent sound. While the jalebi obviously traveled through the old trade routes to make its way across the region, there are many variations to it, with ingredients that vary as well. For example in some parts of the country, the batter used to make jalebi consists of urad dal and rice flour with a little besan or ground gram and wheat flour. In some other parts, it also includes semolina and baking powder. In Bengal, dairy products like chhena and khoa are added to the jalebi. Jalebis are prepared in different types like:

**Chhena jalebi**—Chhena Jalebi or Paneer jalebi is a sweet dish originally from coastal Odisha in eastern India, a state known for desserts made of chhena. Its popularity has spread beyond coastal Odisha to Bengal. However, the basic ingredient is fresh curd cheese called chenna. Fresh chhena is thoroughly kneaded and rolled up into shapes similar to pretzels, before being deep fried. It is more browner than common jalebi. Chhena jilapis are served either hot or chilled.

**Jaleba**—Jaleba is bigger than Jalebi, It typically weighs 250 gms. or more, but can be prepared up to 500 gms. as well and is often fried in pure desi ghee. It is served hot off the girdle, after being soaked in saffron-flavoured sugar syrup. It is very popular in Western Madhya Pradesh, especially Indore.

**Jhangiri**— Jhangiri/Jangri is Jalebi’s cousin who settled in South India. A famous sweet southwards of the Vindhyas, it appears similar to the jalebi but has its own very distinct personality. The difference comes from the way Jangiri is prepared. It is made with ground urad dal which makes it a healthier but lighter. A good Jangiri is a lot more soft and chewy as compared to jalebi. According to legends prince Salim aka Jehangir was bored having the same sweet every day, so he ordered his *khansamas* to prepare something new urgently. The khansama did not much time for preparation; instead he took the raw batter of urad dal, mixed with a bit of maida and made a bit bigger jalebis. This recipe was very much liked by the Sultan as it was transparent, less sweeter, crunchy and light. Thus originated the famous Jhangri from the Mughal kitchen.

**Imarti**— Imarti or Omriti, is another of Jalebi’s cousins, and is mostly found in the north. Thicker and juicier than its cousin, Imarti has a very prominent flower-like shape and a distinct preparation method. It is made using urad dal, cornflour and saffron and then dipped into flavorfully prepared sweet sugar syrup with green cardamom powder; imarti is traditionally best served cold.

**Khoya jalebi** —A specialty of Jabalpur, Madhya Pradesh, khoya or mawa jalebi is made using a batter of khoya, thickened evaporated milk commonly used to make Indian desserts, and milk with a little maida, which acts as a binding agent. While this

jalebi can be enjoyed on its own, it tastes even better when topped with cold milk or malai.

### Recipe of simple Jalebi

#### Ingredients

- Refined flour (maida) – 1 cup
- Yogurt – ½ cup
- Sugar – 3 cups
- Milk – 1 tbsp
- Saffron (kesar) – a few
- Ghee for deep-frying

#### Method–

- In a large bowl, whisk refined flour, yogurt and sufficient water to a smooth and pouring consistency batter. Cover and keep in a warm place to ferment for 24 hours.
- Beat the batter with your hands again for 15 minutes. Cook sugar with 2 cups water in a deep non-stick pan on high heat, stirring continuously, till the sugar dissolves.
- Add milk and when the scum rises to the top, collect it with a ladle and discard.
- Add saffron and cook, stirring, till the syrup reaches one string consistency. Keep the syrup warm. Heat sufficient ghee in a kadai on medium heat.
- Pour some batter onto a jalebi cloth, gather the edges and make a tight potli.
- Squeeze round spirals into the hot ghee and deep fry, turning them over gently a few times, till they are evenly golden and crisp.
- Drain and soak in sugar syrup for 2–3 minutes. Take them out of the syrup and serve hot.

### 36 Kaju Katli

Kaju katli (literally "cashew slices"), also known as Kaju barfi, is an Indian dessert similar to a barfi. Kaju means cashew; Barfi is often, but not always, made by thickening milk with sugar and other ingredients (such as dry fruits and mild spices). These days, kaju katlis are made in all parts of India. However, its origin is in the western territories of the country. As the story goes, Kaju katli was created during the reign of Jahangir. He had captivated several Sikh gurus and kings and held them for many years in the Gwalior fort. The condition of living was palpable and the prisoners were in constant suffering. One of the prisoners was the 6th Sikh Guru, *Guru Hargovind* himself. He helped in making the prisoners self-sufficient inside the fort and improved the quality of life of all inmates and guards with his teachings. Emperor Jahangir declared that the Guru is to be released and anyone who can cling on to his robe while he walks out will be free too. Guru Hargovind secretly set the 52 kings to create a robe long enough for everyone in the prison to hold on to. And all prisoners walked scott free holding on to the long robe on the day of Diwali. Sikhs all over celebrate this day of liberation as *Bandhi Chor diwas*. On that day of liberation Jahangir's royal chef had prepared the kaju barfi for the first time as a token of appreciation for the Sikh guru. The Kaju barfi was originally made with thickened milk or rabri mixed with ground cashews and almonds.

Nowadays Kaju katli is one of the most popular Indian sweets and probably the most gifted sweet in by any elite class in any occasion and celebration.

**Recipe:****Ingredients**

- Cashews–1 cup
- Sugar–½ cup
- Water–¼ cup
- Gr.cardamom powder – 1/8 tsp
- Ghee –1 tsp
- Silver vark – optional
- Saffron – optional

**Method–**

- Firstly, in a small mixer jar, take 1 cup cashews.
- Furthermore, grind to smooth powder. Keep aside.
- Now in a nonstick pan, take ½ cup of sugar along with ¼ cup of water.
- Keep the flame on low and keep on stirring to form syrup.
- Stir the sugar syrup till it forms 1 string consistency.
- Now sieve the ground cashew powder.
- Remember to keep the flame on low all the time and give a good mix.
- Add cardamom / saffron and continue to mix till it starts releasing from pan.
- Once the cashew paste turns to dough leaving the pan add a tsp of ghee.
- Continue to mix till the ghee melts completely and cashew dough is formed leaving the pan.
- Switch off the stove. And grease the butter paper with ghee.
- Transfer the cashew dough on to the butter paper.
- Grease your hand with little ghee and knead 30 seconds.
- Once you get smooth dough, cover with butter paper.
- Take a plate and press to form uniform layer.
- Then roll the dough with a rolling–pin, adjusting the thickness according to your choice.
- Cut the edges so that you can get perfect diamond shapes.
- Now cut the dough into diamond shape or the shape you wish for.
- You can also decorate with silver leaf / silver vark and serve.

**37 Kaju and Pista Roll**

Kaju or cashew nut is a rich ingredient used in both sweet and savoury dishes all around the world. With the festive season right around the corner, we have the most popular kaju sweet for you, the kaju pista roll. Prepare this for a dinner party and serve your guests these delicious, sweet little rolls, filled with dry fruits and garnished with silver leaf.

**Recipe****Ingredients –**

- Cashew nuts – 2 cup
- Icing Sugar/powdered sugar – 1 cup
- Pistachios – 1.5 cup
- Condensed milk – 1 cup
- Desi ghee / clarified butter – 2 tbsp
- Cardamom powder – 1/2 tsp
- Green colour – 1/2 tsp
- Kewra essence – 4 drops

- Silver vark – 3 sheets(optional)

Method –

- First of all, grind the cashews and pistachios separately in a dry mixer for 1 minute. Sieve the powder to get rid of any big chunk left behind.
- Place a nonstick pan over medium flame and add 1.5 tablespoon desi ghee or clarified butter. Once it melts add condensed milk. Stir continuously for 30 seconds to combine together.
- Add cashew nut powder. Cook the mixture on slow heat; keep stirring for 3 – 4 minutes until the mixture starts to leave edges of pans and forms into dough.
- Once mixture comes together turn off flame and keep stirring for a minute, allowing it to cool. Once its luke warm, take it out in a plate and add 1/4 tablespoon of clarified butter to it. Start kneading it well to make smooth dough.
- Now take pistachios powder in a large mixing bowl and add icing sugar/powdered sugar. Add green food colour and 1/4 tablespoon clarified butter to it and mix well to form dough with the help of few water drops.
- Now both cashew nut dough and pistachios dough are ready. Divide the cashew dough and pistachios dough into 4 portions. Take a butter paper and grease some butter on it. Place one portion of cashew dough on it and cover it with another piece of greased butter paper. Roll the cashew dough into thin circle of 4 inch diameter with the help of a rolling pin.
- Now shape one portion of pista dough into a stick and place them over the cashew sheet. Start rolling them and pinch the edges. Smooth the roll and cut roll into 4 pieces.
- Repeat same process for rest of the 3 portions. Garnish them with silver vark.

### 38 Kalakand

Kalakand, or Qalaqand is a popular Indian sweet made out of solidified, sweetened milk and cottage cheese. It owes its origin to the milk-rich Braj area of western Uttar Pradesh. It is a very popular sweetmeat in North and East India, including Jharkhand, Orissa and Bengal and is reputed for its exquisite taste. The term qand in qalaqand is derived from the Arabic language and means sweets.

Baba Thakur Dasji came to India from Pakistan, after the Partition. He was a halwai (sweet maker) in Dera Ismail Khan Gaon in Pakistan and when he reached India, he relocated himself in Alwar and started selling this sweet meat. Call it Alwar Kalakand, Alwar ka Mawa or Alwar ka Milk cake and it tastes just as delicious. Baba Thakur Das & Sons, located on Hope Circus at the Kalakand Market. In Western India, its fried version or the Ajmeri Kalakand is more in demand, where it is also known as milk cake. The best part of Ajmeri Kalakand is that it is fried with lots of fresh figs (hence Anjeer Kalakand), which imparts a grainy texture to it and enhance the flavour too. One more famous kalakand comes from Jhumri Telaiya in Bihar. According to the records, in the late 50s, "Bhati Brothers from Pakistan came to Jhumri Telaiya after partition" and started selling the creamy version of "Kalakand". With the passage of time, the demand of Kalakand soared high which made Jhumri Telaiya a gastronomical destination for people.

#### Recipe:

Ingredients

- Milk – 1.5 kg



- Sugar – 100gms
- Kesar (saffron) – few strands
- Vinegar – 2 tbsp
- Dry fruits – for garnish

#### Method–

- Boil the milk in a saucepan, adding sugar and kesar.
- When it reduces to almost half, set aside 150 ml of the sweetened milk.
- Now add vinegar to the boiling milk and stir it slowly for a few minutes.
- Cover the saucepan and let the mixture rest for 15 minutes.
- When the milk and whey separate completely, drain out the whey and slightly mash the cottage cheese using your hands (don't use a mixer-grinder).
- In a separate pan, heat 100 ml of the sweetened saffron milk that you had set aside and add the cottage cheese to it.
- When the milk dries up and the mixture thickens (here, you can add some milk powder, though it's optional), turn off the heat.
- Now spread the milk mixture on a greased tray and level the surface.
- Leave it for an hour or more.
- Once cool and set, pour the remaining 50 ml of the sweetened milk on top of it and garnish with dry fruits. Cut into squares and serve.

### 39 Kanchagola

This authentic sweetmeat, originating in eastern India, is considered the purest form of sweet to be offered to the Goddess. Known as kaccha gola or kacha golla, the taste of this sweet is blissful. Each ball is so soft that it will melt in your mouth in a fraction of seconds. Legend has it that *Queen Bhabani* of Natore had one *Modhusudan Das* of the nearby Lalbajar region supply her with sweets. Modhusudan once had a bit of trouble with an absentee employee and about 80 kilograms of chhana (is fresh, unripened curd cheese made from milk) sitting in his shop, intended for supply to the queen. So, while trying to figure out how to save the chhana from going bad, he added some syrup, and kept stirring, only to see the syrup evaporate. To see how the chhana fared, he tasted it, and found it quite delicious. The queen loved that too and it became a regular feature on her table. During Rani Bhabani's time, the reputation of the famous Kacha Golla spread abroad. Even today, 250 years ago, despite its invention, its reputation abroad still remains. This dish features regularly in Bengali wedding, Navratri and Dussera festivals.

#### Recipe:

##### Ingredients

- Fresh, fullcream milk – 2 litres
- Lemon juice or vinegar – 4 tbsp
- Saffron strands – 8–10
- Green cardamom powder – ¼ tsp
- Granulated sugar (amount can be varied according to individual preference) – 5 tbsp
- Fine muslin or cheesecloth
- Water – 5 tbsp

Method –

- Pour 1 tbsp water in a wok or a kadhai (so that the milk doesn't stick to the bottom of the wok) and add the milk. Bring it to boil, adding the saffron strands stirring from time to time. Slowly add 4 tbsp lemon juice mixed with equal amount of water, till the cheese and the whey just start to separate. Switch off the gas immediately to prevent hardening of the cheese.
- After around 3 min, pour the chenna (the cottage cheese) and the whey into cheesecloth or a muslin cloth and run cold water on this to arrest further curdling and to wash away the lemony smell.
- Tie the cloth and squeeze the extra whey. Keep this cloth on a perforated plate or a flat colander. Put a heavy, flat object on this for 20 min, so that there is no extra whey left in the cottage cheese.
- After 20 min, open the cloth and remove the saffron – infused cheese on another flat surface. Mash the cheese thoroughly for around 15 min with your palm. Finally, a stage would be reached when there are no lumps in the chenna and it can be turned into a smooth and creamy ball.
- Break the ball once again and add the cardamom powder and the sugar. Knead well once again. The process will take five to seven more minutes.
- Divide the dough into equal – sized balls and smoothen the balls with your palms. This is best eaten fresh, since refrigeration makes these hard and dry.

#### 40 Khaja

Khaja or Khajjaka, plain or sweet mentioned in *Manasollasa* (12th-century Sanskrit text composed by the Kalyani Chalukya king Someshvara III), was a wheat flour preparation fried in ghee. Khaja is believed to have originated from the eastern parts of the former state of Oudh and the former United Provinces of Agra and Oudh. This area presently corresponds to eastern districts of Uttar Pradesh and Western districts of Bihar and is also native to state of Odisha as well as regions like Kutch and Andhra Pradesh. Refined wheat flour with sugar is made into layered dough, with or without dry fruit or other stuffing, and lightly fried in oil to make khaja. It is one of the very famous sweets of Odisha and is related to emotions of all Odia people. It is also offered as an offering in the Jagannath Temple, Puri.

Khajas from Silao and Rajgir in Bihar are almost entirely similar to Baklava, whereas the ones from Odisha and Andhra Pradesh are made with thicker pastry sheets, and are generally hard. The batter is prepared from wheat flour, mawa and oil. It is then deep fried until crisp. Then sugar syrup is made which is known as "*Paga*". The crisp croissants are then soaked in the sugar syrup until they absorb the sugar syrup. *Kaja of Kakinada*, a coastal town of Andhra Pradesh, is dry from outside and full of sugar syrup from inside and is juicy.

Khaja Mithai in Nepal are very popular in Maithali and Bhojpuri community. This sweet is most necessary item to celebrate weddings and *Chhat puja* in Nepal, Bihar and Uttar Pradesh.

***Kakinada Kaja***—sweetmeat in a shape of cylinder and color of brown — at first glance, looks dry and rather unappetizing. However, one bite and you will know what bliss is. When it is fresh, the outer casing is crispy and almost like a wafer. For first timers, the first bite surprises of the juicy, sugary syrup inside are a delightful treat. It is no wonder that it is eaten as a snack and served at weddings, and also forms a part

of Thali meals, as it is a perfect complement to the spicy East Godavari cuisine. The credit for first making and selling it goes to *Chittipeddi Kotaiah*, who hails from Chinaparimi village, Tenali, Guntur District. In 1891 he came to Kakinada started a sweet shop named *Kotaiah Sweets* in the main market, it is still continued by the 5th generation of his descendants. There are a total of six branches, five at Kakinada and one at Rajahmundry.

### Recipe:

#### Ingredients

##### For dough–

- Maida – 1 cup
- Ghee– 2 tbsp
- Water– ¼ cup
- Oil– for deep frying

##### For sugar syrup–

- Sugar – 1½ cup
- Water – ¼ cup
- Gr.cardamom powder – ¼ tsp
- Lemon juice – 1 tsp

##### Method–

- Firstly, in a large bowl take 1 cup maida and add 2 tbsp ghee.
- Crumble and mix well making the flour is moist.
- Now add ¼ cup water and knead smooth and soft dough.
- Grease the dough with oil. Cover and rest for 15 minutes.
- Dust the dough with maida and roll with the rolling pin.
- Roll as thin as possible making sure to dust maida as required.
- Now cut the sides forming a large square/rectangle.
- Start to roll tightly from one side.
- Dust maida on each roll to prevent layers from sticking to each other.
- Roll the cylinder tight to remove any air gaps if present.
- Cut it into 1 inch pieces and slightly flatten.
- Fry on low–medium flame till they turn crispy and golden in colour.
- Immediately drop the fried khajas into the warm sugar syrup.
- Soak them in the syrup for 5 minutes.
- Finally, serve madatha khaja or store in an airtight container for 10–15 days.

### 41 Khapse

Khapse or amjok is a deep–fried pastry type North Himachali biscuit that is traditionally prepared during the Tibetan/Sherpa New Year or Losar and weddings. With Tibetan Losar approaching, shops selling “*khapse*” become more and more in the street of Lhasa City, and the festive atmosphere of Tibetan Losar is gradually thick. Tibetans call these beloved cookies “mouth–eat,” which gets straight to the point. Cooks prepare massive quantities of khapse as offerings, as festive gifts, and to keep their mouths busy while preparing other holiday dishes in the kitchen. During Losar, khapse are often enjoyed with sweet tea or Tibetan butter tea. The dough for the khapse is usually made with flour, eggs, butter and sugar. “Khapse” is an indispensable food of Tibetan traditional festivals—Tibetan dim sum. It is a kind of fried food which is made of white flour, yak butter, milk, sugar and other raw materials, with a variety of forms like ear, butterfly, bar, square and circle, etc., and is an essential in Tibetan family to greet Losar.

**Recipe:****Ingredients**

- All-purpose flour – 4 cups
- Sunflower oil – ½ cup
- Sugar /jaggery– 1/3 cup
- Full cream milk – 1 cup
- Sunflower oil – for deep frying

**Method–**

- Dissolve the sugar or jaggery in 1 cup of warm water.
- Combine flour, oil and sugar.
- Mix everything together to knead to smooth ball of dough.
- Roll out the dough to about a ¼ inch thickness. (When you roll it out you can put a little flour down on the rolling surface so that it won't stick, but not much. If you put too much extra flour, it will make the dough suck up too much oil while cooking.)
- Cut the dough in strips (maybe about an inch or a little less), then cut those strips into diagonal pieces.
- Slice a slot in the middle of each piece of dough.
- Pull one corner of the piece of dough through the slot in the middle, creating a twist.
- Fry them in small lots in sunflower oil till golden brown.

**42 Kheer**

Kheer is a pudding, originating from the Indian subcontinent, made by boiling milk and sugar with one of the following– rice, broken wheat, tapioca, vermicelli, or sweet corn. It is flavoured with cardamom, raisins, saffron, cashews, pistachios, almonds or other dry fruits and nuts. It is typically served during a meal or as a dessert. The first mention of kheer, which historians say was derived from the Sanskrit word *kshirika* (meaning a dish prepared with milk), is found in the fourteenth century Padmavat of Gujrat, not as a rice pudding but a sweet preparation of jowar and milk. Back then using millets in pudding was quite common. Kheer is believed to have originated in the Lord Jagannath Temple, Puri, Orissa around 2,000 years ago where it was served as an offering to the gods. This practice spread throughout South Asia to various Hindi temples where the recipe was altered slightly based on the region. Today, there

are distinct differences between the kheer produced in Eastern vs. Southern vs. Northern India. It also has many variations not as thick as kheer, called *meetha bhaat*, *payasam*, *payasa*, or *dudhpak*. The name *kheer* suggests that the dish came to India from the Middle East because sheer means milk in Farsi. Also, the fact that many Muslim communities in India make it with *sewian* (certainly a Middle Eastern import) suggests a West Asian or Arab origin.

**Phirni**—is also a type of kheer or rice pudding. It is sometimes called as sheer, which stands for milk in Persian. It is enjoyed by people of many cultures and cuisines. This food traces its roots to the grain pottages of the Middle East. It is associated with good nutrition and easy digestion, and medical texts earlier owned its name, rather than cookery books. It is a sweet milky dessert, supposed to be eaten cold, made with cornflour or rice flour, or sometimes both are used and usually flavoured with rose water and/or ground cardamom. The dish is embellished with chopped or ground almonds or cashew nuts. The history of Phirni takes us back a very long way; though there is no written evidence, still it's believed that Phirni seems to have originated in ancient Persia or the Middle East; and Mughals have introduced Phirni to India”

**Seviyan kheer**— or vermicelli kheer is made from vermicelli, is very popular among the muslim culture and is prepared during Eid. This popular dish is famous among all the Indians from north to south. The *kheer* is made by dry roasting vermicelli to a golden brown color till a nice aroma starts to come from it and then milk and other flavorings are added to give a nice and creamy *kheer*.

### Recipe of Rice Kheer:

#### Ingredients

- Full cream milk – 5 cups
- Washed rice – ¼ cup
- Sugar – ½ cup
- Raisins – 10–12 nos.
- Green cardamoms – 4 nos.
- Blanched & shredded almonds – 10–12 nos.

#### Method—

- Boil the rice and milk in a deep pan.
- Simmer over low flame, stirring occasionally till the rice is cooked and the milk becomes thick.
- When done add sugar, raisins and cardamoms.
- Stir till sugar gets dissolved properly.
- Transfer into a serving dish and garnish with almonds.
- Serve hot or chilled.

### 43 Kheer Sagar

It is an Odia sweet dish that literally translates to ocean of milk in the Odia language. Also called *Angoori rasmalai*, this sweet has depiction in the Hindu mythological scripture about Lakshmi serving Vishnu and Madhusudana with it. Kheer sagara consists of marble-sized balls of chhena cheese soaked in sweetened, condensed milk. Saffron and cardamoms are the typical seasonings that are added to this dish. Khira sagara is typically served either at room temperature or slightly chilled. It is a Navratri especial sweet dish. This dish is probably Rasmalai's predecessor. However, the milk base in khira sagara is thicker, acquiring the consistency of rabri and no dry fruits added to it.

**Recipe:****Ingredients****For Chenna Balls**

- Full cream milk – 3 cups
- Sooji/semolina– 1 tsp
- Powder sugar– 1 tbsp
- Gr. Cardamom powder – a pinch
- Juice of lemon– 1

**For Ras (thickened milk)–**

- Full cream milk –750 ml
- Sugar – ½ cup
- Mawa – ¼ th cup
- Gr. Cardamom powder – 4 no
- Saffron –few strands soaked in 2 tbsp of warm milk

**Method–**

- Boil 500 gms. milk in a heavy bottom pan. When milk boils reduce the heat add lemon juice and stir once.
- The milk will curdle and the whey will begin to separate.
- Strain the curdle milk through a muslin cloth lined above a colander.
- Wash the chenna under running water , tie the cloth and hang it for 20 minutes.
- But don't squeeze or press the knot to release extra water from the chenna.
- In the mean time boil rest of the milk in low flame, stir occasionally to prevent sticking to bottom.
- After 20 minutes take the chenna and start kneading it using the heels of your palm.
- Add sooji, powder sugar and cardamom powder.
- Keep kneading till your palm becomes oily.
- Make 15–17 equal sized tiny balls.
- Boil 2 cups of water in a big, wide pan.
- When water boils drop the balls on the boiling water.
- Let it boil for 5 minutes on high flame.
- Reduce the heat and boil for 15 minutes till the balls became double in size. Please note that there should be enough space so that balls can be double in size or you can make these in two batches.
- When milk reduced to half add mawa, cardamom powder, crushed saffron and sugar.
- Stir well. Be very careful so that milk doesn't stick to the bottom.
- Boil for 5 minute more.
- Chenna balls must be ready by now.
- Drop the chenna balls in reduced milk.
- Let it cook for 2–3 minutes.
- Switch off the flame, let it come to room temperature or chill in refrigerator before serving.

**44 Khubani ka meetha**

Qubani ka Meetha is a sinfully delicious dessert from Hyderabad, India. Usually served after a sumptuous meal, especially during festivals and weddings, Qubani ka Meetha is made of apricot, cooked in sugar and spices. It is a perfect blend of flavors – sweet, sour and lusciously creamy. Qubani or Khubani is an Urdu word which means apricot and Meetha is anything sweet. It is believed that apricots were



introduced to the Indian subcontinent by the Mughals through Persia and Afghanistan. Later on it was adopted by the Nizams of Hyderabad as their sweet delicacy. It is served in every occasions and festivals of elite class in Hyderabad and Telengana.

**Recipe:****Ingredients**

- Dried apricots/khubani – 18–20
- Water 1–1.5 cups
- Sugar (or per taste) – 1 tsp
- Milk – 1 cup
- Custard powder – 1½ tbsp
- Sugar – 1½ tbsp
- Sliced or chopped almonds – few

**Method–**

- Rinse the apricots well.
- Soak apricots in 1.5 cups water overnight—preserve this water because you will need it for cooking.
- Now, in a deep non-stick pan, combine chopped apricots and 1 cup of preserved water. Cook on a low to medium flame for about 15–20 minutes.
- Once you observe that the apricots have started becoming soft, mash them using a vegetable masher. If you feel that the mixture has become too dry, you can add more water.
- Now add 1 tsp sugar and mix well. Cook for another 4–5 minutes.
- Remove from flame and set aside.
- In a thick-bottomed pan, heat milk.
- As soon as the milk becomes warm, take about ¼ cup milk in a bowl. Add custard powder in it and mix well. Make sure there are no lumps in the mixture.
- When the milk comes to a boil, add sugar in it. Keep on stirring continuously.
- Once the sugar dissolves, add milk-custard mixture and cook on a medium flame for 8–10 minutes or till the custard thickens, while stirring continuously.
- Remove from flame and set aside.
- In a serving bowl/glass, put a portion of the prepared custard, top it with a portion of the khubani and finally top it with chopped almonds.
- Repeat the same procedure to make more servings.

**45 Koat Pitha**

Mizoram's famous Koat Pitha is a delectable fritters recipe, which is easy-to-make and can be prepared at home without putting in much effort. Made with the goodness of rice flour, banana, powdered jaggery and oil. Koat Pithas are usually dry and can be packed for road trips, picnics and fairs. To increase the shelf life of this pitha recipe, you can store these pithas in a dry airtight container in a cool place. This non-messy pitha can be carried anywhere. The use of jaggery in this dish makes it a healthy choice and amps up the health quotient. This delectable recipe is served with a hot piping cup of tea.

**Recipe:****Ingredients**

- Rice flour – 1 cup

- Ripe Bananas – 4 nos.
- Powdered jaggery– 1/3 cup
- Water – ¼ cup
- Salt – a pinch
- Sunflower Oil – for frying

**Method–**

- First dissolve the jaggery in water and pass it through a fine filter to remove the scum.
- Mash the bananas and keep them aside in a bowl.
- To the mashed banana, now add the jaggery water and rice flour and with a pinch of salt.
- Mix the Koat Pitha mixture until well combined and becomes a thick batter.
- Heat a pan with oil on medium heat and spoon a small amount of batter into the oil. Fry the Koat Pitha till it becomes golden and drain it on a paper towel.
- Serve as a delicious dessert after a light meal of *Sana Thongpa* and *Tan Ngan*, or as an evening tea time snack along with masala chai.

**46 Kozhukkattai**

Kozhukatta or Kozhukkattai is a popular South Indian dumpling made from rice flour, with a filling of grated coconut, jaggery or chakkavaratti. Kozhukatta, although usually sweet, can sometimes be stuffed with a savory filling. Modak is a similar dish made in other parts of India. In Tamil Nadu, the dish is traditionally associated with the Hindu God Ganesha and is prepared as an offering (*naivedhya*) on the occasion of Vinayaka Chaturthi. In Kerala, it is popularly associated with Oshana Sunday celebrations of Saint Thomas Christians. The dish is prepared by mixing grated coconut with jaggery syrup, placing it inside dumplings of rice flour, and steaming the dumplings. Ghee, cardamom, finely ground roasted rice flour etc. may be added to enhance the taste and flavour of the filling. In Kerala, a variant of kozhukatta made with atta flour (instead of rice flour) and grated coconut is a staple breakfast among some groups.

**Recipe:****Ingredients**

- Powdered rice – 1 cup
- Jaggery– 150 gms
- Coconut – 1 cup
- Water – as required
- Salt – pinch
- Gr. cardamom– 4 nos
- Clove – 1 piece
- Ghee – ½ tsp

**Method–**

- To prepare the dough– Boil one cup of water with salt. Add the boiled water to the rice flour and mix it with a wooden spatula/spoon. Knead until it forms smooth dough. Keep it aside for 5 minutes or till it is warm enough to handle. Knead the dough and make it into a soft ball. The consistency of the dough should be same as that of Idiyappam dough and also the dough should not be sticky

- For the filling– Melt the jaggery with  $\frac{1}{4}$  cup of water and strain it. Add the coconut to the filtered jaggery & mix well. Add ghee and cook till the liquid is dried up. Add crushed cardamom clove and remove from fire. Keep it aside.
- Make medium size balls out of the dough. Take one ball at a time and place it in your palm. Press it with the other hand and make it thin. Start folding it inwards in such a way that you get a cup shape. Place 1–2 tsp of the filling, cover it and roll it back into a ball. Repeat the process with the rest of the dough and filling.
- Steam the kozhukattas in appachembu/steamer for 9–10 minutes on medium flame. Keep it covered for 1 more minute. Serve warm.

#### 47 Kulfi

Kulfi a popular Indian frozen dairy dessert, has been called Indian ice cream and may have been invented by those ancient inhabitants of the Himalayas. The origin of kulfi dates back to the Mughal Empire that ruled India from the sixteenth to the eighteenth century. This ice cream was then prepared in the royal kitchens with ice that came from the mountains of the Himalayas. During the Mughal period, this mixture was flavoured with pistachios and saffron, packed into metal cones and immersed in slurry ice, resulting in the invention of Kulfi. Ain-i-Akbari, a detailed record of the Mughal emperor Akbar's administration, mentions use of saltpeter for refrigeration as well as transportation of Himalayan ice to warmer areas. One of the stories says that the original preparation of kulfi by the wife of Emperor Jahangir, Noorjahan is slightly different. She used to create and serve the frozen dessert by mixing sweetened milk with the pulp of many fruits to which was added imported crushed ice from the frozen Himalayan lakes. Later, it became popular as matka kulfi where vendors froze the dish in kulhars or earthen cups in salted ice.

Kulfi has similarities to ice cream in appearance and taste, but it is denser and creamier. It comes in various flavours. The more traditional ones are cream, rose, mango, cardamom, saffron, and pistachio. There are newer variations such as apple, orange, strawberry, peanut, and avocado. Unlike ice cream, kulfi is not whipped, resulting in a solid, dense frozen dessert similar to traditional custard-based ice cream.

#### Recipe:

##### Ingredients

- Full cream milk – 1 $\frac{1}{4}$  lts
- Powdered Sugar –  $\frac{1}{3}$  cup
- Powdered gr. Cardamom – 4
- roughly chopped Pistachios – 8
- Saffron soaked in milk – few strands

##### Method–

- Heat milk in a wide bottomed pan and bring to a boil. Allow the milk simmer on medium flame till it reaches half its original quantity. Keep stirring in between.
- Add powdered sugar, cardamom powder and roughly chopped nuts. Mix well and keep simmering on medium flame, stirring till it further reduces to almost one-third of its original quantity. It will have a rabdi consistency and like very thick milk.
- Turn off flame and allow to cool.

- Once cool, place the mixture in the fridge for 2 hours. (This helps reduce the formation of ice crystals during freezing process).
- Place the empty kulfi molds in the freezer to chill.
- Next, remove the mixture from the fridge and whisk it well and place the mixture in the freezer. After an hour, take it out and whisk it well or keep mixing with a whisk/ladle to agitate it. Again place it back in the freezer.
- Remove it after 2 hours and again repeat the whisking process. At this stage, pour the whisked mixture into chilled kulfi molds and close the lids.
- Place the kulfi molds in the deep freezer and allow to set overnight or at least 8 hours.

#### 48 Laddoo

Laddu or laddoo is a sphere-shaped sweet originated from the Sanskrit word Lattika. Laddus are made of flour, fat (ghee/butter/oil), and sugar, with other ingredients that vary by recipe, like chopped nuts or dried raisins. They are often served at festive or religious occasions. The history of laddu in India dates back to several centuries. *Sushruta*, also known as the ‘father of surgery’ in India, is the author of *Sushruta Samhita* or The Compendium of Sushruta. The seminal work is often regarded as the basis of Ayurveda states that he created small edible balls made of ingredients like sesame seeds, jaggery and peanuts and inserted small dosages of medicine into them. This was done in order to make the drug easier to consume for the patient. Slowly and slowly Laddoo became an integral part and most preferred sweet in all kinds of celebration and occasions in India. The long history of laddu in India explains the mind-boggling varieties as every region of India has its own take on laddus as dictated by the local availability of ingredients.

**Boondi laddoo**– laddoo made of small balls of besan called boondi, often served on festivals such as Raksha Bandhan and Diwali.

Motichoor laddu– is made from fine boondi where the balls are tiny and is cooked with ghee or oil.

**Besan laddu**– Besan laddu or Magaj is a popular Indian sweet dish made of besan (chickpea flour or gram flour), sugar and ghee. Besan is roasted in ghee till golden brown appearance with nutty fragrance. Then sugar is added to it. Pistachio pieces are also mixed in this mixture optionally. Sweet balls are then made from this mixture. It has a long shelf life.

**Coconut laddu**– laddos made of grated coconut like *Naru* in West Bengal, Nariyal laddoo of North India.

**Kobbari Kova Kajjikayalu**– is also known as Kova Kobbari Laddu is a very old and classic Andhra sweet. The Telegu word for mawa is Kova. The outer layer of the sweet is made with khoya (milk solids) and sugar and the stuffing is so simple where we cook the fresh coconut and jaggery together to form a thick mixture.

**Semolina or rava laddu**– This a laddu prepared from rava (semolina), sugar and ghee. A variant on the recipe includes khoa cheese as an additional ingredient.

**Till laddu**– Till laddu made with sesame seeds and then mixed with cheese to form balls are famous in north India during the months of winter. Preferred in Northern India.

**Gond ke laddoo**– These laddus are called *Dinkache* laddoo in Marathi and gond ka laddu in Urdu. The main ingredient is gum arabic which is collected from the babul tree. Other ingredients include coconut, almonds, cashews, dates, spices such as nutmeg and cardamom, poppy seeds, ghee, and sugar.

**Pori urundai** – a crunchy, crisp, light, delicious laddoo made with puffed rice and jaggery.

**Darbesh** – Darbesh is a Bengali laddu. Darbesh is made with khoya or mawa, besan, sugar, ghee or oil and different nuts.

### Recipe of Besan ke laddoo:

#### Ingredients

- Ghee – ½ cup
- Coarse besan – 2 cup
- Sugar – 1 cup
- Gr. Cardamom – 4 pods
- Melon seeds – 2 tbsp
- Chopped cashew – 2 tbsp

#### Method–

- Firstly, in a large kadai heat ½ cup ghee and add 2 cup besan.
- Roast on low flame until the besan is well combined with ghee. Make sure to use coarse besan for grainy texture.
- Continue to roast on low flame. If the mixture turns dry, add a tbsp of more ghee.
- After 20 minutes, the besan starts to release ghee.
- Continue to roast until the besan turns golden brown and grainy. It may take approximately 30 minutes.
- Transfer the mixture to a large bowl, allowing cooling slightly.
- Meanwhile, dry roast 2 tbsp melon seeds and 2 tbsp cashew.
- Roast on low flame until the nuts turn crunchy.
- Add the roasted nuts to roasted besan ghee mixture.
- Take 1 cup sugar and 4 pods cardamom in a blender. You can alternatively use tagar or boora.
- Blend to a fine powder without adding any water.
- Once the besan is cooled (slightly warm) add in powdered sugar.
- Mix well making sure everything is well combined. Do not add sugar if the mixture is hot, as it will melt the sugar and makes mixture watery.
- Prepare a ball sized laddoo adjusting sugar as required.
- Finally, enjoy besan laddoo for 2 weeks in an airtight container.

### 49 Lapsi

A sweet delicacy from the state of Gujarat, Maharashtra, Uttar Pradesh and Rajasthan. In Gujarat, it is also called *Kansar*. Unlike other regular Indian sweets, this is a healthy sweet dish and is made using broken wheat (Dalia), ghee and dried fruits along with some sugar. This dish is very simple, easy, delicious and fast to cook. Lapsi is nutritious as it is unrefined wheat and high in fiber and manganese. It is made and served in especial occasions like child naming ceremony, marriages, Navratri and Diwali.

**Recipe:****Ingredients**

- Broken wheat– 2 cup
- Almonds– 3nos
- Water– 5 cups
- Powdered gr. Cardamom – 2 tbsp
- Raisins– 20nos
- Ghee – 1 ¼ cup
- Sugar – 1 ¼ cup
- Cashews – 10 nos

**Method–**

- Soak the raisins in water and keep aside till required further.
- Meanwhile blanch almonds, de-skin and chop.
- Roast broken wheat on medium flame till light brown in colour.
- Add water to the pan and let the broken wheat cook until it gets tender and the water has almost vaporized.
- Once the mixture has no water left in it, add sugar, cardamom powder, peeled and chopped almonds, soaked raisins, ghee, and water in the pan. Cook the mixture on low flame for about 10 minutes until the ghee is significantly visible at the sides of the pan.
- Once done remove the lassi from flame and garnish it with the blanched almonds and cashews before serving.

**50 Lassi**

Lassi is a popular traditional dahi (yogurt)–based drink that originated in the state of Punjab. Lassi is a blend of yoghurt, water, spices and sometimes fruit. Salted lassi is made by adding rock/table salt and spices, while sweet and mango lassis are like milkshakes. Traditionally, lassi is served in a handleless clay cup called a *kulhar*, and extra malai (clotted cream) may be spooned on top before serving. The drink is enjoyed chilled in various parts of India as great refreshment in hot weather. Lassi is not just a refreshing cold drink, it has several health benefits. In India, lassi is served during religious ceremonies too. Lassi is served in various forms like–

**Mango Lassi**– It is one of the most popular variants of Indian lassi. Made with yogurt, mango pulp or fresh mango and water, this variety of lassi is delicious. It is served with nuts on top.

**Sweet Lassi**–Another variety of lassi is sweet lassi. It is the authentic form of this delicious drink. It is made by blending yogurt, water, spices and sugar. It is often flavored with rosewater, fruit juices and so forth.

**Spicy Lassi**–Made with yogurt, spices, fresh mint, salt and water, spicy lassi is one of my favorite choices. It is served with Indian dishes as it is known to improve digestion.

**Mint Lassi**–Different types of ingredients are used to prepare mint lassi. Mint leaves, cumin seeds, yogurt, water and salt are blended till the mixture becomes frothy. It is served chilled and garnished with chopped mint.

**Chocolate Lassi**– This is another delicious variety of lassi that is made with chocolate syrup, yogurt and water.



Apart from these varieties, lassi is prepared in different flavors to entice the taste buds.

**Recipe:****Ingredients**

- Yogurt – 2 ½ cups
- Sugar – ½ cup
- Ice cubes – as required
- Milk optional – ½ cup
- Fresh cream as required

**Method–**

- Blend together yogurt and sugar for two minutes in a mixer/blender.
- Add ice cubes and blend for a minute more.
- If the mixture is too thick add a little milk and adjust consistency and blend once more.
- Pour into serving glasses from a height so as to form foam.
- Top with malai and serve chilled.

**51 Madhurjan Thongba**

Madhurjan Thongba is a traditional North Eastern dessert recipe for Manipur. The best thing about this sweet is the aromatic flavor of cardamom and bay leaf in it which provides this dish with a divine flavor.

**Recipe:****Ingredients**

- Milk – 1 ½ cup
- Refined oil – 1 cup
- Bay leaf – 1 no
- Grated coconut – 2 tbsp
- Besan – 1 cup
- Sugar – 2 ½ tbsp
- Black cardamom – 1 tsp

**Method–**

- Prepare a thick besan batter by mixing together besan and little water.
- Deep fry small balls of the batter in oil till cooked and golden brown.
- Boil milk and add 2 tbsp. of sugar and bay leaf stirring constantly..
- Now gently add the fried besan balls in this milk mixture and cook for 3 to 4 minutes.
- Add the grated coconuts and cardamom powder and serve hot

**52 Makhan Mishri**

Makhan Mishri, the most favorite all time liked of Lord Krishna. It is an essential item of the *Chappan bhog* (the traditional 56 items prepared to offer Bal Gopal) during the festival of Janamashtmi. A combination *makhan* (white butter) and *mishri* (rock sugar) is offered as Prasad. Consuming Makhan mishri everyday helps in mental growth and development. It is also known to enhance and sharpen memory. The daily intake of the Makhan Mishri mix in the morning helps to lubricate the joints and prevent stiffness.

**Recipe:****Ingredients**

- Homemade white butter – 100 gm

- Mishri – 20 gm

Method–

- Put makhan in refrigerator to chill for half an hour.
- Grind mishri in a mixer to get coarsely powder.
- At the time of serving add coarsely grinded mishri to butter and mix well.
- Serve in individual bowls.

### 53 Malpua

It's a dessert that is popular in nearly every street and household across Northern and Eastern India as a part of this legacy continues to be the oldest Indian mithai. The first reference of our very own malpua was made in the Rigveda, as '*Apupa*'. Rigveda is the oldest of the four Vedas and talks about the recipe of Apupa that uses barley flour made in form of flat cakes, deep fried in ghee and then dipped in honey before serving. Parts of Bengal, Bihar, Orissa, Nepal and Bangladesh prepare the dessert for various festive occasions. Malpua is part of the Sakala Dhupa or morning food served to the lord Jagannath at the legendary Jagannath Temple in Puri, Orissa. Malpuas along with *Patishapta* are an intrinsic part of Poush or Makar Sankranti celebrations in Bengal. Malpuas are also prepared in Odia homes during *Raja sankranti*. Malpua is also an illustrious part of '*Chappan Bhog*' served to Lord Krishna on Janmashtami and Govardhan Puja.

#### Recipe:

Ingredients

- All-purpose flour– 200 gm
- Fennel seeds– 1 tsp
- Powdered green cardamom– 1 tsp
- Ghee– 1 cup
- Water– 250 ml
- Khoya– 50 gm
- Semolina– 100 gm
- Baking powder – ½ tsp
- Milk –500 ml
- Sugar –250 gm
- Saffron –as required

Method–

- To prepare the sugar syrup, place water in a pan over medium flame. Add sugar in it and stir until fully dissolved.
- Then add 2–3 tsp milk and stir again, after a few minutes remove the scum that rises to the top. Once the sugar syrup is thick, remove the pan from the flame and keep aside.
- In a separate bowl mix maida, rava, khoya, baking powder, fennel seeds, cardamom powder and milk. Whisk it and ensure that the mixture has a pourable consistency and is not too thick. Once the batter is ready, keep it aside for few minutes so that the flavour of spices and herbs are fully absorbed.
- Now heat ghee in a pan over low flame. Pour a ladleful of the mixture and spread evenly. Keep the flame low and cook till it is light brown on both sides.
- Remove the cooked malpua and drain the excess ghee.

- Drop the malpua in sugar syrup and allow it to soak for 10 minutes. Repeat the same with the remaining batter. Drain the malpuas from the syrup, garnish with pistachios and serve hot.

#### 54 Malai pan

Malai pan or Balai ki Gilouri is a delicate sweet made with paper thin malai filled with mishri and dry fruits. During 1800s when tobacco and paan was prohibited during Nawaab Wajid Ali Shah's rule in Lucknow, this Balai ki Gilouri was made to replicate paan. Though it is a dessert, it was served just like paan decorated with silver varq. The beauty of our malai ki gilori is its melt – in – the – mouth quality and its delicate taste, especially the one with kesar ki mishri.

#### Recipe

Ingredients –

- Milk – 200 ml
- Mawa – 1 tbs
- Pistachios – 3
- Cardamom Powder – a pinch
- Ghee – ½ tsp
- Sugar – 1 tsp
- Saffron – for garnish

Method –

- In a heavy bottomed pan, bring milk to boil.
- Reduce flame to low and allow the cream to form as a fine layer on top. Do not stir milk.
- Once the cream is thick enough, remove it gently with a spatula or slotted spoon. It is quite tricky.
- Instead you can refrigerate the milk at this stage so that the cream thickens and easy to remove.
- Roast mawa, sugar and pistachios in ghee for a few minutes.
- Take the cream, spread it out on a plate, place some filling inside and fold it as you fold a paan.
- Garnish with saffron, silver varq and pistachios and serve immediately or serve it chilled.

#### 55 Mambzha pradhman

Mambzha pradhman is one of a delicious recipe made with ripe mangoes. This recipe is typically served as a sweet dish during Onam season. As in the case of other pradhman recipes jaggery and coconut milk is used for a delicious flavour. This recipe has a brownish orange colour. The use of fried coconut bits, raisins and cashew nuts increases the taste. This nutritious dessert is prepared with ripe mangoes, jaggery, ginger powder, cardamom powder, milk and healthy nuts like cashewnuts and raisins.

#### Recipe:

Ingredients

- Sweet Ripe Mangoes – 3 big
- Mango pulp – 2 cups
- Powdered Jaggery – 3 or 4 big cubes
- Dried ginger powder – ¼ tsp
- Cardamom powder – 3/4 to 1 tsp

- Thin Coconut milk – around 2 cups
- Thick Coconut Milk – ½ cup
- Cashews – 15
- Raisins – a handful
- Ghee – 3 to 4 tbsp
- Water – 1 cup

Method –

- Peel the mangoes and dice it into small pieces.
- Boil the jaggery in 1 cup of water to make thick syrup.
- Heat 2 tbsp ghee in a heavy bottomed pan and saute the mango pieces until it changes color.
- Mash the mango pieces as it gets cooked. Keep on stirring so that it doesn't stick to the pan.
- Slowly add the mango pulp to the pan and continue sautéing for 5 – 7 minutes.
- Add the jaggery syrup to the pan and keep on stirring until it thickens. This will take some time until it reaches a thick consistency (*Varattiya Paruvam*). So please be patient at this stage.
- Reduce heat and add thin coconut milk to the pan, stirring continuously.
- Now add the dried ginger powder and cardamom powder and mix well.
- Simmer for 5 – 7 minutes and then add thick coconut milk. Simmer for a few more minutes and remove from stove top. Do not allow it to boil.
- Heat 1 tbsp ghee in a pan and fry the raisins and cashews for a few minutes. Pour it over the pradhman.

### 56 Mawa Bati

Mawa Bati is a rich mithai originated in Madhya Pradesh. It is made by stuffing a mawa based dough with a rich mixture of nuts and mawa, and deep-frying the delicate, stuffed balls till golden brown. These Mawa Batis are then soaked in sugar syrup for a while and served warm. It is similar to Mawa kachoris of Rajasthan, but are little smaller. The idea of preparing of these bati came from sweet samosas which are famous in West Bengal. Initially mawaa batis incorporated all the broken pieces of other methais which could not be sold. These pieces were mixed together and enveloped with maida dough, deep fried and soaked in sugar syrup, but now they are made with different stuffings.

#### Recipe:

Ingredients

- Khoya – 200 gm
- Maida – 400 gm
- Oil – 350 ml
- Sugar – 200 gm
- Water – 300 ml
- Cashew – 6 nos
- Almond – 6 nos
- Cardamom powder – ½ tsp
- Salt – Pinch

Method–

- Prepare one string sugar syrup.
- Knead dough with maida, pinch of salt and 100 ml water in a medium sized bowl.

- Divide the dough into small-sized balls.
- Mix together khoya, cashew, almond, cardmon powder, Take the already prepared khoa and mix chopped dry fruits into it.
- Take 1 ball, make a small hole with index finger then keep on spreading until it gains a bowl shape. Then fill the khoya and close it by twisting and pressing it between your palms.
- Heat the oil in a kadhai and side by prepare 1 string sugar syrup. Gently lower the mawa bati in hot oil. Cook it until it becomes golden brown in low to medium flame.
- After frying them put into sugar syrup and immediately transfer them in plate.
- Tempting Mawa bati is ready to be served.

### 57 Mihidana

Mihidana is an Indian sweet from Burdwan, West Bengal, India. Mihidana, described as the micro cousin of the traditional Boondi, is derived from two words, Mihi meaning fine, and Dana, meaning grain.

According to Late Nagendranath Nag, his grand-father Late Khettranath Nag first invented special Mihidana in Bardhaman during the regime of Maharaja Late Mahatabchand Bahadur. Seventy two years after this invention the name Mihidana earned its reputation all over India after the arrival of Lord Curzon in Bardhaman and his appraisal this sweet. On invitation of Maharaja Vijaychand Mahatab Lord Curzon visited Bardhaman on 19 August, 1904. To memorize the welcome lunch of Lord Curzon, Maharaja ordered Vairabchandra Nag, a sweet-maker of the town, to prepare something new and unique which would amaze the Lord. Vairabchandra Nag undertook the responsibility and introduced Mihidana. Lord Curzon was surprised to have such unique sweet and praised and thanked Vairabchandra Nag in the certificate given to him saying he never had such sweet ever before. Thereafter, the quality and name of this sweet reached all over the country and abroad. Late Nagendranath Nag, son of Late Vairabchandra Nag, broadcast this incident in Radio on 15 November, 1976. The bright yellow, petite, round-shaped sweet is known the world over and loved by gourmet. On March 31, 2017, Mihidana were both accorded the official GI tags.

### Recipe:

#### Ingredients

- Besan – 1 cup
- Water – 3/4th cup –1 cup
- Baking powder – Pinch
- Food color – pinch
- Salt – pinch

#### For Sugar Syrup –

- Sugar – 1 cup
- Water – 1 cup
- Green cardamom – 2
- Cinnamon – a small stick
- Ghee – 1 tea spoon

#### Method–

- Make medium thick sugar syrup with the ingredients mentioned.
- Make batter with the ingredients mentioned for batter. The batter should be medium thick. It must not be thin or else you won't have the perfect shape.

- Heat oil in a kadai. Hold the strainer just 2 inches above the hot oil.
- Now pour a little amount of batter onto the strainer with a spoon and from the back of the spoon press a little. It should fall with intervals, so little amount of batter one at a time .
- Fry the mihidaanas or small bundis until little crispy.
- Remove them from the oil with another spoon.
- When all the batter is exhausted, all the mihidaanas are fried, take little amount from it to crush into powder. Not too much a little amount.
- Put the remaining mihidaanas in the hot sugar syrup until they get soft. Remember the syrup should be boiling hot.
- Cook the boondis at very low flame for at least 5/6 minutes until the boondis absorbed almost all the syrup and turned very soft.
- Now while they are hot transfer half of them into the food processor and blend.
- Now transfer it to a bowl. Mix with the crushed boondis/ mihidaanas.
- Grease your hand with oil/ghee and make spherical laddus.

### 58 Mishti doi

The humble Mishti Doi may not involve the precision and craft that goes into making most popular across West Bengal, Orissa, Bihar and Bangladesh. Mishti Doi is a fermented sweet curd made by thickening milk and is sweetened with jaggery. It differs from the plain yogurt because of the technique of preparation. This mixture is placed in a traditional clay or earthen pot, to keep it cool. The moisture contained by its porous walls not only further thickens the yoghurt, but simultaneously also produces the right temperature for the growth of the culture. Mishti Doi is not only served as dessert but traditionally made for religious and festive occasions including weddings. This dish is usually sweetened with sugar. Sometimes caramelized sugar or date jaggery (*nolen gur*) is the choice of sweetener and this gives the yogurt a golden or reddish colour where this yogurt is then also referred to as Laal Mishti Doi where “*laal*” means red.

#### Recipe:

##### Ingredients

- Full cream milk – 1ltr
- Sugar – 8 tbsp
- Yogurt (curd) – 1 tbsp
- Earthen pot (optional)– 1

##### Method–

- Pour the milk in a thick bottom vessel and start heating over low flame
- As it starts boiling add 4 tbsps of sugar and keep on simmering till the volume is reduced to little less than half
- Take the remaining sugar with 2 tbsps of water and heat till the sugar melts and attains a golden brown color
- Gradually add the molten sugar over the milk and boil for another 15 minutes over low flame
- Take out of flame and let it become lukewarm
- Pour the milk over the earthen pot and add the yogurt
- Keep the pot in a cool dry place, and let the yogurt set over night
- Refrigerate the set dahi and serve as a dessert



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**CHECK YOUR PROGRESS–I**

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Q.1 What are the different variations of Gulab jamun?

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Q.2 Name few different types of halwa?

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Q.3 What is the difference between Double ka meetha and Shahi tukda?

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**59 Modak**

A modak or Modakalu is a sweet dumpling popular in India and is usually made during the auspicious festival of Ganesh Chaturthi. Modak is an Indian sweet popular in many parts of India. The sweet filling on the inside of a modak consists of freshly grated coconut and jaggery while the outer soft shell is made from rice flour or wheat flour mixed with maida flour. Modak can be fried or steamed. The steamed version (called *ukdiche modak*) is often eaten hot with ghee. It is called modak in Marathi, Konkani and in Gujarati languages, *modhaka* in Kannada, *modhakam* or *kozhakkattai* in Tamil and *kudumu* in Telugu. Today fusion recipes are available and one can add chocolate, coconut, semolina and even dry-fruits.

**Recipe:****Ingredients**

- Coconut, grated – 1 cup
- Jaggery– 1 cup

- Nutmeg – a pinch
- Saffron – a pinch

For the shell–

- Water – 1 cup
- Ghee – 1tsp
- Rice flour – 1 cup

Method–

Prepare filling–

- Heat a pan; add the grated coconut and jaggery.
- Stir for about five minutes. Add the nutmeg and saffron, mix well.
- Cook for another five minutes and keep aside.

Prepare modak–

- In a deep dish, boil water with ghee. Add the salt and flour. Mix well.
- Cover the dish and cook till its half done.
- Spread some ghee on the base of a steel bowl and while the dough is still hot, knead it well.
- Now take a little dough, roll it into a ball, flatten it well, and shape the edges into a flower pattern.
- Put a spoonful of the filling onto the dough and seal it.
- Put the dumplings in a muslin cloth and steam them for 10– 15 minutes. Serve.

## 60 Mohan thaal

Mohan thal is a traditional mithai of Gujarat and Rajasthan and is often prepared during Janmashtmi, Navaratra and Diwali. It is believed that this dish was very much liked by Lord Krishna aka *Mohan*; hence it was named Mohan thal. It is a traditional mithai with the rich flavour and melt-in-the-mouth texture of ghee-roasted besan. This sweet is prepared through a technique called *dhrabo*, which is crumbing the besan and mixing it with milk and ghee, and laminating it. Then it is slowly passed through a strainer so it forms micro clusters that give Mohanthal its signature texture – crunchy bits of the ‘crumble’ embedded in a soft fudgy base. After the crumble is made, it is cooked in ghee till it reaches the golden brown in colour.

### Recipe:

- Gram flour – 500 gms.
- Ghee – 300 gms.
- Milk – ½ cup
- Grated mava – 250 gms.
- Sugar – 350 gms.
- Powdered gr. cardamom – 1tbsp
- Saffron – ½ tsp.
- Finely sliced almonds and pistachio nuts – 25 gms.

Method–

- Mix together 50 gms. of ghee and flour with a fork nicely.
- Add in the milk, mix thoroughly using a fork.
- Sieve this mixture through a large holed sieve. The larger grains which are sieved through help to give the mohanthal a lovely grainy texture.
- Heat the remaining ghee and stir in the flour. Keep stirring and cooking the mixture until the flour looks golden brown. Add khoya, cardamoms and nuts and cook till the mixture turns smooth.
- Make 2 string consistency sugar syrup using 2 cups of water.

- Add syrup to the cooked flour and mava and keep on stirring till the mixture turns thick.
- Add a couple of drops of saffron essence. Keep stirring for a couple of minutes.
- Pour the mixture in a greased dish similar to a flan dish (thali) and level the surface using a flat spoon. Sprinkle more sliced nuts to decorate the mohanthal.
- Let the Mohanthal cool down. This could take several hours so cover the thali and leave it in a cool place. Then cut the Mohanthal into small rectangle or diamond shapes and store in air-tight container.

### 61 Mysore Pak

Mysore pak is an Indian sweet prepared in ghee that is popular in Southern India and is traditionally served in baby showers, weddings and other festivals of southern India. It originated in the Indian state of Karnataka. It is made of generous amounts of ghee, sugar, gram flour, and often cardamom. The texture of this sweet is similar to a buttery and dense cookie. Mysore pak was first prepared in the kitchens of the Mysore Palace during the regime of Krishna Raja Wadiyar IV, by a palace cook named *Kakasura Madappa*. Madappa made a concoction of gram flour, ghee and sugar. When asked its name, Madappa had nothing in mind, simply called it the '*Mysuru pak*'. Pak (or paka, more precisely) in Kannada means sweet.

#### Recipe:

##### Ingredients

- Sugar – 2 cup
- Baking soda – 1 pinch
- Besan – 1 cup
- Ghee – 3 cup
- Water – 1 cup

##### Method–

- Add 1 cup of ghee in a pan and heat it over medium flame. Once the ghee is sufficiently hot, add gram flour in it and fry it for few minutes properly.
- In another pan, boil the sugar with water till it reaches a one string consistency.
- When the sugar syrup is prepared, add the fried gram flour in it and stir well till it thickens.
- Heat the remaining ghee and gently add the gram flour mixture. Keep stirring all the time so that no lumps are formed.
- When the ghee starts to rise up from the sides and begins to separate, add the baking soda.
- Stir and pour into a greased plate. Gently spread the mixture and allow it to cool. Before it hardens fully, slice into desired shapes.
- Store in an airtight container, and serve when you like.

### 62 Nankhatai

Nankhatai are shortbread biscuits, originating from the Indian subcontinent, popular in Northern India and Pakistan. The word Nankhatai is derived from Persian word "*Naan*" meaning bread and "*Khatai*" from an Dari Persian word meaning Biscuit. In Afghanistan and Northeast Iran, these biscuits are called *Kulcha-e-Khataye*. Kulcha is a type of Indian bread similar to Naan.

Nankhatai is believed to have originated in Surat in the 16th century, the time when Dutch and Indians were the important spice traders. A Dutch couple set up a bakery in Surat to meet the needs of local Dutch residents. When the Dutch left India, they handed over the bakery to an Iranian. The bakery biscuits were disliked by the locals. To save his business he started selling dried bread at low prices, Mr. Dotivala, quite the entrepreneur and experimenter, then created the *Farmasu Surti Batasa* or butter biscuits, which are still very popular. He also created the now famous Nankhatai as an interpretation of a local sweet from Surat called 'Dal' and also probably inspired by the Irani or Afghan Khatai. Nankhatai was also called as "*Nuncatie*" by the British.

### Recipe:

#### Ingredients

- Maida – 1 cup + 2 tbsp
- Semolina – 2 tbsp
- Baking Soda – ¼ tsp
- Sal – a pinch
- Unsalted Butter (or ghee) – ½ cup
- Powdered Sugar – ½ cup
- Gr. Cardamom Powder – ¼ tsp
- Finely chopped Pistachio – 1 tbsp

#### Method–

- To powder the sugar, grind it in a small jar of a mixer grinder or a blender. Sieve (1 cup + 2 tbsps) maida in a bowl, add 2 tbsps semolina, ¼ tsp baking soda and a pinch of salt. Mix them with a spoon.
- Take ½ cup butter or ghee and powdered sugar in another bowl.
- Beat them using a wire whisk or hand mixer until smooth and soft. Add ¼ tsp cardamom powder and beat again.
- Add sieved dry ingredients.
- Mix well and make a dough using hand. If the dough looks very greasy, add 1–2 tbsps more flour and mix well (don't add too much flour).
- Preheat oven to 350 degree Fahrenheit (180 degree Centigrade) for at least 10 minutes. Divide dough into 18 equal portions and make round shaped balls from it. Line a parchment paper or an aluminum foil over baking tray. Take each ball and press a little between your palms to give it a patty like shape and place it over baking tray.
- Top each one with a little bit of finely chopped pistachio and press gently with your finger. Keep enough space between each cookie because it will expand in size during baking.
- Place baking tray in preheated oven and bake at 350 degree Fahrenheit (180 degree Centigrade) for around 15–18 minutes or until cookie starts to turn light golden in color.
- Remove baking tray from oven and transfer cookies over cooling rack (or wire rack). Cookies will be soft at this time but they will turn crispy and hard (not rock hard) as they cool down. Once at room temperature, they are ready to enjoy.

### 63 Nap Naang

Nap Naang is an exotic pudding recipe from the North Eastern state of Nagaland which tastes absolutely lip-smacking. This exotic dish is essentially a black rice pudding cooked using only 4 ingredients, black rice, milk, sugar and water. This delicious pudding has a rich texture and a nutty flavour that will be relished by

people of all ages. Moreover, there is zero oil or butter used in the preparation of this delicacy which makes it fit for consumption even if you are on a weight watchers diet.

**Recipe:****Ingredients**

- Black sticky rice –  $\frac{3}{4}$  cup
- Water – 1 cup
- Milk – 2  $\frac{1}{2}$  cups
- Sugar –  $\frac{1}{2}$  cup

**Method–**

- Wash the rice and soak it for 4–6 hrs or overnight in water.
- In the pressure cooker, add the rice (drained) with about 1 cup of water and 2 cups of milk.
- Cook until the cooker lets out 4–5 whistles (about 15–20 minutes). Then let the pressure release.
- Transfer the rice to the pan and add the sugar.
- Let it come to a boil and then simmer for about 5 minutes.
- Add the remaining  $\frac{1}{2}$  cup of milk and mix.
- Simmer until it reaches the required consistency and then let the pudding cool.
- Serve black rice pudding cold or at room temperature!

**64 Narkol Naru**

Narkol Naru or Narikel Naru is a ball – shaped sweet from Bengal. It is made from Jaggery (gur) or sugar and coconut and is served during Durga puja, Lakshmi Puja, Poush Parbon (Makar Sankranti), and several other occasions. Narkol Naru in real life is not filled with anything. They are kind of sticky and sweet and brown (when made with gur) and off white (when made with sugar). The smell of cardamom, gur and coconut is divine and some might say that it is exotic.

**Recipe:****Ingredients**

For ‘chini’ (sugar) ‘naru’

- Freshly grated coconut – 200 gms
- Sugar – 200 gms
- Khoya (optional) –  $\frac{1}{2}$  cup
- Ghee – 1 tbsp
- Cardamom powder (optional) –  $\frac{1}{2}$  teaspoon

For ‘gur’ (jaggery) ‘naru’

- Freshly grated coconut – 200 gms
- Jaggery – 150 gms
- Ghee – 1tbsp

For chini (sugar) naru –

- In a wok or kadhai, heat 1 tablespoon ghee.
- As the ghee smokes, add the grated coconut and stir for 2 minutes.
- Add the sugar along with khoya and mix well.
- Stir frequently until the sugar melts completely and has mixed with the grated coconut. Be careful about letting the sugar – coconut mix burn.
- Once the coconut mixture is sticky and can be shaped into balls, remove from the flame and set aside until it is warm. (To check whether the coconut mixture

is cooked enough, scoop a tiny portion into your palm and shape it into a ball. If the shape holds, your coconut mixture is ready.)

- Let the mixture warm for a minute or two before forming small balls with it. A cool mixture will not allow you to shape so be careful.
- Serve fresh or store in airtight containers for 8 – 10 days.

For gurer (jaggery) naru –

- In a wok or kadhai, heat 1 tablespoon ghee.
- As the ghee smokes, add the grated coconut and stir for 2 minutes.
- Add the jaggery and mix well.
- Stir frequently until the jaggery melts completely and the coconut has taken a brown hue. Be careful about letting the jaggery – coconut mix burn.
- Once the coconut mixture is sticky and can be shaped into balls, remove from the flame and set aside until warm. (To check whether the coconut mixture is cooked enough, scoop a tiny portion into your palm and shape it into a ball. If the shape holds, your coconut mixture is ready.)
- Let the mixture warm for a minute or two before forming small balls with it. A cool mixture will not allow you to shape so be careful.
- Serve fresh or store in airtight containers for 8 – 10 days.

Note – If at any point you feel the naru mixture is not sticky enough, add some crumbled khoya and mix it well.

## 65 Obbattu

Also called *Puran poli* is a sweet paratha. The various names for the flatbread include *Puran poli* or *Vedmi* in Gujarati, *Puran poli* in Marathi, *Uppittu* in Malayalam and Tamil, *Baksham* or *Bobbattu* or *Olga* in Telugu and *Polae* for much thinner version in Telangana, *Holige* or *Obbattu* in Kannada, *Ubbatti* or simply *Poli* in Konkani. This sweet is prepared during auspicious occasions and during important festivals like Ugadi, Holi, Padwa, Diwali, Holi, Ganesh Chaturthi and others. It just looks like any other roti but is stuffed with a delicious sweet fillings made of channa dal and jaggery. The stuffing is made in many variations region wise in different traditional ways. In south coconut and jaggery, chopped cashew nuts are stuffed.

### Recipe:

#### Ingredients

- Flour–1 cup
- Sugar–1½ cup
- Powdered green cardamom – 3 nos.
- Salt–1 pinch
- Milk–4 tbsp
- Rice flour–2 tsp
- Chana dal–1 ½ cup
- Ghee– ½ cup
- Water – ¼ cup
- Refined oil –as required
- Nutmeg powder– ½tsp

#### Method–

- Take a glass bowl and mix flour with water in it. Knead well to make a stiff dough. Cover the dough and keep aside for 1 hour.



- Now take a pressure cooker and add chana dal and water in it. Put the cooker on the gas and heat it over high flame. Pressure cook the dal and once it's done, strain the excess water.
- Transfer the dal in a bowl and allow it to cool. Once the dal has cooled, add it in a pan and heat it over moderate flame. Add sugar along with ½ tbsp of ghee. Keep stirring. Cook on low flame till the gram mixture is soft and sticky. Once it's done, turn off the flame and keep the mixture aside.
- Now knead the dough again, adding salt, water and oil, little at a time, till the dough becomes pliable. Grind the dal and sugar mixture to a smooth consistency adding a little milk if it is too dry. Add cardamom powder and nutmeg powder.
- Now take a lime-sized lump of the dough and a little larger lump of the dal mixture. Roll out two rounds from the dough on a board sprinkled with rice flour, into flat rounds of about 7 inch in diameter.
- Cover the rolled dough round with the dal mixture, leaving half an inch at the edges, and then cover this with the second round. Roll again over this to seal them together, pinching the edges to seal well. Roll out like a thick chapati.
- Heat ghee on a hot griddle and put the puran poli on it. Keep pressing and turning it so that it cooks well on both sides. Keep adding ghee all around to brown it evenly without sticking to the griddle. Serve hot and pair with kheer, sewiyan, tea or coffee.

### 66 Palathalikalu

Palathalikalu is a traditional sweet dish from Guntur region of Andhra Pradesh made of handmade rice noodles, milk, jaggery and ghee. It is a special dish offered as Naivedyam or prasadam not only during Shankranti, Ganesh chaturthi and Polala amavasya but also during other Andhra festivals. “*Pala*” meaning made with milk and “*Thalikalu*” meaning noodles are prepared with rice flour in the shape of long cylinders. These are then cooked in thickened milk, sweetened with Jaggery, flavoured with cardamom and finally garnished with fried nuts.

#### Recipe:

##### Ingredients

- Milk – 1 litre
- Jaggery– 250 gm
- Cardamom powder – 1 tsp
- Sago – 50 gms
- Rice – 250 gms
- Cashews – 50 gms
- Ghee – 6 tsp
- Salt – a pinch

##### Method–

- Soak rice in water overnight and grind to a flour the next day.
- Heat ghee in a pan; fry cashew nuts and set aside.
- Mix rice flour, a little jaggery, salt, hot milk in a bowl to a dough and set aside.
- Boil milk with a cup of water in a vessel and add sago and cook so that sago becomes translucent.
- Place the dough in a (chickli press) and press the contents in to the milk.
- Cook on a low flame for a few minutes and now finish off with adding jaggery, ghee, cardamom powder and allow it to simmer for 5 minutes.

- Allow the palathalikalu to rest for few minutes and enjoy.

### 67 Panasa thonalu

Also called *Sampangi Poovulu* or *Flower Kaja* is a traditional Andhra sweet recipe and it got the name because of its flower shape. Panasa thonalu literally means Jackfruit bulbs in Telugu and it is also called as Sampangi Poolu or Flower Kaja. Its an especiality of Dussera festival.

#### Recipe:

##### Ingredients

- Maida – ¼ kg
- Butter – 2 tbsp
- Jaggery – 200 gm
- Gr. cardamom powder – 2 tsp
- Oil – for deep Fry
- Ghee – 1 tbsp
- Salt – ½ tsp
- Water – for making a dough

##### Method–

- Prepare sugar syrup by adding water to sugar and boil it until it reaches half string consistency. Switch off the flame and keep the syrup warm. Add cardamom powder to it and mix well.
- In a bowl add maida, salt and ghee and mix until it resembles the bread crumbs.
- Sprinkle water and knead it into smooth dough and cover it and leave it aside for half an hour.
- Knead the dough again and make small gooseberry sized balls out of maida dough.
- Roll each ball into a thin poori size of 3– 3.5" diameter.
- Use a sharp knife and make slits lengthwise leaving both the sides intact as shown in the picture.
- Now gently roll it like a mat and twist the edges to form poolu and arrange them in a plate. You can even do them like saree pleats and form like a chocolate.
- Meanwhile heat oil and drop a small ball of dough, if it rises to the top means it indicates the oil is hot enough to deep fry.
- Keep the flame on low–medium and deep fry 3–4 thonalu at a time until they turn golden brown. Remove them using a slotted spoon and drain them on a tissue paper or in the colander.
- Put it in the warm sugar syrup and soak it for 4–5 mins or until the next batch is fried.
- Remove them with a slotted spoon and arrange on a flat plate to let them dry slightly.
- Repeat the process to fry all the thonalu.
- Once they are slightly dried you can store them in an air tight container.

### 68 Parippu Payasam

This parippu pradhanam is a popular payasam in Kerala made with moong dal, jaggery and coconut milk as main ingredients. This gives nice volume and easy to cook too so best when serving for a crowd. It is a Perfect sweet dish to celebrate any

special occasion like Onam. The prasadam is served to lord Vishnu in an honour that he killed the famous and notorious Mahabali the Asura.

**Recipe:****Ingredients**

- Split yellow moong dal – ½ cup
- Water – 2 cups
- Jaggery– 1 cup
- Thin coconut milk – 1/3 cup
- Thick coconut milk – ½ cup
- Dry ginger powder – 1/8 tsp
- Jeera powder – 1/8 tsp
- Cardamom powder – a pinch
- Cashews (broken) – 5 nos
- Coconut pieces – 1.5 tbsp
- Melted ghee – 1 tbsp

**Method–**

- In a pressure cooker heat a tbsp of ghee – first add cashews fry till golden brown, set aside.
- Then add coconut pieces and fry till golden brown, set aside.
- Now add moong dal and roast for few mins until fragrant, do not let it brown.
- Add water and pressure cook for 2 whistles in low medium flame. Switch off.
- Let the pressure release by itself, now open and mash it up well with a ladle. Now place it in flame and add jaggery syrup, mix well.
- Extract coconut milk. First add thin coconut milk and let it boil and cook for 5mins in low flame.
- Cook until the payasam is slightly thick. Now add thick coconut milk. Mix well.
- Add jeera powder, dry ginger powder and cardamom powder, roasted cashews and coconut pieces, mix it and switch off.
- Serve hot

**69 Pateesa**

Pateesa also known as son papri, sohan papdi or shonpapdi is a popular Indian dessert. It has a crispy, threadlike texture that breaks in flakes but it can also be served in the form of layered squares. It was traditionally sold loose in a rolled paper cone, but modern industrial production has led it to be sold in tightly formed cubes. With the popularity of the sweet, newer flavors such as mango, strawberry, pineapple and chocolate have been introduced.

Soan papdi is said to have originated in India, specifically from west Maharashtra; spread across Gujarat, Punjab, Uttar Pradesh, and Rajasthan also having been proposed as potential origins. The origin of the sweet is unknown so it is associated with several different cultures. It can be eaten hot, cold, or even at room temperature. The main ingredients of this sweet include gram flour (also known as besan), all-purpose flour, ghee, milk and cardamom as a flavoring.

**Recipe:****Ingredients**

- Gramflour – 1¼ cup

- Plain flour (maida) – 1¼ cup
- Ghee – 250 gms.
- Sugar – 2 ½ cups
- Water – 1 ½ cup
- Milk – 2 tbsp.
- Crushed cardamom seeds – ½ tsp.
- Charmagaz – 2 tsp.
- Thin polythene sheet – 4 squares cut

#### Method–

- Sift both flours together. Heat ghee in a heavy saucepan. Add flour mixture and roast on low till light golden. Keep aside to cool a little, stirring occasionally. Prepare syrup simultaneously.
- Make syrup out of sugar, water and milk to 2 ½ thread consistency.
- Pour at once into the flour mixture.
- Beat well with a large fork till the mixture forms threadlike flakes.
- Pour onto a greased surface or thali and roll to 1 thickness lightly.
- Sprinkle the charmagaz seeds and crushed cardamom and gently press down with palm.
- Cool, cut into 1 squares, wrap individually into square pieces of thin plastic sheet.

### 70 Patishapta

A traditional pancake like recipe, Patishapta is a popular Bengali dessert. The festival of rice harvest in Bengal, 'poush sankranti' is celebrated by relishing this most delicious sweet. The final dish is a rolled pancake made of maida that is stuffed with a filling often made of coconut, milk, cream, and jaggery from the date palm. Waiting for Poush Sankranti for their fill of delicious patishapta is something all children in Bengali households would relate too. Not just Sankranti, one can spot the delicacy on festive occasions such as *Pohela Boishakh* (Bengali New Year) too. *Patishapta* can be called as the Indian cousin of French thin and crispy crepes. Stuffed with delectable jaggery, and grated coconut filling, *Patishapta* is one of the forms of *Pitha* which is famous across East India territory.

#### Recipe:

##### Ingredients

##### For the batter –

- Maida – 1 cup
- Sooji – 1 cup
- Milk – 1 cup
- Sugar – 2 or 3 tsp
- Salt – ½ tsp (optional)
- Oil to cook the patishapta

##### For the filling –

- Grated fresh coconut– 2 cup
- Sugar – 1 cup
- Cashew nuts – 1 tbsp
- Raisins – 1 tbsp
- Cardamom – 7 to 8

Method –

For the filling –

- Heat a pan, then add grated coconut, sugar and stir, saute the coconut on a low flame for 3 to 4 minutes.
- After sugar melted and coconut became soft then add Cashew, Raisins, cardamom powder and mix well.
- Once this mixture becomes brown then our coconut mixture is ready for Patishapta filling.

For the patishapta –

- Take refined flour in any big bowl. Add semolina, sugar, salt and milk into it and make a smooth batter. But mix it carefully not making any lumps.
- Keep the batter aside for 10 minutes.
- Take a non – stick flat pan or tava. Put a little oil.
- Now take 2 to 3 tbsp batter and spread it over the tava and spread the mix on the pan till it makes a circular shape.
- Now put the filling as per your pathshapta size or taste wise at the center of it and roll it.
- Then press it gently with the spatula to give it a shape of a Frankie or roll.
- Now your patishapta is ready to serve.
- Serve warm or cold any ways this patishapta will be tasty.

## 71 Peda

Peda or Pera is a sweet dish hailing from the Indian subcontinent. It is an essential part to celebrate any joyous occasion in India. Be its Diwali, Rakhi, Ganpati, somebody got promoted, baby's arrival and the list goes on. Being considered as an auspicious sweet, Peda are also served as prasad or prasadam in religious services. It originated from Mathura, Uttar Pradesh, India. Usually prepared in thick, semi-soft pieces, its main ingredients are khoa, sugar and traditional flavorings including cardamom seeds, pistachio nuts and saffron. Its colour varies from a creamy white to a caramel colour. The word peda is also generically used to mean a sphere of any doughy substance such as flour or khoa. Thakur Ram Ratan Singh of Lucknow who migrated to Dharwad (in the present-day Karnataka) in the 1850s introduced pedas there. This distinct variety is now famous as the Dharwad pedha. Kandi Peda from Satara in Maharashtra is another variety of peda. Simultaneously, another origin, practice of Peda making, some unique varieties, and spread of this tradition may be attributed to the province of Saurashtra of Gujarat and its centers like Sihor, Rajkot, Palitana and Bhavnagar as well. Tradition and practice of Peda making can be traced back to late 1800s in Sihor while it picking up momentum in 20th century. Along with Rajkot and Bhavnagar now, there are several distinct varieties of Peda, originating from different centers of Saurashtra. In Gujarat, Pedas are called and pronounced as Penda.

### Recipe:

Ingredients

- Khoya – ½ kg
- Ghee – 60 gm
- Powdered sugar – ½ kg
- Elaichi powder– 1/8 tsp or to taste

Method–

- Put the ghee and khoya in a pan and saute till brown.
- Mix in the elaichi powder and leave to cool.
- When cooled down, mix in the sugar till well blended.

- Form into desired sized rounds and serve.

## 72 Petha

Petha is a translucent soft candy from Agra. Usually rectangular or cylindrical, it is made from the ash gourd vegetable (also known as winter melon or white pumpkin, or simply petha in Hindi and Urdu). With growing demand and innovation, more varieties of the original preparation are available. Many flavoured variants are available, e.g. kesar petha, angoori petha etc. It is said that it originated in the royal kitchens of the Mughal Empire in Agra. The story goes that Emperor Shah Jahan once ordered his royal chefs to prepare a sweet that would be as pure and as white as the marble-clad Taj Mahal. It is said that during the 17th-century reign of Shah Jahan, this soft sugary sweet provided instant energy to the thousands of workers involved in building the Taj Mahal. The renowned petha from Agra known as *Pankshi peda* is almost 70 years old, who serves almost 20 types of pedas.

### Recipe:

#### Ingredients

- Ash gourd – 1 Kg
- Chemical lime – 1 tsp
- Sugar – 1 cup
- Water 1 cup
- Thin milk – 2 tbsp
- Lemon juice – 1 tbsp
- Green cardamoms–peeled and crushed – 3–4 nos
- Gulab jal – 1 tsp

#### Method–

- Peel the pumpkin, remove the seeds and the soft, fibrous portion.
- Cut into large thick slices.
- Prick well with a fork all over.
- Dissolve 1 tsp of chemical lime in enough water to cover the pumpkin pieces.
- Soak them in this water and wash well. Cut into cubes.
- Make lime water solution with the remaining tsp of chemical lime.
- Soak the pumpkin pieces once more in the freshly made lime water for 2 hours.
- Drain pieces and wash thoroughly, squeezing out water and rinsing again so that no trace of lime remains.
- Boil enough water to take in the pumpkin pieces, add the pieces to it and cook till soft and transparent.
- Meanwhile, fill 3 cups of water and the sugar in a pan; place over low heat, stirring till sugar dissolves. Bring to a boil.
- Add the lemon juice and the cardamoms and cook till it reaches 'one thread' consistency.
- Skim off any foam that may collect along the sides of the pan.
- Keep the syrup warm.
- When the pumpkin pieces are cooked, drain with a slotted spoon and transfer into the syrup.
- Simmer for a couple minutes, take off stove and add the rose water and mix well.
- Cool and serve.



**73 Pitha**

Pitha is a type of rice cake from the eastern regions of the Indian subcontinent, common in Bangladesh, Nepal and India, especially the eastern states of Bihar, Jharkhand, Kerala, Odisha, West Bengal and the Northeast India states, especially Assam. Pithas are typically made of rice flour, although there are some types of pitha made of wheat flour. Sweet pithas typically contain sugar, jaggery, date juice, or palm syrup, and can be filled with grated coconut, cashews, pistachios, sweetened vegetables, or fruits. Sweet pithas are also often flavored using cardamom or camphor. Depending on the type of pitha being prepared, pithas can be fried in oil or ghee, slow-roasted over a fire, steamed, or baked and rolled over a hot plate. Pithas are often eaten during breakfast, as a snack with (often with tea), and in dinner or lunch. Although there are many sweet varieties that are reserved for desserts or holidays.

Few types of Pitha

**Gokul Pithe** is a traditional dish that is made on the festival of Makar Sankranti or Poush Parbon in Bengali homes. These are sweet fried dumplings, soaked in thick hot sugar syrup. The filling is mostly of grated coconut and jaggery.

**Kachi pitha**– a pan baked pancake made from bora saul and filled with sesame seeds, ground coconut, dried orange rind, and jaggery.

**Ghila pitha**– a fried pitha made from bora saul and jaggery. Salt can also be used instead of jaggery for a savory variant.

**Tekeli pitha**– a special pitha made with both xaali saul and bora saul, mixed with coconut, sugar, and powdered milk. Ground cardamom and dried orange rind can also be added. The pitha is steamed in an earthenware pot set on a hearth.

**Uhuwa pitha**– Rice flour of Xaali Saul and Bora Saul is mixed with jaggery or salt and water and churned thoroughly. The paste is rolled into small balls and flattened and then boiled in water. It is served with tea and also can be eaten with milk.

**Arisa Pitha** –deep-fried pitha made from rice flour with jaggery or sugar.

**Manda Pitha**–steamed pitha made from rice flour, often with grated coconut and jaggery/sugar filling or fresh cheese (chhena) filling.

**Kakara pitha**–very popular fried pancake made from wheat flour/semolina, often with a sweet coconut filling.

**Recipe:****Ingredients**

- Grated coconut – 200 gms
- Khoya – 450 gms
- Sugar/date palm jaggery– ½ cup
- Flour – 150 gms
- Water – 5–6 cups
- Ghee – 40 gms
- Sodium bicarbonate – 1/8 tsp

## Method–

- Make sugar syrup by heating 2 cups sugar with 4 cups of water.
- Allow it to cool. Fry the coconut, khoya and 2 tbsp of sugar together in a pan over medium flame. Stir it continuously.
- To make cakes, roll the mixture into balls and flatten between the palms.
- Make batter by mixing flour, remaining water, sodium bicarb and ghee.
- Heat ghee and coat coconut–milk cakes in the prepared batter.
- Deep fry until golden brown and immerse in the sugar syrup.

**74 Pongal**

Also called Sweet pongal is also known as Chakkara pongali in telugu and Sakkari pongal in tamil. It is made during Makara sankranti and also during other festivals. It is also offered to gods as a *Naivedyam*. This is the most common traditional recipe made with jaggery and no milk is used. Sweet pongal is known as Chakkara pongali in telugu & Sakkarai pongal in tamil. This dish is said to have been prepared by our ancestors to signify and celebrate – abundance and prosperity after the harvest. It is mostly made on Fridays or Tuesdays in Goddess Lakshmi and Durga temples as these are the special days the goddess is worshiped. It is called *huggi* in Kannada or in Karnataka.

**Recipe:**

## Ingredients

- Moong dal – 100 gm
- Powdered jaggery– 250 gm
- Spice cardamom – ¼ teaspoon
- Almonds – ¼ cup
- Coconut milk – 200 ml
- Rice – 100 gm
- Ghee – 200 gm
- Cashews – ¼ cup
- Raisins – ¼ cup
- Water – 300 ml

## Method–

- First, take a non–stick pan and roast the rice and moong dal till they turn light golden yellow in colour.
- On another burner, put a pan over low flame and pour 100 ml water in it. Once it starts boiling, add jaggery powder to it. When the jaggery has dissolved and syrup is formed, put the burner down.
- In the meantime, cook rice and moong dal in the remaining water. Once half cooked, add coconut milk to it and cook further. Once rice and moong are almost cooked, add the jaggery syrup and sprinkle cardamom powder on it and put off the flame. Keep it aside.
- Now, put a pan on low flame and pour ghee in it. Let it melt and add cashews, almonds and raisins. Stir fry the dry fruits until they turn golden brown. Pour them over the rice mixture.
- Allow the dish to cook for about five minutes on low flame. Then, serve hot in small bowls!

**75 Pootharekulu**

Pootharekulu (plural) or poothareku (singular) is a popular Indian sweet from Atreyapuram, East Godavari, Andhra Pradesh, India. The sweet is wrapped in a wafer-thin rice starch layer resembling paper and is stuffed with sugar, dry fruits and nuts. It is made from a particular kind of rice batter called *Jaya biyyam* ('biyyam' meaning rice), combined with powdered sugar and ghee (clarified butter). Pootharekulu was consumed by the Kings and royal families on special occasions to celebrate joy and love. The tradition has been passed on from generation to generation and Pootharekulu is still used in weddings and special occasions in Andhra Pradesh to glorify the occasion. The name of the sweet literally means 'coated sheet' in the Telugu language—*pootha* means 'coating' and *reku* (plural rekulu) means 'sheet' in Telugu. The sweet has a history of a few centuries. It is said that a village woman first prepared the sweet by adding sugar and ghee to leftover rice starch. Atreyapuram villagers soon started making wrappers from rice flour, put sugar and ghee inside and folded them. They supply them to sweet manufacturers all over the two Telugu states. Pootharekulu can be stuffed with different fillings, including fine powdered sugar, jaggery, dry fruits, and chocolate powder. Hot and spicy pootharekulu are a relatively new variant.

**Recipe:****Ingredients**

- Pootarekulu – 3 to 4 sheets
- Powdered Sugar – 1 cup
- Powdered jaggery– 1 cup
- Cardamom powder – 1 tsp
- Dry fruits –required amount
- Ghee –½ cup

**Method–**

- Dry roast cashews in a heavy bottom pan on a low to medium heat. Saute the cashews until light golden colour. Turn off the stove and transfer to other plate and allow them to cool completely. Grind into coarse powder and set aside.
- Grind sugar into fine powder and sift the powdered sugar without any lumps. when you are using jaggery shred the jaggery by using bigger slots of grater or grind it into fine powder. set aside.
- Add Cardamom powder into sugar or jaggery and mix it once completely or even add 2 to 3 cardamom pods while grinding along with sugar or jaggery. Set aside.
- Now into a large plate spread the wet cloth which is dipped and squeezed out all the water.
- Now take two layers of pootarekulu and place them on one side of the cloth as shown in the video and from the other side of the cloth cover the pootarekulu and pat it gently (do not pat it for longer time, poothareku may break), so by doing in this way the pootarekulu will soften and helps in folding without breaking.
- Now slowly take one end of the cloth as shown in the video, smear or sprinkle a spoon full of melted ghee to pootarekulu as shown in the video and by using tea strainer sprinkle a spoon full of sugar or required amount on poothareku, by doing this way sugar spreads evenly. When you sprinkle with fingers or with spoon sugar will not spread evenly. Sprinkle half tbsp cashew powder or required amount as shown in the video. [when you are using powdered jaggery

instead of sugar, sprinkle 2 tbsp of shredded or powdered jaggery with fingers and sprinkle coarsely ground cashew powder].

- Now start folding the poothareku from one side halfway through and stop as the sheet is softened it will fold without breaking or crumbling into pieces and fold from the other side too as shown in the video.
- Now fold both edges of poothareku around 1 inch size and smear some ghee and you can even add powdered sugar of your choice. Now fold from both the sides and make poothareku chutta as shown in the video.
- Now press it gently or evenly to flatten it or even you can place a plate on poothareku chutta.
- Transfer to other plate and do the remaining in the same procedure. After preparing each pootarekulu chutta rest them for 2 to 3 minutes on a plate and store in an air tight container.
- Serve this Yummy and tasty poothareku chuttalu as a tea time snack or starter or even you can gift pack them as traditional gift.

## 76 Pukhlein

Pukhlein is a traditional rice flour bread recipe that owes its origin is Khasi hills in Meghalaya and is known for its palatable flavors all around the country. Making this sweet recipe is extremely easy and this dish will surely be a hit in your household. Breads are known for their fluffy texture and lightness that can be paired with almost any dish and that is why they are preferred by all. This regional recipe is made with the goodness of simple ingredients which are rice flour, cane sugar and refined oil and tastes absolutely divine. Made using fermented rice, cane sugar and oil, Pukhlein is a popular dessert, which is best paired with a hot cup of tea.

### Recipe:

#### Ingredients

- Rice flour–1cup
- Jaggery–½ cup
- Water –as required for melting the jaggery
- Oil – for deep frying

#### Method–

- In a pan dry roast rice flour on low flame for 5 minutes and keep aside.
- If you are using homemade rice flour, you can skip the above step.
- In a saucepan dissolve jaggery with water and cook to a thick syrup.
- Once the syrup is thick, slowly add the rice flour and mix well without any lumps.
- Cover the mixture with a wet cloth and keep aside.
- Now heat the oil in a pan for deep frying.
- With the mixture make small balls and press them with your palm into flat and deep fry in oil on medium flame until both sides turn into golden colour.
- Transfer them on to a kitchen towel to absorb excess oil.
- Repeat the process with the remaining mixture.
- Enjoy this tasty and crispy Pukhlein.

## 77 Rabri

This is a sweet, condensed–milk–based dish, originating from the Indian subcontinent, made by boiling milk on low heat for a long time until it becomes dense and changes

its colour to off-white or pale yellow. Jaggery, spices, and nuts are added to it to give it flavor. It is chilled and served as dessert. *Rabri* is the main ingredient in several desserts, such as *rasabali*, *chhena kheeri*, and *khira sagara*. A similar dish goes by the name *Basundi*. *Chandimangala* mentions *rabdi* (thickened, sweetened milk), along with other sweets in the early 1400s.

### Recipe:

#### Ingredients

- Full cream milk – 5 cups
- Sugar – ½ cup
- Green cardamoms – 4–5
- Blanched and shredded almonds – 12–15
- Blanched and shredded pistachios – 2 tbsp
- Vark leaves (silver leaves) – to decorate

#### Method–

- Boil the milk in a wide, heavy-based pan.
- Add the sugar and cardamom and simmer over low heat.
- Do not stir too often, as a layer of cream should form over it.
- After the layer is formed, push it away from the sides towards the centre, stir the milk below it gently to avoid scorching.
- Repeat the process till one-third of the volume of milk is left.
- The time taken will depend on the richness of the milk and the vessel.
- The wider the vessel and the richer the milk, the faster it will thicken.
- When done, the colour changes to a beige-cream, and the cream that was pushed aside, collects in layers.
- Remove from heat. When cool, transfer to a serving dish.
- Garnish with vark leaves (silver leaves) and nuts. Chill and serve.

### 78 Rasabali

Rasabali is a sweet dish from Odisha, India. Rasabali is offered to Baladev, and originated in the Baladev Jew Temple of Kendrapara. It is one of the Chapana bhoga of Jagannath temple.

It consists of deep fried flattened reddish brown patties of chhena (farmer cheese) that are soaked in thickened, sweetened milk (rabri). Flattening the chhena into palm-sized patties is done in order to allow them to absorb the milk more readily. The thickened milk is also usually lightly seasoned with crushed cardamoms.

### Recipe:

#### Ingredients

- Full cream Milk – 1 litre
- Vinegar – 2 tsps
- Cardamom powder – ¼ tsp
- Semolina – 1 tsp
- Wheat flour – 1 tsp
- Sugar – 3 tbsp
- oil – for frying
- Kewra water – 2 – 3 drops
- Sliced Almonds and Pistachios – 1 tbsp
- Silver varq and Tulsi leaves – for garnish

Method –

- Warm ½ litre milk, once it comes to boiling point add vinegar and switch off the flame. Immediately the milk will start curdling.
- In muslin cloth drain the water and hang the chenna for an hour so that the water drains out completely. To get rid of vinegar smell you can cold bath the tied chenna once or twice before hanging it.
- In the meantime start boiling ½ litre milk adding sugar to it till it reduced to almost half of the original quantity. Add cardamom powder and mix. Remove from heat.
- Now take the chenna, semolina, wheat flour and knead it smoothly for 3 to 5 minute. Now divide into 7 equal sized ball ,flatten each ball on your palm into a circular tikki shape.
- Heat oil and deep fry them. Add fried cottage cheese into thick milk. Add sliced almonds and pistachios.
- Garnish with silver varq and Tulsi leaves. Let it cool completely. Serve with love.

## 79 Rasgulla

Rasgulla is an Indian syrupy dessert popular in the India. It is made from ball-shaped dumplings of chenna (an Indian cottage cheese) and semolina dough, cooked in light syrup made of sugar. This is done until the syrup permeates the dumplings. The dish originated in East India; the present-day states of Odisha and West Bengal have variously claimed to be its birthplace and both of them been accorded the GI tag. Rasgulla is derived from the words *ras* ("juice") and *gulla* ("ball"). According to historians of Odisha, the rasgulla originated in Puri, as *Kheer Mohan*, which later evolved into the Pahala rasgulla. It has been traditionally offered as bhog to goddess Lakshmi at Jagannath Temple, Puri. Another theory claims that the spongy white rasgulla is believed to have been introduced in present-day West Bengal in 1868 by a Kolkata-based confectioner named Nobin Chandra Das in his sweet shop located at Sutanuti (present-day Baghbar). Another account states that that a man named Braja Moira had introduced rasgulla in his shop near Calcutta High Court in 1866, two years before Das started selling the dish. In 1930, the *Rasgulla* was canned and exported to different countries by KC Das and gained popularity across the globe.

### Recipe:

Ingredients

For chenna / paneer–

- Full cream cow's milk – 1 litre
- Lemon juice – 2 tbsp
- Water – 1 cup

For sugar syrup–

- Sugar – 1½ cup
- Water – 8 cups

Method–

Chenna / paneer **Recipe:**

- Firstly, in a thick bottomed pan add 1 litre milk.
- Furthermore, stir occasionally and get to a boil.
- Additionally, add lemon juice and stir well.
- Add more lemon juice and stir till milk curdles completely.
- And immediately drain the curdled milk into the hand kerchief.
- Pour a cup of water and clean the paneer as it has lemon juice in it.



- Furthermore, bring it together and squeeze off excess water.
- Hang for 30 minutes. Or till all the water drains off completely.
- After 30 minutes, start to knead the paneer.
- Knead paneer till it turns out smooth without any grains of milk.
- Furthermore, make small balls of paneer and keep aside.

#### Sugar syrup **Recipe:**

- Firstly, in a deep vessel take 1½ cup of sugar.
- Furthermore, add 8 glasses of water and stir well.
- Boil the syrup for 10 minutes on medium flame.
- After that, drop the prepared paneer balls into boiling sugar syrup.
- Cover and boil for 15 minutes. The paneer balls will have doubled in size.
- Furthermore, keep aside till it cools completely and then refrigerate.
- Finally, serve rasgulla chilled or at room temperature garnished with few saffron strands.

### 80 Raskadam

Ras kadam is also known as Kheer kadam/ Khoya kodom/ Kheer kodom and it is very famous sweet dish recipe of India, especially Tripura, Jharkhand, West Bengal and Odisha. A traditional recipe made with the enticing combination of khoya, milk, red edible colour, green cardamom powder and sugar giving it a shape of a fruit known as Kadam (*Burflower*). The addition of saffron elevates the flavours of this delectable dish and brings a wave of sweet flavours in your mouth. This sweet can be served in all occasions.

#### **Recipe:**

##### Ingredients

- Milk – ½ liter
- White vinegar – 1tbsp
- Khoya (Dried Whole Milk) – 1 cup
- Poppy Seeds – 4 tbsp
- Desiccated coconut Powder – 4 tbsp
- Dry Milk Powder – 4 tbsp
- Cardamom Powder – 1 tbsp
- Mixture of Sugar and Jaggery – 1 cup

##### Method –

- Boil milk in a pot and add vinegar for making cream cheese.
- Discard excess water from cream cheese and Wrap the cotton cloth and form a solid structure
- With the help of hand mash it for 5 to 10 minutes and make equal bolls of 1” diameter size
- Prepare syrup of sugar and jaggery along with cardamom powder and put the bolls and cook it for 15 to 20 minutes.
- Let it stay in the syrup for 3 hours and after that discard the syrup.
- For preparing outer cover take khoya and mash it for 5 to 10 minutes add 2 tbsp. sugar.
- Take khoya and prepare the outer surface and place bolls in between.
- Cover it and dust with your desired dusting.
- Refrigerate it for 15 minutes and your recipe is ready to be served.

**81 Rasmalai**

Ras malai or Rossomalai is a heavenly dessert originating from the eastern regions of the Indian subcontinent, possibly Bengal or Odisha. The name *ras malai* is the Hindi cognate of Bengali– *rosh*, meaning "juice", and *molai*, meaning "cream". It has been described as "a rich cheesecake without a crust". The sweet is of Bengali origin; according to K.C. Das Grandsons, it was invented by K.C. Das. Rasmalai undoubtedly tops the list of all Indian milk based desserts. This scrumptious dessert is quite popular in Indian households and is made during various festivals and special occasions.

**Recipe:****Ingredients**

- Full cream cow's milk – 1 litre
- Lemon juice – 2 tbsp
- Water – 1 cup

**For sugar syrup–**

- Sugar – 1½ cup
- Water – 8 cups

**For rabri / rabdi–**

- Full cream milk –1 litre
- Sugar–¼ cup
- Cardamom powder–½ tsp
- Saffron milk–2 tbsp
- Chopped pistachios–7 nos.
- Chopped almonds–5 nos.
- Chopped cashews – 10nos.

**Method–****Chenna / paneer Recipe:**

- Firstly, boil milk.
- Additionally, add lemon juice and stir till milk curdles completely.
- Drain the curdled milk and squeeze off excess water.
- After 30 minutes, start to knead the paneer for 10 minutes.
- Furthermore, make small balls and flatten. Keep aside.

**Sugar syrup Recipe:**

- Firstly, take sugar and water.
- Boil the syrup for 10 minutes.
- After that, drop the prepared paneer balls.
- Cover and boil for 15 minutes.
- Furthermore, squeeze of sugar syrup.

**Rabri / rabdi Recipe:**

- Firstly, heat milk and get to a boil.
- Once a layer of cream is formed over the milk, stick it to sides of vessel.
- Repeat the process for at least 5 times or till milk reduces to one-third.
- Further, add sugar, cardamom powder and saffron milk.
- Give a good mix and get to boil.
- Also scrape off the collected cream from sides. And give a good stir.
- Further, refrigerate for 2–3 hours.

**Service–**

- Firstly, pour the chilled rabri / rabdi over the squeezed paneer balls.
- Finally garnish with few chopped nuts and allow to absorb for 2 hours.

**82 Rotana**

Roat is very popular sweet bread that is made in the Northern regions of Uttarakhand. It's especially made for wedding functions and festivals. As a sign of celebration, this bread is made in large numbers and served to the friends and relatives of the wedding party. It is also popular in Hyderabad. Roat is subtly flavoured with some crushed fennel seeds, cardamom and jaggery that gives it sweetness and is similar to Roat of Hyderabad, which is more like cookie. This mix of flavours is what gives this popular bread a rather unique taste. Traditionally, this flat bread is made for Hanumanji's festival – *Jhandi* and in Hyderabad, it is made during Muharam.

**Recipe:****Ingredients**

- Plain flour – ½ cups
- Caster sugar – ½ cup
- Gr.cardamom powder – 1 tsp
- Ghee (room temperature, slurry like consistency) – 100 ml
- Milk (approximately, at room temperature) – 1 cup
- Extra ghee – for frying

**Method –**

- Add sugar and cardamom to flour.
- Mix in ghee with your fingers.
- Add milk gradually, to form a soft, scone – like dough. You may need more or less, so don't pour all at one go.
- Divide dough into ten balls and flatten into discs, about 3 mm thick. You may have to use a rolling pin for this.
- Heat ghee on a medium flame. Fry roat on the medium flame till golden brown on both sides. (Be careful, frying at too high a temperature will cause the roat to be raw inside).

**83 Sael Roti**

Sel roti is a traditional homemade, sweet, ring-shaped rice bread/doughnut originating from the Indian subcontinent. It is mostly prepared during Dashain and Tihar, widely celebrated Hindu festivals in Nepal and Sikkim and Darjeeling regions in India. Sel roti are cooked in bulk and can be stored at room temperature for least 20 days. Sel roti are often sent as special gifts to family members living away from home or used as prasad in puja. The first iteration of this fermented bread, which gets its name from the rice variety Sel, which grows in the foothills of Himalayas. Old tales say that the concept of Sel Roti came from the Babari, an original “roti” that was more of a pancake. Sel-Roti resembles a large thin puffed-up doughnut and has a crispy texture with reddish brown color. It is prepared by grinding soaked rice to create a thick batter. It is then mixed with sugar, clarified butter, mashed banana, water, poured into bubbling oil and deep-fried.

**Recipe:****Ingredients**

- Rice – 1 kg
- Water or milk–500 ml
- Ghee–2 cups
- Sugar –2 cups
- Cooking Oil– liter

## Method–

- Wash and soak rice overnight, drain excess water.
- Mix ghee and sugar and grind into fine paste. The paste should be fine and greasy.
- Continuously stir the mixture.
- Cover it and leave at the room temperature for 1–2 hours to melt and mix all the ingredients
- Heat pan with cooking oil. The pan should be deep enough to float sel and the base should be flat.
- Watch for vapor/smoke from the oil or see the picking stick float on the oil.
- Pour the not too thick batter as continuous ring into hot oil till they become brown/golden.
- Confirm both sides are brown.

**84 Sandesh**

Sandesh or Shondesh is a dessert, originating in 16th century from the Bengal region in the eastern part of the Indian subcontinent, created with milk and sugar. Sandesh is derived from Hindi word ‘Sandesh’ which means news or message. Bengalis practiced this tradition of sending sweets or food as a gift to families and friends and hence the sweet got its name. One can find a sweet dish named Sandesh in the Medieval Bengali Literature. The older version of this sweet dish was prepared by solidified kheer. The Portuguese influence resulted into the modern chenna based Sandesh. It is said that the extreme heat of Calcutta summer began to rot “*Chhana*.” To counter this daily wastage of tasteless but useful by product of milk it was mixed with the molasses or sugar and a fine paste was made out of it. A great mind started mixing sugar, “*khoya*” and cardamom powder with it and it finally resulted in beautiful and awesome tasting paste known as “*makha sandesh*”. That was the first form of the *sandesh*, known to Bengalis.

**Recipe:**

## Ingredients

- Milk – 8 cups
- Castor Sugar – ½ cup
- Lemon juice – ¼ cup
- Green cardamom powder – as required
- Pistachios blanched and chopped – 12 nos.

## Method–

- Bring the milk to a boil in a deep, thick-bottomed non-stick pan. Add the lemon juice and stir till the milk curdles. Strain and immediately refresh the chhenna in chilled water.
- Put the chhenna in a piece of muslin and squeeze till all the water is drained out.
- Knead the chhenna well with the heel of your hand. Add caster sugar and cardamom powder, and knead again.
- Cook in a non-stick pan on medium heat for eight minutes. Remove from heat and divide into twelve equal portions. Roll each portion into a ball and make a dent on the top.
- When cooled, place a pistachio in the dent and serve. Makes 12 sandesh/350 gms.

**85 Shahi Tukra**

Shahi Tukra as the name suggests means royal dessert which is an exotic rich bread pudding is eaten in Pakistan and India, and it's particularly famous in Delhi, Lucknow. In North India and Pakistan, where it's made of bread deep-fried in ghee, soaked in sugar syrup, and then piled high with rabri and dried fruit, cardamom and nuts, it's called Shahi tukda, meaning "*Royal piece*". It's a simple recipe to make and an exceptional dessert for times when you are in a hurry. Shahi Tukra or Shahi tukray or Shahi Tukda are almost similar method of cooking with slight variations and are originally Mughlai desserts from the Nawabi cuisine. Considered a part of Mughlai and Awadhi North Indian aristocratic cuisines, Shahi tukda's origins are mysterious. Some say that Babur, the founder of the Mughal dynasty, brought it with him to South Asia in the 16th century, and that it descends from Middle Eastern bread puddings such as *eish es serny* and the Egyptian *um ali*. Others claim the sweet is actually a Mughal take on the bread pudding brought by British East India company officers in the 17th century. While it may have originally been made with roti or even with fried clotted cream, shahi tukda is now mostly made with sliced packaged English bread, demonstrating the culinary creativity with which South Asian people responded to colonialism.

**Recipe:****Ingredients**

- Bread slice – 4
- Sugar – 1 cup (200 gms. ) (For sugar syrup)
- Milk – 500 ml
- Sugar – 2tbsp (for rabdi)
- Saffron – 20 to 25 threads
- Green cardamom – 4 (peel and ground coarsely)
- Chironji – 1 tbsp
- Almonds – 4 (thinly sliced)
- Pistachios – 8 to 10 (thinly sliced)
- Desi ghee – ½ cup (100 gms.)

**Method–**

- Take sugar in any vessel. Add ½ cup water into it and place it on flame for cooking syrup.
- After it simmers once and sugar dissolves completely, prepare sugar syrup with one thread consistency.
- Take milk in any other vessel with heavy bottom and place it on flame for heating.
- Allow the milk to simmer on medium flame and cook until milk remains ¼ from the whole quantity.
- Turn off the flame now and mix the malai collected at the corner of the vessel. Also add sugar, cardamom powder and rabdi is ready.
- For making shahi tukda, cut the bread into two halves, diagonally or in rectangular shape as per your preference.
- Heat some ghee in a wok. When ghee is medium hot, place 2 to 3 bread slices into it and fry until they golden brown in color. Similarly fry all bread slices.
- Soak each fried bread slice in sugar syrup for 10 to 15 seconds and then take them out and place on a plate. Dip all the bread slices in sugar syrup.
- Place the sugar syrup coated bread slices in a plate one by one and spread 1 to 2 tsp rabdi over each bread slice.
- Sprinkle some dry fruits, chironji, saffron thread to garnish.

- Scrumptious shahi tukda is ready, serve and relish eating.
- Shahi tukda can be stored in refrigerator for up to 2 days.

### 86 Shankarpali

Shankarpali is an Indian snack popular in Western India, especially in Gujarat, Maharashtra and Karnataka. It is traditionally enjoyed as a treat on Diwali. It is rich in carbohydrates, making it an instant source of energy. It can be sweet, sour or spicy depending upon how it is made. In Gujarati it is called Shakkarpara, in Marathi it is called Shankarpali, in Bengali it is called Shakerpara, in Urdu/Hindi it is called Shakarpore.

#### Recipe:

##### Ingredients

- Refined flour / maida – 500 gms
- Semolina –250 gms
- Milk– 3/4th cup to 1 cup
- Sugar –300 gms
- Ghee – ½ cup
- Salt – a pinch
- Oil – as required for frying

##### Method–

- Make a small Pan heat the Vanaspati ghee/ ghee and keep aside.
- Now sift flour, then add semolina, powdered sugar and salt. Put warm dalda / ghee. Rub the dalda with the flour through your finger. It should appear like bread crumbs.
- Time to add milk. Start kneading to form soft and smooth dough.
- Keep kneading the dough for about 15 to 20 mins with pressure.
- Keep the dough aside covered with a damp cotton cloth for about 10 to 15 mins. It's time now to make big balls out of the dough and roll them with the chapati roller.
- Roll them into round shape similar to a roti but keep the width about ½ inches. Take a knife and cut them into square shape.
- Now make vertical and horizontal lines each measuring more than an inch square. Alternatively you could cut them into diamond shape.
- Heat oil in a kadhai once the oil is hot, add the Shankarpali to it ensuring gas is on low flame. Once the Shankarpali are nice golden brown remove them. Repeat the same procedure with the remaining of the dough.

### 87 Sheer korma

*Sheer khurma*, also known as sheer korma, is a special dish made with dates, milk and sewai or vermicelli. *Khurma* means dates in Urdu. This special dish is served after Eid prayer as breakfast and throughout the day to all visiting guests. The dish is vastly popular in Hyderabad, where it is consumed first thing in the morning. The garnish on sheer khurma includes dried dates, also known as *chhuara* and coconut along with nuts like almonds, cashew nuts and pistachios. This dish is made from various dry fruits, vermicelli, thickened milk, sugar etc. Depending on the region, cardamom, pistachios, almonds, cloves, saffron, raisins, and rose water are also added.

#### Recipe:

##### Ingredients

- Full cream Milk–500 ml
- Roasted vermicelli –50 gms



- Sugar– ¼ cup
- Chopped dates – 1tbsp
- Raisins– ¼ cup
- Blanched and sliced almonds – ¼ cup
- Pistachios– ¼ cup
- Ghee– ¼ cup
- Saffron– ½ tsp
- Cardamom powder– ½ tsp

**Method–**

- Take a pan and pour ghee in it.
- Add almonds, raisins and pistachios to it. Saute well.
- Now in another hot pan with ghee, add vermicelli. Roast well.
- In another wide pan simmer the milk till it thickens, add sugar and simmer again.
- Add the roasted vermicelli and dry fruits along with dates and saffron.
- Mix well till simmer. Add cardamom powder. Bring to simmer.
- Serve chilled, garnished with dates.

**88 Shor bhaja**

Shor Bhaja or Sar Bhajais a delicacy made of milk cream along with other ingredients. It is purely made of cream of the milk. Sometimes khoya and chhanna are also mixed with it. It follows one of the most difficult and tedious processes of making sweets. It needs extreme patience and expert skills. Krishnanagar (Nadia, West Bengal) is also known as the birthplace of the sweet called ‘Shor Bhaja’ and many renowned sweet confectioneries in Kolkata make these Shor Bhaja during festival times only.

**Recipe:****Ingredients**

- Full cream milk – 3 liters
- Sugar – 3 cups
- Water – 4 cups
- Cardamom powder – 1 tbsp
- Rose essence – 1 drop
- Vegetable oil – 1½ – 2 cups
- Caster sugar – 1 tbsp (I couldn’t find them handy so I used normal sugar)
- All – purpose flour – ½ tsp (if required)
- Lemon – 1/6<sup>th</sup> of a regular lemon
- Pistachioslivers – for decoration
- Khoya/ milk powder – 1 tsp for decoration

**Method –**

- Boil the milk on high flame.
- Turn the flame to simmer once cream starts forming on top of the milk. Wait for few minutes. Let the cream settle on the top of the milk. Then again turn the flame to high. Don’t stir the milk while boiling as our aim is to collect the cream form the top of the milk.
- Continue the process until the cream is thick enough to scoop out.
- Take a long spatula and start from one side of the pan and start pushing the thick layer of cream towards the exact opposite direction.
- Make it real slow so that the cream layer doesn’t get disturbed.

- Push it further when you reach the body of the pan.
- Now push it upwards and try to stick it to the body of the pan. This step is extremely difficult and hectic too. If you break the cream it will melt in the milk and will turn it thicker. And you need to start from scratch again.
- Now push it upwards and try to stick it to the body of the pan. This step is extremely difficult and hectic too. If you break the cream it will melt in the milk and will turn it thicker. And you need to start from scratch again.
- Scoop off the cream when it is at least ¼th inch. thick. And place it on a large flat palate. Continue the process until you are done with the entire milk.
- Now arrange the layers of the cream on the palate evenly. Make sure there is no milk at all in the cream. If there is any milk squeeze it out by pressing the layers gently. The layer of cream should be dry but moist.
- Sprinkle some caster sugar on the top or between the layers.
- If you find your cream layer is still a bit watery sprinkle some all – purpose flour on the top of the layer and distribute it evenly.
- Leave it for few minutes to absorb the liquid.
- By pressing the top make the layer even and as smoother as possible.
- Now run a knife roughly to make square pieces out of it.
- Now heat oil in a nonstick wok on medium flame. Take a square at a time. Reshape it with the flat knife or spatula and add them in the oil slowly.
- Add 3 – 4 pieces at a time.
- Make sure all pieces are separated.
- Fry them on medium – high flame until they are golden brown in color.
- Turn the cakes upside down once to fry the reverse side as well. Fry them until they are brown in color on the both sides.
- In mean while add water in a deep bottomed vessel and let it boil on high flame. Once bubbles start appearing add sugar and stir continuously until sugar is dissolved.
- Add cardamom powder and essence and give it a light stir. Keep boiling.
- Squeeze 1/6<sup>th</sup> of a lemon to extract the juice. Add 3 – 4 drops of this juice into the syrup. Once you are done with the frying, remove them with a slotted spoon and dunk them directly into the sugar syrup. Let it boil on medium flame.
- Keep the syrup boiling for 10 –15 mins more or until you notice the sugar syrup getting thicker.
- Now use the back of a spatula to poke a Shor bhaja. If it gets back to its shape you are done.
- Remove the pan from fire and let it cool.
- Decorate with some sliver of pistachio and sprinkle some khoya on the top.
- Serve it hot or cold.

### 89 Shrikhand

Shrikhand is an Indian sweet dish made of strained dahi (yogurt). Shrikhand has been referred to as "*Shikhrini*" in the Sanskrit literature. According to Jashbhai B. Prajappati and Baboo M. Nair, it originated in ancient Indian state Maharashtra, around 400 B.C.E.

The exact origin of Shrikhand is unknown but Western India is credited with the first historical mention of the dish. Its origin may be traced from Mahabharata where there are tales that Bhim invented this recipe and named it after Shri Krishna i.e. Shrikhanda. Another set of opinion say that Shrikhand was invented in *Mudpaak Khana* of Bajirao Peshwa. Hence it is a very popular dessert in Maharashtra and Gujarat. The dish is very popular in Gujarat and Rajasthan but other states like Maharashtra and Punjab do have local variations that are popular too. Although there is no exact record of how the dish came about, the legend states that traveling herdsmen hung curd or yoghurt overnight to make it easier to carry while traveling. The thick yoghurt that was collected the next day was mixed with sugar and nuts to make it palatable during the long journey. Mango tinged shrikhand is called *Amarkhand*.

**Recipe:****Ingredients**

- Curd / yogurt, thick and fresh – 2 cups
- Powdered sugar – ¼ cup
- Saffron water – 2 tbsp
- Cardamom powder – ¼ tsp
- Chopped almonds – 1 tsp
- Chopped pistachios – 1 tsp

**Method–**

- Firstly, place a sieve in a large mixing bowl. Make sure there is enough space for water to accumulate at the bottom of the bowl without touching the sieve.
- Further place a cheese cloth or a hand kerchief into the bowl.
- Pour 2 cups of fresh – thick curd.
- Get the cloth together and tie it tightly.
- Furthermore, refrigerate it overnight. Make sure to refrigerate else the curd will turn sour and need to add more sugar.
- The next day, we can see the water has separated from the curd.
- Thick and creamy curd is ready which is also known as hung curd.
- Further, add in powdered sugar.
- Also add saffron water. To prepare saffron water, soak few strands of saffron in 2 tbsp of hot water.
- Mix well making sure the sugar gets dissolved in curd.
- Further add cardamom powder and again give a quick mix.
- Transfer to the piping bag or directly scoop into a serving bowl.
- Furthermore, squeeze the piping bag into the serving bowl.
- Also garnish with few chopped almonds and pistachios.
- Finally, store in refrigerator or serve immediately.

**90 Shufta**

Traditional Kashmiri dessert especially made during festivals and Marriages. It is a mixture of various dry fruits and spices, like (black pepper powder, dry ginger powder, cinnamon powder and cardamom powder) coated with sugar syrup. Although Kashmiri Shufta looks very simple, it tastes awesome. Dry fruits are first soaked in water for some time and then mixed with ghee and fried, Coated with various spice powders and sugar.

**Recipe:****Ingredients**

- Cottage cheese paneer cut into cubes – ½ cup
- Ghee – ½ cup
- Almond – ½ cup
- Cashew nuts – ½ cup
- Big raisins – ½ cup
- Pistachio – ½ cup
- Dry coconut slices – ½ cup
- Sugar – 2 cups
- Cinnamon powder – 1 tsp
- Black pepper powder – 1 tsp
- Dry ginger powder – 1 tsp
- Cardamom powder – 1 tsp
- Saffron dissolved in water – 1 tsp
- Rose essence – few drops
- Chopped dry dates – 8–10

**Method–**

- Soak all the nuts and raisins in water for half an hour.
- Soak dry dates in luke warm water and chop them into small pieces.
- Heat ghee in a heavy bottomed pan heat ghee and fry coconut slices till brown.
- Fry paneer pieces till slightly brown in the same ghee.
- Make sugar syrup by heating the sugar in 1 cup of water.
- Drain the dry fruits and add them in the pan. Add the sugar syrup, coconut slices and all the spices to this. Cook till sugar thickens.
- Garnish with silver leaf and serve.

**91 Sitabhog**

Sitabhog is a famous sweet of Bardhaman, West Bengal, India. Sitabhog is a flavourful dessert that looks like white rice or vermicelli mixed with small pieces of Gulab jamun called *Nikhuti*. Made from cottage cheese (also known as chhana in Bengali), rice flour and sugar, Sitabhog often gives the appearance of pulao, which is albeit sweet in taste.

According to Late Nagendranath Nag, his grandfather Late Khettranath Nag first invented special Sitabhog in Bardhaman during the regime of Maharaja Late Mahatabchand Bahadur. Seventy two years after this invention the name of Sitabhog earned its reputation all over India after the arrival of Lord Curzon in Bardhaman and his appraisal for these two sweets.

On invitation of Maharaja Vijaychand Mahatab Lord Curzon visited Bardhaman on 19 August 1904. To memorize the welcome lunch of Lord Curzon, Maharaja ordered Vairabchandra Nag, a sweet – maker of the town, to prepare something new and unique which would amaze the Lord. Vairabchandra Nag undertook the responsibility and introduced two new preparations named Sitabhog. Lord Curzon was surprised to have such unique sweets and praised and thanked Vairabchandra Nag in the certificate given to him saying he never had such sweet ever before. Thereafter, the quality and name of these two sweets reached all over the country and abroad. Late Nagendranath Nag, son of Vairabchandra Nag, broadcast this incident on Radio on 15 November 1976.

**Recipe:****Ingredients**

- Basmati rice – 1 cup
- Crumbled Paneer – 1 cup
- Cardamom Powder – 1tsp
- Raisins – 1tbsp
- Pistachios – 1tbsp
- Saffron strands – Few
- Sugar – 1 cup
- Ghee or oil – for frying

**Ingredients for Nikhuti (jamuns)**

- Milk Powder – 1 cup
- Maida – ½ cup
- Cooking soda – 1/4 tsp
- Ghee – 1 tbsp
- Curd – 2 tbsp
- Sugar – 1 cup
- Cardamom Powder – 1 tsp

**Method –**

- To begin making the Bengali Sita Bhog, we will first make a rice and chhena vermicelli. You can either use a wide holed grater or a sev maker to make the vermicelli. This fried vermicelli will then be soaked in sugar syrup.
- Soak 1 cup of the Basmati rice in water for 1 to 2 hours. After a couple of hours, drain the water and spread the rice over a kitchen towel and allow it to dry.
- Once dry place the rice in a dry grinder and grind to a fine powder.
- Add the rice powder and chenna to a large mixing bowl. Knead both of them together adding little milk at a time to make soft, firm and smooth dough. Cover and allow the dough to rest for a few minutes till we get the sugar syrup ready.
- For the sugar syrup, place the sugar along with 1 cup of water and bring it to a boil. Once the sugar comes to a boil, turn the heat to low and simmer to make sticky syrup. When you touch the syrup between your fingers, it should feel sticky and slightly stringy.
- Once the sugar syrup is ready, add the cardamom powder and the saffron to it and allow it to rest.
- We will now deep fry the rice mixture by making it either into oblong shape by running it through a grater or a sev maker. The size of the rice vermicelli is purely your preference.
- Heat oil for deep frying. Once the oil is heated, place the rice and chenna mixture through a grater and grate it into the hot oil. You will notice small rice size bits drop out into the oil. Deep fry on medium heat till the Bhog turns golden brown in color.
- Drain out the excess oil and proceed the same way with the remaining rice mixture. Add the raisins and the fried rice and chenna into the sugar syrup. Allow it to soak well in the syrup for about 10 to 15 minutes. You will notice the rice and chenna vermicelli starts to puff up and turn soft.
- Once it is soaked, spread it on a plate and allow the grains of sugar coated rice to cool.
- In the next step we will make the Nikhuti (the jamun balls).

- In a large mixing bowl add milk powder, maida, soda, ghee and yogurt and mix them all together. Add little water at a time and knead to make a firm and smooth dough. Allow the dough to rest for about 5 to 10 minutes.
- After 10 minutes, shape them into small tiny jamuns (balls).
- In the same oil we deep fried the rice vermicelli, heat that oil and add a few jamuns at a time and deep fry until golden brown in color. Once fried, keep them aside.
- The next step is to soak these jamuns in sugar syrup. To make the sugar syrup in another pan add water and sugar and bring it to boil.
- Once it comes to a boil, turn the heat to medium and make light syrup. This syrup does not have to be very sticky. Once the syrup is ready, place the small jamun balls into the hot syrup and allow it to soak and become soft. These Nikhuti will puff up a little.
- Once soaked drain from the syrup and add it to the rice vermicelli we made.
- Transfer it to a serving bowl, garnish it with pistachios and serve

## 92 Singori

Singori (also spelled Singodi) or Singauri is an Indian sweet of Kumaon region made with Khoya and wrapped in maalu leaf. It is similar to *Kalakhand*. According to some historians the origin of Singori is believed to be the old province of Almora.

### Recipe:

#### Ingredients

- Unsweetened khoya – ¼ gms.
- Fresh grated coconut – 100 gms.
- Sugar – ¼ gms.
- Maalu leafs – 16 nos.
- Rose petals – for garnish
- Nuts – 20 gms

#### Method–

- Take a deep bowl, add khoya on it and knead it by adding sugar on it .
- Heat the mixture of khoya and sugar till khoya melts.
- Add grated coconut and continued heating for 8 minutes on low medium flame.
- As mixture cools down, fill small khoya balls in each maalu cone shaped leafs.
- Garnish it with rose petals or nuts.

## 93 Sohan Halwa

Sohan halwa is a traditional dessert that is made with milk, sugar, water, corn flour, ghee and lots of dry fruits. Unlike most halwas, it is solid and is in a disc-like shape. It is also called *Gheewala halwa* since the Mughal era. The Hafiz Halwa shop in Multan claims it was introduced by Dewan Sawan Mal, the ruler of Multan in 1750. However, there is a theory that it was invented in Persia by Iranian people and it was considered an ancient sweet served during social gatherings. S. Abdul Khaliq claims that this halwa was introduced in the Indian subcontinent in the early 16th century during the reign of Mughal emperor Humayun. This Halwa is famous all over northern India and is generally served Moharram and in elite class family gatherings.

### Recipe:

#### Ingredients

- Sugar– ½ kg



- Cornflour or maida – ½ kg
- Almonds– ¼ kg
- Pistachio – 100 gm
- Green cardamom – 50 gm
- Ghee – ½ kg
- Milk – 1 cup
- Water – 2 liters
- Saffron – 1 tsp

## Method–

- Heat 1 liter water, add sugar and boil for 5 minutes.
- Add 1 cup milk and boil for 5 minutes.
- Strain it through a muslin bag or thin cloth.
- Add the remaining water and sugar syrup.
- Dissolve 1 tsp saffron in warm water and add.
- Dissolve the cornflour in a little water. Add to the cornflour mixture and cook over low flame.
- When cornflour becomes thick, add 1 tbsp ghee.
- Continue adding ghee (½ kg) slowly during cooking to prevent it from sticking to the pan.
- Stir it well. As ghee separates from the mixture, then it is ready.
- Add almonds, pistachio & green cardamoms in it.
- Grease a pan or tray with oil.
- Spread halwa in it & press with a wooden spoon to flatten it.
- Garnish it with almonds, pistachio and cardamoms.
- As it cools down, cut it into pieces and serve.

**94 Sutarfeni**

Sutarfeni is a sweet Rajasthani and Gujrati treat consisting of rice flour that is roasted in ghee and combined with melted sugar to develop a structure similar to cotton candy. The sweet is usually flavored with cardamom and topped with nuts such as almonds and pistachios. Its texture is described in the name – *sutar* means *thread*, and *feni* means *fine*. Vijayanagar records indicate that Pheni was another much relished sweet dish prepared from wheat flour and sugar.

**Recipe:**

## Ingredients

- Feni strands – 100 gm
- Sugar – 4 cups
- Water– 2 cups

## Coarsly Ground Powder

- Pistachios – 5 nos
- Saffron – 5 strands
- Almonds – 3 nos
- Gr.cardamom pdr. – ½ tsp

## Method–

- Make 1–strand sugar syrup. Let it cool completely for a few hours.
- Take the feni strands and cover it with a damp cloth or paper towel.
- Take a few strands at a time and twirl it into a small circle.
- You can arrange them on a tray and cover with a damp cloth.
- Place the twirled feni strands in a deep spoon with holes.

- Deep-fry for 30 seconds (please make sure it does not brown).
- Remove the fried circles and stack them up in piles.
- Using your hand, take each circle and dip thoroughly in the sugar syrup.
- Hold it above the container for a minute and let it drain completely.
- Place them in the container that you are going to store it in.
- Sprinkle the pistachio powder over the Sutarfeni.

### 95 Thekua

Thekua or Khajuria or *Thokwa* or Thikari is a dry sweet from the Indian subcontinent. It is very popular in Bihar, Jharkhand, West Bengal, eastern Uttar Pradesh (Purvanchal) and Terai region of Nepal. It is a mandatory item during the festivals of Teej, Jitiya, Chhat Puja and wedding ceremonies. Thekua is traditionally made of whole wheat flour, raisins, dry coconut, jaggery or sugar and ghee or refined oil. First of all, a solution of sugar or jaggery is made with water. This is then added to the wheat flour to form dough. This is followed by rolling a small chunk of the dough and pressing it against the wooden mould that has been greased with ghee. The flattened piece is then deep – fried in the oil or ghee till golden brown.

#### Recipe:

##### Ingredients

- Maida – 500gms.
- Suji – 500gms.
- Sugar – 500gms.
- Milk – 250gms.
- Ghee – 100gms.
- Chhuhara – 50gms.
- Elaichi powder – 20gms.
- Dry coconut – 50gms.
- Raisins (kismis) – 50gms.
- Saunf – 20gms.
- Ghee for deep frying – 500gms

##### Method –

- Cut all the dry fruits into very small pieces.
- Mix all the items including milk and ghee in a bowl and spray water in small Amount. Mixture should be a little hard. (mixture should not stick to your hands.)
- Make pieces off the size off cookies with your hand.
- Put a pan on the gas stove. Put ghee in it. Let it be heated for some time.
- Deep fry the cookies until they turn brownish in color.
- Take out the cookies from the pan. Now your snack is ready.

### 96 Unni appam

Unniappam is a delicious and sweet snack from Kerala. Unni appam, also called *Karollappam* is a small round fritters made from rice, jaggery, banana, roasted coconut pieces, roasted sesame seeds, ghee and cardamom powder fried in oil. The batter made out of rice flour, jaggery and plantain is poured into a cast iron mould called “*Appa karal*” or Appakaram in which ghee is heated and fried until deep brown. It's a popular sweet dish prepared during South Indian festivals and is enjoyed by people of all age groups. Variations of this organic and spongy fried batter using jackfruit preserves instead of banana is common from the late 2000s. It is a popular

snack in Kerala and are also served in the onam sadya and are also offered as prasada in some temples especially in Ganesha and Krishna temple. In Malayalam, *unni* means small and *appam* means rice cake.

### Recipe:

#### Ingredients

- Rice flour – 200 gms
- Suji(semolina) – 100 gms
- Ripe bananas – 2 to 3nos.
- Gur(jaggery)/sugar – 75 gms
- Coconut – ½ cup (grated)
- Elaichi(cardamom) – 4 to 5 (peel and crush)
- Baking soda – ¼ tsp
- Oil – little to fry

#### Method–

- Soak rice grains for 1 hour. Remove the water from the rice, spread the rice on a thick cloth so that it soaks water. Grind a fine flour of this rice.
- Mix rice flour and Suji in a big utensil. Grind coconut and sugar then put it in the utensil and mix well.
- Mash the bananas properly and put in the mixture. Also add Elaichi, followed by water and prepare a mixture thick like that of Idli. Beat the mix properly with a hand blender and keep aside for 30 minutes.
- Mix baking powder to the mixture.
- Place Appa Maker on the gas and heat it. Pour less than ¼ tsp. oil in all molds, put mixture in the molds with a spoon filling only half of it. Keep a low flame, Appam will puff up in no time and fill the mold completely. Turn over Unni Appam when its lower layer turns brown and cook till the other side turns brown.
- Take out the cooked Unni Appam in a plate and cook the other Unni Appam in this same way.
- Steaming hot Unniappam is ready, serve and eat.

### 97 Vellum Nombu Adai

Karadaiyan Nombu is a major Tamil Nadu festival which is celebrated when Tamil month Maasi ends and month Panguni starts. Karadai is the name of a unique Nivedyam (offering for God) prepared on this day and *Nombu* means Vratam or Fasting. On this day women worship Goddess Gowri and offer her Karadaiyan Nombu Nivedyam. After Puja (prayers) women tie the sacred yellow cotton thread known as Manjal Saradu or Nombu Charadu for well – being of their husband. Married women observe it for long lives of their husband while unmarried girls observe it to get ideal person as their husband. *Vellam* means sweet, so sweet adai is prepared and served to God on banana leaves.

### Recipe:

#### Ingredients

- Rice Flour – 1 cup
- Jaggery – 1 cup
- Water – 1½ cup
- Coconut powder/ grated coconut – 1/4th cup
- Lobia/Black eyed peas/karamani – 1 tbsp cooked
- Cardamom powder/Elaichi – 1/4 tsp

Method –

- Pressure cook black eyes peas until soft but not mushy.
- Roast rice flour for 2 – 3 mins in medium flame. Do not roast too much. It should not turn brown. Keep it aside.
- Melt jaggery in 1½ cup of water. Do not melt it too much. Consistency should be watery.
- Add grated coconut/coconut powder and lobia/karamani/black eyed peas, cardamom powder to the jaggery water.
- Boil jaggery water, when it starts boiling, add a tsp of ghee/unsalted butter. Then reduce the flame and add rice flour slowly. Stir continuously.
- Keep the flame in medium and cook well until it leaves the sides of the pan. (Consistency should be like chappati dough). Switch off the flame and allow it to cool.
- Divide it equally, make balls, flatten it, put a hole in the center and steam the sweet adais in an idly cooker. Grease idli mould with oil & steam for 10 minutes.
- Serve with butter.

### 98 Zarda

Zarda is a traditional boiled sweet rice dish, native to the Indian subcontinent, with (orange) food coloring, milk and sugar, and flavoured with cardamoms, raisins, saffron, pistachios or almonds. The name Zarda comes from Persian word 'zard' meaning 'yellow', hence named since the food coloring added to the rice gives it a yellow color. Zarda is typically served after a meal. In the Mughlai and Nizami weddings and other occasions, zarda was and still remains a popular dessert. It is also popular among the locals as *Meethe Chawal* (Sweet Rice) or *Zafrani Pulao* ( as the yellow colour comes from saffron added to it. It is also called *Mittha* in Himachal Pradesh. Historically the tradition of sweet rice (Meethe Chawal) was quite common in rural Punjab & other provinces of North India where Jaggery is used to sweeten the rice (Gur Chawal). It seems that in historical time line, the Zarda is popularized in North India by Mughals. *Be it Godh Bharai ceremony, Karva Chauth, Shaadi, Raksha Bandhan, Diwali, Sankranti or Janmashtami*, this sweet treat is lovingly prepared, particularly in North Indian households and relished by all. Loaded with dry fruits and nuts, and scented with *gulab jal* or rose water and saffron, it is hard to resist. The *Ain-I-Akbari* of Abul Fazal explains the recipe of *Zard Birinj*, which constitutes rice, sugar, nuts, saffron, cinnamon, and even ginger also.

### Recipe:

Ingredients

- Long grained basmati rice – 1 cup
- Ghee butter or clarified – 1tbsps
- Water Hot – 1½ cups
- Milk warm – ½ up
- Saffron strands – ¼ tsp
- Sugar – ¾ cup
- Nuts chopped ( cashew, almonds, raisins, pistachios) – ½ cup
- Khoya or Milk solids – 1tbsps
- Cardamoms – 4 nos.
- Cloves – 6 nos.
- Cinnamon stick – ½ inch

- Nutmeg powder – ¼ tsp
- Rose water – 1 tbsp
- Saffron – a pinch

Method –

- Wash and soak the rice for 15 minutes. Soak the saffron in warm milk.
- Heat the ghee in a heavy bottomed pan, add the whole spices (cardamom, cloves and cinnamon) and when the cloves start spluttering add the chopped nuts leaving some for garnish And saute for half a minute.
- Drain the rice and add to the ghee and saute for nearly 3 minutes in low flame or till you start getting the aroma of the rice. Sautéing more than needed will break the rice grains.
- Now add the saffron soaked milk, colour if you are using, hot water, sugar, nutmeg and rose water to the rice and mix slowly.
- When it starts to boil, close the lid and cook in low flame.
- When the rice is 3/4 done, grate the khoya on it and close the lid And let the rice cook fully,
- Once done, fluff up the rice gently with a fork and serve.

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## 4.5 SUMMARY

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Sweets or Mithai form an integral part of the Indian culture, much more compared to other European and American countries. Sugar, which forms the basic ingredient for most of the sweets, has been cultivated for thousands of years in India. Even the word sugar and candy have their roots in Sanskrit, the ancient Indian language. The foremost reason for this is that there is no other country in which sweets are so varied, so numerous, or so invested with meaning as the Indian Subcontinent. India not only has a rich cultural history, its association with sweets is also millennia old. Indians were the first to refine sugar, at around 500 BC. The sugar revolution was such that by 300 BC, five different kinds of sugar were being processed in India. Indian sweets are collectively called *Mithai* which is derived from the word *mitha* which means sweet. There are many varieties of specific types of Indian sweets which are usually a derivative of the original recipe for the sweet. Since India unifies many cultures, traditions and cuisines thus, the cooking style and ingredients varies from one sweet to another. Indian Mithai are famous for its uniqueness, variety and irresistible taste.

Some of the common ingredients used in Indian sweets are different flours, milk, milk solids, fermented foods, root vegetables, raw and roasted seeds, seasonal fruits, fruit pastes and dry fruits. A single mithai can be of different colour, taste, flavour and sizes. The method of preparation are also quite diverse using techniques like freezing for kulfi, frying for jalebi and Imarti, roasting for Mysore pak, baking for nankhatai and simple cooking for gajar ka halwa among others. Other popular sweets in the Indian subcontinent are Cham-cham, Chhenamurki, Chhena Poda, Gajrela, Gulab jamun, Rassogolla, Khaja, Kheer or payas, Laddu, Malpoa, Narkel Naru, Pathishapta, Rasgulla, Ras Malai, Sandesh, Sel Roti and Shrikhand. In fact, in India sweets have their own importance and relevance.

Whether as a form of greeting, festival, celebration, religious offering, gift giving, parties or hospitality in India, sweets are an essential ingredient. It is believed that any meal is incomplete in India without a proper mithai or Indian sweet. Sweets signify prosperity, happiness and affection.

Especially on Indian festivals – such as Holi, Diwali, Eid, or Raksha Bhandan, the sweet shops expand to more than twice their size to keep up with the sharp increase in demand.

## 4.6 GLOSSARY

1	Amras	: Sweetened mango juice or pulp from Maharashtra.
2	Ada	: Rice flour dough stuffed with grated coconut and jaggery. Wrapped in banana leaves and steam-fro m kerala.
3	Adhirasam	: Small breads made from rice powder, jaggery and cardasmom, from Karnataka.
4	Anarsa	: Small sweet balls made from rice flour, jaggery and nuits, from Jharkhand.
5	Ariselu	: Small sweet breads made from rice flour and jaggery and is covered with poppy or white sesame seeds- from Andhra Pradesh.
6	Aval puttu	: Sweet made from poha, khoya and dry fruits from Tamil Nadu.
7	Awan bangwi	: Sweet pudding made from Mami rice and wrapped in Lairu leaves-from Tripura.
8	Bal mithai	: Sugar, khoya and chocolate cooked together to brown in colour, and shaped and then caoated with small sugarballs (Uttarakhand)
9	Balushahi	: Sweet doughnuts.
10	Barfi	: Cookie shaped sweet made from khoya.
11	Basundi	: It is sweet thickened milk, flavored with cardamom and nutmeg from Maharashtra.
12	Bebinca	: Sweet pudding from Goa
13	Boorelu	: Sweet ball or dumplings made from mixture of chana dal/ urad/mixed dal paste, jaggery, cardamom and dry nuts- from Andhra Pradesh.
14	Cham cham	: Ablong shaped sweetened fresh paneer balls coated with dry khoya from Bengal.
15	Chhanar payesh	: Kheer made from Paneer. (Bengal).
16	Chhena gaja	: Dry gulab jamuns made from Paneer and semolina- from Odisha.
17	Chhena jhili	: Sweetened cheese patty from odisha.
18	Chhenamurki	: Dry sugar dipped small paneer pieces -From Odisha.
19	Chhena poda	: Burnt fresh paneer balls in charamelised sugar
20	Chikki	: It is a traditional Indian sweet candy made with jaggery and peanuts or sesame seeds.
21	Danadar	: Drier form of rassogulla from Bengal.
22	Dehron	: Gulgula made with rice -from Chhatisgarh.
23	Dharwad peda	: Rich pedas from Karnataka
24	Dhondas	: Sweet cucumber pudding from Maharashtra.
25	Dodha burfi	: Rich burfi made from milk, dalia and nuts from



- Punjab.
- 26 Doodhpak : Thickened milk with nuts from Gujrat.
  - 27 Double ka meetha : Fried bread dipped in sugar syrup of rabdi (Hyderabad)
  - 28 Gajak : Sweet confection made from sesame seeds (til) or peanuts and jaggery (Uttar Pradesh)
  - 29 Gavvalu : Maida flour shaped into shels and deep fried and then dipped in sugar syrup. (andhra Pradesh)
  - 30 Ghari : Sweet made of puri batter, mawa, ghee and sugar.- from gujrat.
  - 31 Ghevar : Crispy, porous deep fried sweet made from maida from Rajasthan.
  - 32 Gujiya : Deep fried ravioli whci is stuffed with various stuffings.Perukiya -Rawa and khoya stuffed gujiya from Bihar.Somas -Besan rawa, sugar and khoya stuffed Gujiya from Tamil Nadu.Karanji- rava, coconut, sugar and dry fruits stuffed gujiya from Maharashtra.Ghughra -rava, coconut, sugar and dry fruits stuffed Gujiya from Gujrat.Nevri - coconut, sugar, poppy seeds and cardamom powder stuffed Gujiya from Goa.Kajjikaya - Coconut stuffed Gujiya from Andhra Pradesh.
  - 33 Gulab jamun : Round fried balls of khoya and maida mixed together and dipped in sugar syrup frombengal.Ledikeni-small Gulab jamun.Pantua-small Gulab jamun, usually filled with syrup. Kalajam- black Gulab jamun.Lyancha-elongated gulab jamun.
  - 34 Halbai : It is a pudding made with rice, jaggery and coconut. (Karnataka).
  - 35 Halwa : It is a pudding made from semolina or maida or atta. Mahim halwa-layered semolina halwa from gujrat. Kashi halwa- ashgourd from Uttar Pradesh.
  - 36 Imarti : Circular prezel made from urad or masoordal and dipped in sugar syrup.
  - 37 Jalebi : Circular prezel made from mada and dipped in sugar syrup. Jhangiri-jalebi made from urad dal paste. (south india)
  - 38 Kaju katli : Small burfi shaped cashewnut biscuits.
  - 39 Kaju and Pista Roll : Ground pista rolled in ground cashew paste.
  - 40 Kalakand : Sweetened milk cake.(Bihar)
  - 41 Kanchagola : Small sweet balls nmade from fresh paneer. (bengal)
  - 42 Khaja : Sweet puffy fritters made from maida (Bihar)
  - 43 Khapse : Sweet north Himachali biscuit
  - 44 Kheer : Pudding made from rice or vermicilli.
  - 45 Kheer sagar : Marble-sized balls of chhena cheese soaked in sweetened, condensed milk. (odisha)
  - 46 Khubani ka meetha : Sweet made from apricots (Andhra Pradesh)

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|----|-------------------|---|--|
| 47 | Koat pitha        | : | Fritter made from of rice flour, banana, powdered jaggery. (odisha)  |
| 48 | Kozhukkattai      | : | Similar to modak prepared in South india.  |
| 49 | Kulfi             | : | Sweet frozen dessert from Uttar Pradesh.   |
| 50 | Laddoo            | : | Spherical balls made with small balls of besan ot aata, coconut etc. Motichoor laddu-Ladoo made with very small beasn balls.Kobbari Kova Kajjikayalu-sweet Khoya laddu stuffed with coconut from Andhra Pradesh.Pori urundai - laddoo made with puffed rice and jaggery from Tamil Nadu.Darbesh -Laddu made with mawa , besan , sugarand ghee from Bengal. |
| 51 | Lapsi             | : | Halwaa like sweet made from cracked wheatnuts and sugar. (Rajasthan).  |
| 52 | Lassi             | : | Sweetened semi-thick curd from Punjab.   |
| 53 | Madhurjan thongba | : | Fried beasan balls dipped in sweetened milk- from Manipur.   |
| 54 | Makhan misri      | : | Sweet made with fresh white butter and mishri. (Gujrat).   |
| 55 | Malpua            | : | Deep fried flat cakes dipped in sugar syrup or rabdi.  |
| 56 | Malai pan         | : | Paper thin malai filled with mishri and dry fruits, shaped like pan (Uttar Pradesh).   |
| 57 | Mambzha pradhanan | : | Sweet ripe mango puld mixed with nuts from Kerala.   |
| 58 | Mawa bati         | : | Kachoris stuffed with khoya and nuts. (Madhya Pradesh)   |
| 59 | Mihindana         | : | Very small balls of besan dipped in sugar syrup. (bengal)  |
| 60 | Mishti doi        | : | Sweetened curd from Bengal.  |
| 61 | Modak             | : | Sweet dumpling wchich is stuffed with khoya or nuts and is cone shaped (Maharashtra)   |
| 62 | Mohan thaal       | : | Soft beasn sweet with lots of ghee from Gujrat.  |
| 63 | Mysore pak        | : | Crispy and crunchy besan fudge from Karnataka.   |
| 64 | Nankhatai         | : | Sweet crunchy cookies from Uttar Pradesh.  |
| 65 | Nap naang         | : | Sweet pudding made with black sticky rice from Nagaland.   |
| 66 | Narkol naru       | : | Sweet coconut balls from Bengal.   |
| 67 | Obbattu           | : | Flour bread stuffed with sweetened chana dal (Maharashtra).  |
| 68 | Palathalikalalu   | : | Sweet made with handmade rice noodles, milk, jaggery and ghee from Andhra Pradesh.   |
| 69 | Panasa thonalu    | : | Flower shaped fritter made from maida and sugar syrup dipped from Andhra Pradesh.  |
| 70 | Parippu payasam   | : | Mung dal kheer from Kerala.  |
| 71 | Pateesa           | : | Crispy, threadlike sweet made from besan. (maharashtra)  |
| 72 | Patishapta        | : | Sweetened khoya and nuts wrapped in crepes (Bengal)  |
| 73 | Peda              | : | Sweet khoya or paneer balls ( Uttar Pradesh)   |

74	Petha	:	Sweet made from ash gourd (Uttar Pradesh)
75	Pitha	:	A kind of rice cake from Odisha.
76	Pongal	:	Sweetened mung dal balls from Karnataka.
77	Pootharekulu	:	Sweet dry fruits and nuts wrapped in paper thin rice pancakes. (andhra Pradesh)
78	Pukhlein	:	Sweet rice flour bread from Meghalaya.
79	Rabri	:	Thickened milk.
80	Rasabali	:	Fresh paneer patties soaked in thickened, sweetened milk. (Odisha).
81	Rasgulla	:	Spherical sponge like balles made from fresh paneer, dipped in sugar syrup. (Bengal)
82	Raskadam	:	Spherical balls of small rasogulla covered with grated khoya from Bengal.
83	Rasmalai	:	Very soft paneer balls dipped in thickened sweet milk. (Bengal)
84	Rotana	:	Sweet cookie from Hyderabad.
85	Sael roti	:	Ring like sweet doughnut from Sikkim
86	Sandesh	:	Crumbled fresh paneer, sweetened and made into various shapes and flavours. (west bengal)
87	Shahi tukra	:	Fried bread coated with rabdi.
88	Shankarpali	:	Very small sweet puffs coated with sugar granules
89	Sheer korma	:	Sweet kheer made with dates, milk and sewai or vermicelli. (Mughlai).
90	Shor bhaja	:	Fried frsh paneer dipped in sugar syrup. (bengal)
91	Shrikhand	:	Sweetened fresh curd. (Maharashtra)
92	Shufta	:	It is a mixture of various dry fruits and spices, like (black pepper powder, dry ginger powder, cinnamon powder and cardamom powder) coated with sugar syrup. (Kashmir).
93	Sitabog	:	Sweetened rice and paneer small strings gasrnished with very small gulab jamun (Nekhuti) from (Bengal).
94	Singori	:	Sweetened khoya wrapped in Maalu leaf ( Kumaun)
95	Sohan halwa	:	Sweet fudge made from cornflour or maida.(Moghlai)
96	Sutarfeni	:	Very thin sweet rice vermicilli from Gujrat and Rajasthan
97	Thekua	:	Sweet fried fritter made from flour sugar or jaggary from Bihar and Jharkhand.
98	Unni appam	:	Sweet fritters from kerala, made with rice, jaggery, banana, roasted coconut pieces, roasted sesame seeds, ghee and cardamom powder fried in oil.
99	Vellum nombu adai	:	Sweet fried doughnuts from Tamil Nadu
100	Zarda	:	Sweetened rice , also called meethe chawal.

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## 4.8 TERMINAL QUESTIONS

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1. Classify Indian sweets and desserts with suitable examples.
2. Name 10 sweets prepared with khoya. Give recipe of any one of them.
3. The Double ka meetha has its cousin in Mughlai cuisine. Name it and give its recipe.
4. Name two sweets of:
  - Kerala
  - Bihar
  - Manipur
  - Assam
  - Uttarakhand
5. Write a note on Bal Mithai.
6. What do you know about Gajak? Explain.
7. How is Ghari different from Puran Poli?
8. Why is Laddoo and Gujiya an important sweet?
9. What is the history behind the origin of Ledikeni?
10. Which is the most important sweet of Chhat Puja? Write the recipe of this sweet.

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## UNIT: 05

# FOODS OF INDIA

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**STRUCTURE**

- 5.1 Introduction
- 5.2 Objective
- 5.3 Madhya Pradesh
  - 5.3.1 Geographical perspectives
  - 5.3.2 Brief historical background
  - 5.3.3 Culture and traditions of the people of Madhya Pradesh
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- 5.6 Parsi Foods
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- 5.6.7 Equipments and utensils used
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- 5.6.10 Community foods
- 5.6.11 Dishes from Parsi cuisine
- 5.7 Home style cooking
- 5.8 Tandoori foods
- 5.9 Dum style cooking
- 5.10 Glossary
- 5.11 References/Bibliography
- 5.12 Terminal Questions

## 5.1 INTRODUCTION

The cuisine of Madhya Pradesh is as varied as its people, its history and its culture. You must travel to India's heart to savor the culinary delights of the state. Though modernity could never able to intervene into the traditional methods of cooking, the authenticity has been very well maintained. The people of Madhya Pradesh still are very much live with the much acclaimed Indian way of treating guests. 'Atithi Devo Bhava' are the words that can equate a person with God. Though centuries have passes but this age old tradition is still very much migratory in the cultural minds of the people. You should come to experience the hospitality that the citizenry of this state have to offer. As retroflected by the history of the state that has witnessed assorted cultures and on top of that has absorbed most them, they have had an aftermath on the food of the people. The cuisine of the state is contemplative of the Rajasthani and Gujarati influence. Due to its extensiveness in terms of area, Madhya Pradesh cuisine has differs from the northern Madhya Pradesh than the southern part. That fact that people from all over the country settled in Madhya Pradesh is also an important contribution to the multi diversity in cuisine. The traditional Malwa food, has terminate the goodness of palatableness and kernel of Gujarati and Rajasthani cuisine. Jowar which was the staple food has now been overshadowed by the use of wheat. As the land is dry and unproductive for most of the year therefore, pulses regimented the use of vegetables.

North – East India is one of the most fascinating places of India and of the world, located at the northeastern region of India, and consisting of 7 states, called collectively as 'the seven sisters'. Much of the





region has been left unexplored till date, owing to the regions formidable terrain consisting of mountains, hills, rainforests, river, jungles and predators, and deficiency of infrastructure. The small sized region has one of the highest biodiversity density found anywhere in the world. North – East Indian Cuisine represents an exotic blend of mouth watering dishes with regional differences and foreign influence. The cuisine of all states of North – East India are almost similar, more inclined towards non – vegetarian. The people are so fond of non – vegetarian that even if the preparation is vegetarian they add non vegetarian to it. Some dishes are bland while some are spicy. Different states of North – East India have their own food culture.

Jainism is an ancient religion from India that teaches that the way to liberation and bliss is to live lives of harmlessness and renunciation. The essence of Jainism is concern for the welfare of every being in the universe and for the health of the universe itself. The supreme principle of Jain living is non-violence (*ahimsa*). Jains believe that animals and plants, as well as human beings, contain living souls. Each of these souls is considered of equal value and should be treated with respect and compassion. Jains are strict vegetarians and live in a way that minimises their use of the world's resources. Jains are divided into two major sects; the *Digambara* (meaning "sky clad") sect and the *Svetambara* (meaning "white clad") sect.

Jains typically are strict vegetarians and often adhere to a quite arduous practice of non – violence, which restricts the sorts of occupations they may follow (no farming, for instance, since insects are inadvertently harmed in plowing). Jainism's ethical system is based on the idea that right faith, knowledge, and conduct must be cultivated simultaneously.

Parsis are people who have their original homeland in Central Asia in part in North – Eastern Iran, Northern Afghanistan, and in part in three Central – Asian republics of Tajikistan, Turkmenistan, and Uzbekistan. According to the *Qissa – i – Sanjan*, the Parsis fled to India 8th century from Central Asia. According to the *Qissa*, then they moved by sea in seven ships to India. The first group landed in Diu from Bushehr and then they scattered in many directions like Gujrat and Mumbai. It is also said that since they were traders, they migrated to India in seek of new venue for their trade. In Gujrat they were mainly based in Sanjan, Nausari, Godareh – Ankleswar, Broach and Cambay. From the 16th century, Surat became a major centre of trade, and more and more Parsis migrated to this town. Later in the 17<sup>th</sup> century Many parts of Bombay (presently) Mumbai was inhabited by these refugees. The first record of a Parsi, named Dorabji Nanabhai, settling in Bombay dates from 1640. In 1673, the British handed over a piece of land in Malabar Hill to the Parsi community for the establishment of their first *Dakhma*, *Tower of Silence*. In 1837, a second large wave of migrations to Bombay followed a huge fire in Surat. Today, more than 70% of all Parsis live in Bombay. Parsi cuisine is shaped by history. The cuisine of the followers of the Zoroastrian faith, one of the oldest religions in the world, is culled from two ancient cultures the Persian and the Indian. The unusual historical background gives Parsi food a unique flavour.

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## 5.2 OBJECTIVES

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After learning this unit the learners will be able to understand:

- Geographical Perspectives
- Brief Historical Background of the Madhya Pradesh, North Eastern states, Jain and Parsi foods

- Climatic conditions of the states
- Agriculture and Staple Food
- Characteristics & Salient Features of the cuisine
- Equipment and Utensils Used
- Specialties during Festivals and Other Occasions
- A few representatives dishes of the states
- Home style and Dum cooking
- Few representative dishes of these styles

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## 5.3 MADHYA PRADESH

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The cuisine of Madhya Pradesh will be discussed under the following sub – sections:

- Geographical perspectives
- Brief historical background
- Culture and traditions of the people of Andhra Pradesh
- Climate of the state
- Agriculture and staple food of the people
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals and other occasions of the state
- Community foods served during occasions
- A few representatives dishes of the state

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### 5.3.1 GEOGRAPHICAL PERSPECTIVES

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As its name implies—*Madhya* means “central” and *Pradesh* means “region” or “state”—it is situated in the heart of the country. The state has no coastline and no international frontier. It is bounded by the states of Uttar Pradesh to the northeast, Chhattisgarh to the southeast, Maharashtra to the south, Gujarat to the southwest, and Rajasthan to the northwest. The Narmada is the longest river in Madhya Pradesh. It

flows westward through a rift valley, with the Vindhya ranges sprawling along its northern bank and the Satpura range of mountains along the southern. Its tributaries include the *Banjar*, the *Tawa*, the *Machna*, the *Shakkar*, the *Denwa* and the *Sonbhadra* rivers. The Tapti River runs parallel to Narmada, and also flows through a rift valley. The Narmada–Tapti systems carry an enormous volume of water and provide drainage for almost a quarter of the land area of Madhya Pradesh. The Narmada river is considered very sacred and is worshipped throughout the region. It is the main source of water and acts as a lifeline to the state. The Vindhya and Satpura ranges and the Narmada are the traditional boundary between the north and south of India. The highest point in Madhya Pradesh is Dhupgarh, with an elevation of 1,350 m (4,429 ft). The capital is Bhopal, in the west – central part of the state. Madhya Pradesh is home to ten National Parks; Bandhavgarh National Park, Kanha National Park, Satpura National Park, Sanjay National Park, Madhav National Park, Van Vihar National Park, Mandla Plant Fossils National Park, Panna National Park, Pench National Park and Dinosaur National Park, Dhar.

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### 5.3.2 BRIEF HISTORICAL BACKGROUND

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Historical record reveals the fact of it being ruled by a number of famous empires of India. The empires included the Mauryan Empire to the Mughals and later off course by the British. During the rule of the Mughals, famous musician *Tansen* of Madhya Pradesh used to be the official singer of the Mughal Samrat Akbar's court. There are many interesting legends and folklore related to Tansen and Birbal in the court of Akbar. Madhya Pradesh is also the homeland of *Kalidasa*, the famous immortal Indian poet and dramatist. The innumerable monuments, carved temples, stupas, forts and palaces on hilltops signify the aesthetic sense of the empires and kingdoms, of great warriors and builders, poets and musicians, saints and philosophers. In the earlier times influence of religions like Hinduism, Buddhism, Jainism and Islam are still evident in the historical places here. Dynasties like that of *Sungas*, *Andhras*, *Satavahanas*, *Ksaptrapas*, *Nagas* and last but not the least the *Guptas* ruled over this place. During and after the tenth century different regions of the state were ruled by different dynasties like *Chandellas*, who ruled in Khajuraho, Muslims in Gwalior and the *Holkar* in Indore etc.

British dominion extended to Madhya Pradesh with the fall of Marathas and most of its regions became princely states of British India. However, after independence, it attained the true stature of an Indian state in 1956. The states of *Madhya Bharat*, *Vindhya Pradesh* and *Bhopal* were incorporated into the state and the southern region of Vidarbha was conceded to the Bombay state. It emerged as the largest state in India, with Bhopal as the capital. Madhya Pradesh was given the status of a full – fledged state with effect from 1st November 1956. In November 2000 the southeastern region of the state was carved out to form the new state of Chhattisgarh.

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### 5.3.3 CULTURE AND TRADITIONS OF THE PEOPLE OF MADHYA PRADESH

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The population of Madhya Pradesh consists of a number of ethnic groups and tribes, castes and communities, including the indigenous tribals and relatively more recent migrants from other states. The scheduled castes and the scheduled tribes constitute a significant portion of the population of the State. The main tribal groups in Madhya Pradesh are *Gond*, *Bhil*, *Baiga*, *Korku*, *Bhadia (or Bhariya)*, *Halba*, *Kaul*, *Mariya*, *Malto* and *Sahariya*. Dhar, Jhabua and Mandla districts have more than 50 percent tribal population. In Khargone, Chhindwara, Seoni, Sidhi, Singrauli and Shahdol districts 30–50 percent population is of tribes. Hindi is the official language of

Madhya Pradesh and it is the widely spoken. Madhya Pradesh is not only the geographic heart of India, but can also be termed as the cultural and religious nucleus of the country. The term 'diversity' gets best expression in the place. In fact, the people of the state provide the first glimpse towards its multi – faceted culture. It conjoins people, belonging to different religions, castes and communities.

Apart from Hindi, the languages of Bundeli, Bagheli, Nimari, Marathi, Sindhi, Urdu, and Malwi are the commonly spoken regional dialects. There are several other dialects which are spoken.

In fact, its culture reflects the superb past which was also very famous during the Mauryan and Mughal empires. Attractive monuments and architectures are indication to this reality. Four sites in Madhya Pradesh have been declared World Heritage Sites by UNESCO: the *Khajuraho Group of Monuments (1986) including Devi Jagadambi temple, Khajuraho, Buddhist Monuments at Sanchi (1989) and the Rock Shelters of Bhimbetka (2003)*. Truly speaking, the cultural traditions of Madhya Pradesh are the result of the amalgamation of tribal lifestyles and rich historical past. To understand the true culture of Madhya Pradesh you need to take into consideration its festivals, music and dance, lifestyle and cuisine. All these combined together bring a picture perfect of the Madhya Pradesh culture.

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#### 5.3.4 CLIMATE

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Madhya Pradesh, located in the geographic heart of India, is a land of varied topography. From hilly areas, dramatic ravines and forested plains to river basins, the place clasps myriad facets of nature in its lap. Moreover, with a land that extends to an area of about 3,08,144 sq km, climatic discrepancies and differences are noticed amongst its various regions. In the following lines, we offer you complete information on the weather of Madhya Pradesh.

Madhya Pradesh experiences severe atrocities of the summer season. As the state falls in the Central Region of India and is located at a considerable distance from the sea, summers here are very extreme. The mean maximum temperature rises to around 42.5°C in the northern region. However, in most of the places, the mean maximum temperature remains around 35°C to 40°C. With the onset of June, the temperature slowly declines. Monsoon begins towards the end of June and lasts till September. The place experiences frequent spells of rain that enlivens the whip – lashed land of the summer. Maximum downpour happens between the months of June and September, with a little rainfall during December and January, due to the low pressure build up in the atmosphere.

The average rainfall however varies from region to region. Unlike the scorching summer heat, winters in Madhya Pradesh remains extremely pleasant and bracing. The end of the monsoon season acts as the harbinger of the winter months. Between the months of November and February, it is winter season and it is in fact, the best time to plan a trip to the state. There is a sharp decline in the mercury level, especially during the months of December and January. The severity of the winters is generally experienced more in the northern regions of the state. The average winter temperature in the state ranges from 10°C to 27°C.

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### 5.3.5 AGRICULTURE AND STAPLE FOOD

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Agriculture and Cattle farming are the main occupations of the people of Madhya Pradesh. Three – fourth of the population here is dependent on agriculture or agro related activities for its livelihood and it is this uniformity that keeps society threaded together. The major source of income for the people comes from the rearing of livestock. Apart from the main agricultural practices livestock farming is also a subsidiary occupation. Though dairy farming is carried out, the production of milk is not sufficient. Some of the other commercial crops grown are maize, soybean, cotton, sugarcane and some oil seeds like sesame. The people cultivate jowar (sorghum), rice, wheat, rapeseed and some varieties of coarse millets.

Wheat, jowar and maize form the most staple food of the people of Madhya Pradesh. Vegetables and protein rich lentils like arhar dhal are a must in their daily meal. Wheat cakes popularly known as *Bafla* are a traditional food of the people where they dip it in ghee and eat with peppery lentil broth. The people of Madhya Pradesh have sweet tooth which is very clearly reflected in their food habits. Popular sweet delicacies are *Jalebi*, *Kusli* and *Cashew Burfi*. Because of the abundance of milk in this state, there are lots of dairy – based sweets which are included in the cuisine of Madhya Pradesh. A meal is not full for them without desserts and traditional mithais. Heavy meals are also accompanied by fruits like mangoes, watermelons, custard apples, bananas, papayas and guavas. The people living in the wetter south and east prefer rice and fish. The people of Bhopal are generally known for their spicy dishes made of meat and fish like Rogan Josh, Korma, Keema, Biryani Pilaf and Kababs.

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### 5.3.6 CHARACTERISTICS AND SALIENT FEATURES OF CUISINE

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Apart from being home to various monuments, forts, temples and lively bazaars, Madhya Pradesh also offers different variety of Cuisines which differs from region to region and offer vegetarian and non – vegetarian food. They have various influences owing to its cultural and historical legacy.

**Bundelkhand** – The hilly region is now divided between the states of Uttar Pradesh and Madhya Pradesh, with the larger portion lying in the latter state. In Bundelkhand the cuisine is not just influenced by historic rulers and their preferences but also by Uttar Pradesh influence, geographical and climate conditions. The traditional dish called *Bara*, made from split black lentil dumplings, soaked in buttermilk, tempered with mustard seeds and served with crushed sugar. The other cuisine which needs a special mention here is *Meeda* which is made from the tiny pieces of gram flour fried in oil and cooked in thin tomato based gravy. For less spice lover *Maheri* (slow cooked broken wheat with buttermilk) is a bit like khichdiis preferred. For non – veg lovers, Bundelkhand offers some un – matched traditional cuisines including *Murar Ke Kebabs*, *Kodu Til Ka Baat* (rice with black sesame), *Bundeli Gosht*, *Kadakhnath Murgha*, and *Keeme Ki Tikki*. Interestingly, *Kadakhnath Murgha* is also known as '*Kali Masi*' because of its dark colour. It is one of the varieties of chicken, mainly found in the areas of the Madhya Pradesh. *Gakkad Bharta*, a kind of Bati, i.e. fried and hardened cake made of pulses in ghee, is also special in the Bundelkhand region and it is often savoured with Baigan Bharta or thick spicy daal. *Ras Kheer*, *Kalakand*, *Dudh – Khurchan* and *Lapsi* are among the yummiest sweet dishes to give a shot! A traditional dish which needs a special consideration here is *Anarsa*, it's a deep fried sweet dish made from rice flour and Jaggery.



**Mahakaushal**– also known as Mahakoshal, is the south – eastern region of Madhya Pradesh. It lies in the upper reaches of the Narmada River Valley. The eastern Satpuras and the districts of Jabalpur, Dindori, Mandla, Seoni and Balaghat come under the Mahakaushal region. Jabalpur is the most important town in the region. The Mahalkhoshal Cuisine being situated in the upper eastern valley of the Narmada is influenced by a number of factors like British history, topography of the region and the available resources. The cuisine has seen the marks of Mughlai style, Rajasthan recipes, Gujarati and a tribal style of cooking. Jabalpur cuisine is said to be rich, spicy and creamy but it offers several delicious food items such as Kebabs, *Bhutte Ki Kees*, *Gakkar Bharta*, *Peas* and *Carrot Pilaf*, *Bhaji Wada*, *Dal Mangode*, *Aloo Bonda*, – that will surely pamper taste buds and appetite, but it has evolved with time to suit modern taste while retaining much of its authenticity. Sweets in Jabalpur's local delicacy include *Doodh ka Halwa*, *Kalakand*, *Khoye ki Jalebi*, *Mawa – Bati*, *Khoprapak*, *Shrikhand*, *Malpua*, *Imarti* and *Makkhanvada*. *Khoye ki Jalebi*, which is quite popular in Madhya Pradesh, was invented by Harprasad Badkul in 1889 at his shop, Badkul Halwai. Other local dishes include *Gakkad Bharta*, *Dal Bafla*, *Bhutte ka Khees*, *Rogan Josh*, and *Poha*.

The Madhya Bharat cuisine is influenced of all the different characteristics like influx of the locals from neighboring states and the British cuisine. Bhopal, the State capital being the prominent city of this region, so the cuisine of this region is broadly called Bhopali cuisine.

The cuisine has a strong Muslim influence as well as adaptations from the Marwari culinary culture. For non – vegeterainian this region is called “*Meat Lovers Paradise*”; the *Sheek Kebab* made of mince lamb, fresh mint, curry paste, green chillies etc., the Keema Pulav, the Chicken or *Mutton pilaf* are just what you need apart from *Paya soup*, *Bun Kebab*, *Nalli Nihari* etc. However, what is sure to steal the spotlight is the “*Bhopaali Paan*.” The cuisine is dominated both by Muslim and Hindu styles of cooking. Each dish has been perfected for years together now. *Bafla* – Bafla is a wheat cake made of refined flour or Maida and is dunked in a lot of ghee is the signature dish of this region.

**Malwa cuisine** is one of the most popular among Bundelkhand, Mahakoshal, and Gwalior based gastronomies. Malwa food is a blend of Gujarati, Maharashtrian and Rajasthani delicacies. Initially, Jowar and wheat is being used as a staple food. The regional savours, a very popular food of Malwa is *Bhutte ka kees* which is prepared from grated corns and later cooked in ghee, milk and spices. Some of the well – known Malwa dishes also includes *Palak Poori* and *Aloo Sabji*, *Matar Pulao*, *Dal Bafla*, *Papad ki Sabji*, *Sabudana Khichdi*, *Gosht Korma* and *Chakki Ki Shak*. The savouris here are outstanding, be it varieties of Namkeen and Chaat.

Nimar being in the southwestern region of Madhya Pradesh is influenced by Maharashtrian cuisine. The cuisine is hot and spicy like *Palak puuri*, *kebabs*, *Biryani*, *Pilaf*, *Baflas*, *Kulsi* etc.

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### 5.3.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

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|---|---------------|--|
| 1 | Aam Ki Launji | Mango Chutney goes very well in Gwalior with every meal. However, this sweet and sour chutney (made with raw mango, spices and little bit sugar) is majorly consumed in the households during summers. |
|---|---------------|--|



- 2     Batla kachori     While kachoris are popular all over the country, in Indore it's stuffed not with spiced lentils, but with batla (green pea). The best place to have it is Vijay Chaat House, started in 1969 by Dayashankar Thakar of Surat. Their flagship shop D Harishankar Dhanjibhai Bhajiyawala has been running in Surat since 108 years!
- 3     Bedai     a popular Gwallior street food, wheat flour based bread stuffed with spiced lentils and served with a spicy potato curry.
- 4     Bhopali     Gosht     As by the name of the dish it is clarified that is made up of  
Korma     Ghost that is meat. It is a dish of Maharajas and Rajas; they mostly prefer it in parties and jashans. The Bhopali Ghost Korma originated from the capital of Madhya Pradesh that is Bhopal. It is made in the spicy gravy of Indian spices and served hot with the butter roti and sliced onions. The dish is very rich in spices; the main thing of the dish is its spiciness.
- 5     Bhutte Ka Kees     This dish mainly comprises of corns. Grated corns are well – cooked with spices and skimmed milk which adds a slightly sweet taste to the dish. Mustard seeds and green chillies are further added to enhance the taste of this authentic cuisine of Madhya Pradesh.
- 6     Carrot     Peas     The sweet, simple and healthy dish of all time is the Carrot  
Pulao     Peas Pulao. It is made up of Basmati rice Carrot and Peas. It is generally served with dal makhani or dal fry. It is the simple dish gets ready in 10 to 15 minutes. The Basmati Chawal is soaked for some time and then it is boiled.
- 7     Chakki Ki Shak     Chakki ki Shak is a dish which has got its influence from Rajasthani cuisine. The dish is prepared with steamed dough which is later added to the gravy which is prepared with different kinds of Indian spices. The dish is best complemented with a bowl of curd and is fondly eaten in the whole of Madhya Pradesh.
- 8     Daal Bafla     Bafla is a delicious treat of the wheat balls. It is boiled in water and then grilled over dung cakes on an iron griddle and then dipped in ghee. It is served as a thali meal in which there are certain dishes such as dal, kadhi, *aloo sabzi* and chutneys of garlic and coriander.
- 9     Dal – paniya     Corn is also used to make paniya or maize flour cakes, sandwiched between aak ka patta (leaves of *Calotropis gigantea*) and cooked on an open fire of dried cowpat. Best enjoyed at Hotel Gurukripa in Mandu, paniya is slightly bigger and flatter than a bafla, but served with the same accompaniments – dal, sabzi. onion and chutneys.

- 10 Daraba Burhanpur's signature sweet, though not so well known outside, is daraba, made of sugar, semolina and ghee whipped together into a fluffy consistency. The word daraba could be derived from the act of beating. Some say that it was served in the Mughal court of Burhanpur and from 'darbar'; the name 'daraba' was derived.
- 11 Garadu A type of a tuber from the yam or sweet potato family. Cut into cubes and deep fried, it is sprinkled with chaat masala and a dash of lime before being devoured by locals.
- 12 Jalebi The dish is prepared with utmost love in wheat flour, fried and then soaked in sugar syrup. The crisp taste of this sweet dish will revive your love for the most popular dish of Madhya Pradesh.
- 13 Kadaknath Another local specialty is a sooty country chicken called 'Kadaknath' endemic to the region. Charcoal black in colour, its blood is believed to be just as dark with even its skin tone being purple – grey.
- 14 Kadhi – fafda Another Gujarati touch, fafda (chickpea flour crackers) is typically served with kadhi or buttermilk based curry. Locals swarm shops like Shri Balaji Chaat Corner in Indore, dipping their fafdas in the tangy curry and biting into fried green chilis!
- 15 Kopra patties It is a desi style of Patties. Kopra patties are like the stuffed potato balls. The stuffing of Kopra Patties is made up of coconut and potato. The different taste is of coconut. It is served hot with the green chutney of dhaniya. The stuffed balls are dipped in the besan flour and deep fried in olive oil. It is well known street food of Madhya Pradesh.
- 16 Maande Roomali roti of Khandwa region. A crepe with a thin filling of sugar, ghee and khova, it is whirled like a roomali, baked on an upturned tava and folded like a rectangular dosa.
- 17 Malpua Malpua is majorly prepared with flour, fried in ghee and then dipped in the sugar syrup to add the taste that will make you crave for the dish again and again. The dressing of some saffron can further enhance the taste of this dish. Malpua is best served with rabdi for a complete treat.
- 18 Mawa bati It is probably one dish that defines the sweet dish palate of Madhya Pradesh. It is prepared with mawa dough which is mixed with rich dry fruits. After deep frying the mawa dough balls, the dish is well – soaked in the sugar syrup to add the sweetness in the dish.

- |    |                     |   |
|----|---------------------|---|
| 19 | Murgh<br>Bhopali    | razala Creamy chicken dish from Bhopal, cooked in yoghurt, coconut, cream and cashew nut paste, finished with silver leaf. Goes best with roomali roti.   |
| 20 | Palak puri          | Palak Puri is very fondly eaten as a breakfast meal and it is best served with aloo sabzi and raita for a perfect lunch meal. Palak Puri is prepared with wheat dough mixed with grind spinach leaves and some spices to get the best taste.  |
| 21 | Papad ki sabzi:     | It is made up of the roasted or fried papad. It contains the ingredients like tomato, onion and Indian spices. The papad ki sabzi can get ready in 10 minutes. It is the dish served hot any time in few minutes. It is low celestrol sabzi because the roasted papad get mixed with the healthy tomato and the combo becomes great.                            |
| 22 | Poha                | Super light and super healthy cuisine which is fondly eaten in all the parts of our country is given to India by Madhya Pradesh. Poha is made with the flattened rice along with the well – cooked onions, tomatoes and is best savoured with green chillies, curry leaves and a bit of lemon.  |
| 23 | Sabudana<br>khichdi | Sabudana or pearl sago is used to make khichdi (though its consistency is not like porridge but drier like poha or upma). At Indore’s Sarafa bazaar, Sanvariya Seth mixes the sago pearls by hand, tossing in some chopped onions, coriander, chili, lime juice and sev.  |
| 25 | Seekh kebabs        | Seekh Kabab is a non – veg. recipe very much trendy in Madhya Pradesh. it is grilled and made up of the Keema, onion and Indian spices. It is very famous in the weddings which prefer non veg. It is like a snake to eat before the dinner and lunch.  |
| 26 | Sev                 | Sev is a savoury noodle – shaped snack made from chickpea flour paste seasoned with spices, sieved and deep – fried in oil. It is of varied thickness and is consumed as a stand – alone snack across MP or as a garnish on poha, mixtures or chaats like bhel puri and sev puri. Each region has its flavour variants – from Ratlami sev to finer Ujjaini sev. |
| 27 | Shikanji            | Refreshing Lemonade from Malwa made with lime, ginger juice and spices  |
| 28 | Shahi shikanji      | Shahi Shikanji or Indori Shikanjvi is a milk based cooling drink unlike the regular shikanji prepared with lemon and water. This Shikanji is famous across Madhya Pradesh in India especially Indore. It is made from thickened milk mixed with maska (obtained from hanging the curd or yoghurt) and flavoured with cardamom (elaichi) and saffron (kesar).    |

- 29 Sukhi sabudana Shukha Sabudana is the dish eaten in the fast it is falahari dish. It is different from sabudana Khichdi. The texture of the dish is very dry. The sabudana is soaked overnight because eat is difficult to soften it. It includes the ingredients like peanuts, aloo and green chillies and served hot to the person who keeps fast but it is so tasty and healthy so that those who do not have fast also eat it because it is delicious.



Batla kachori



Bedai



Bhopali Gosht Korma



Bhutte Ka Kees



Chakki Ki Shak



Daal Bafla



Daraba



Garadu



Kadhi - fafda



Kopra patties



Mawa bati



Sabudana khichdi

Few especiality dishes from Madhya Pradesh

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### 5.3.8 FESTIVALS AND OTHER OCCASIONS

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Madhya Pradesh emulates the festive fervor that runs through the veins of India. Bounded by five different states, this land of contrasts has absorbed a little culture and tradition from each, and yet has an identity wholly its own. This aspect is most evident in its festivals. While Madhya Pradesh also celebrates pan – Indian festivals such as Holi, Dussehra, Id and Diwali with fervour, there are several festivals, both religious and cultural, which are exclusive to the state. It is the tribal fairs and festivals of Madhya Pradesh which are a celebration of the cultural lifestyles of the colorful tribes of the place.

#### **Pachmarhi Festival**

This is one of the famous festivals in Madhya Pradesh. The celebrations go on for about 6 days. The festival starts around December 25th and ends around New Year. It showcases the folk arts of the country and artisans sell their products to preserve the rich cultural heritage. Several craft fairs and exhibitions are hosted during this time. The major and famous attraction is the Shivratrimela experienced around this time.

#### **Khajuraho Dance Festival**

Khajuraho dance festival is another important festival of Madhya Pradesh. It is organized by the Madhya Pradesh Kala Parishad. The Khajuraho Dance festival is a full seven – day dance festival. This is among the most important cultural events where all the locals, tourists, and even celebrities flock to and experience the grand performance of some of the renowned cultural talent.

#### **Chetiyagiri Vihara Festival**

The Chetiyagiri Vihara festival is celebrated with much grandeur in the state. This is during the late months of the year around November. The Chetiyagiri Vihara festival is held in Sanchi, it is a one – day celebration related to the Buddhist principles and norms. As thousands of Buddhist monks and saints flock to Sanchi to attend this festival, the relics of Buddha's two disciples are worshiped and viewed here.

#### **Tansen Music Festival**

Tansen music festival is well known in the Indian subcontinent due to the participation of renowned musicians and singers from all over the country contributing to this event. This goes back to the days of Akbar when Tansen was one of the nine jewels in Akbar's court. Tansen was buried in Gwalior and hence this is the reason why this festival which is a cultural musical event takes place in Gwalior, MP.

#### **Lokrang:**

Lokrang, a popular five – day festival, begins every year on 26th January. Organised by the **Madhya Pradesh Adivasi Lok Kala Academy**, it is a celebration of the traditions and cultural practices of Madhya Pradesh. The highlights are tribal and classical dances, performance arts and exhibitions.

#### **Kumbh Mela**

Regarded as one of the seven sacred cities in the Hindu canon, Ujjain hosts the world – famous Kumbh Mela every 12 years. River Shipra in Ujjain is believed to be a holy place wherein a dip in this river will wash away all the sins made by man. Kumbh Mela celebrations go on for a month between April to May. The last time Kumbh Mela took place was in 2016 in Ujjain.



**Bhagoria Haat Festival**

Celebrated amongst the tribal communities of Madhya Pradesh, the Bhagoria Haat festival is celebrated during the end of harvest season. In this festival, young boys and girls are allowed to choose their life partners and elope, while their parents have no say in their choice.

**Dussehra**

This is another main festival of Madhya Pradesh. This state celebrates Dussehra in a grand manner. This festival is celebrated for 10 days. It is related to the mythological story of Lord Rama who was exiled and the festival celebrates his return. It is because of this that during Dussehra an effigy is made of King Ravana and set on fire symbolizing the victory of good and the destruction of evil.

**Rang Panchami**

Ranga Panchami is celebrated five days after the colourful festival of Holi in western Madhya Pradesh. It is observed on the 'Panchami' i.e. the fifth day of the Krishna Paksha, the waning phase of the moon during the Hindu month of 'Phalgun.' Ranga Panchami is also celebrated in a colourful manner and is marked by throwing 'Gulal' and splashing of coloured water. As per the legend, it is believed that 'Holika Dahan' or the fire which is lit during Holi purifies all the rajasic as well as tamasic particles that are present in the atmosphere. It creates a pure aura in the surroundings and fills the atmosphere with tremendous positivity. This ceremony also involves invoking several deities through the medium of colours.

**Deepawali**

A visit to the heart of India during the Diwali festival is an unexpected and delightful experience. Like other states in India, the festival is celebrated with zeal and vigor in Madhya Pradesh. Every Nook and corner of Madhya Pradesh is illuminated with colorful lights creating a kaleidoscopic against the backdrop of the dark sky. Madhya Pradesh is home to India's largest tribal population. In some parts of the state, the traditional tribal festival is performed to mark the commencement of the festival.

**Malwa Utsav**

Malwa Utsav is one of the biggest, largest and most spectacular events in Madhya Pradesh. Dance and music performances are the most integral part of the festival. Performers from different parts of the world come to Indore & Ujjain to be part of this spectacular celebration of art, music, dance, drama and culture. One can even say that the festival is the storehouse of culture and dance. In the festival, one can see the rich amalgamation of different cultures and tradition coming together to form a spectacular event. In-additions, the festival exhibits art and craft material. One can also savour delectable delicacies at the event.

**Bundeli Utsav**

Bundeli Festival is a cultural festival to promote the Bundeli (Bundelkhandi) folk arts, held in village Basari, tehsil Rajnagar, District Chhatarpur, Madhya Pradesh, India, every year during the spring season for seven days starting from Basant Panchmi. It is organized by Bundeli Vikas Sansthan, an NGO with a mission to perform various social activities and promote Bundeli culture, with the help of Government of Madhya Pradesh's Department of Culture and Madhya Pradesh State Tourism Development Corporation. Various competitions on folk arts, folk dances, folk songs, food festival, traditional games and archery events are



organized during this festival. A large number of participants from all eastern districts of Madhya Pradesh take part in these competitions.



Bhagoria Haat  
festival



Bundeli Utsav



Chetiyagiri Vihara  
festival



Deepawali



Dusshera



Khajuraho Dance  
festival



Kumbh Mela



Lokrang festival



Malwa Utsav



Pachmarhi Festival



Pachmarhi Festival



Tansen Music  
Festival

### Festivals of Madhya Pradesh

## 5.3.9 A FEW DISHES FROM MADHYA PRADESH CUISINE

### 1. Bafla

Ingredients

For the bafla

- Wheat flour – 2 cups

- Maize flour – ¼ cups
- Ghee – ½ cup
- Cumin seeds – 1 tsp
- Ajwain – 1/4 tsp
- Salt – to taste

For the dal

- Toor dal soaked – 1 ½ cup
- Red chili powder – 1 tsp
- Mustard seeds – ½ tsp
- Sugar – 1 tsp
- Turmeric powder – ½ tsp
- Desi Ghee – 1 tbsp
- Chopped coriander leaves – 2 tbsp
- Asafoetida – a pinch
- Salt – to taste

Method –

For the bafla

- In a large bowl, mix all the ingredients together to make a stiff dough, adding a little water at a time.
- Divide the dough into smaller balls, and roll them using your palms to make them smoother.
- Bring water to a boil in a large pan. Add salt and turmeric, and then cook the dough balls till they float on the surface. Place them on a kitchen towel to drain excess water.
- Once they are dried, bake them in the oven at 150 degree C for till crisp and golden on both the sides.

For the dal

- Pressure cook the dal in 3 ½ cups of water for 3 whistles, by adding salt and turmeric powder. Let the steam escape and then add the hing and stir well. Add a little water if it is too thick, and bring to a boil.
- Meanwhile, heat ghee in a pan, add mustard seeds and let it splutter.
- Add red chilli powder, and quickly pour this tadka in the boiling dal. Add sugar and remove from the flame. Finish with coriander leaves.
- Place two baflas on a plate, crumble them using your fingers, add a tsp of ghee, and pour the dal on top.

## 2. Bhutte Ka Kees

### Ingredients-

- Medium Fresh corn cobs – 5
- Oil/ghee – 4 tbsp
- Cumin seeds – ½ tsp
- Asafoetida – 1/8 tsp
- Ginger paste – 2 tsp
- Green chilli paste – ½ tsp
- Salt – ½ tsp
- Milk – 1 Cup
- Coriander , finely chopped – 1tbsp
- Coconut , grated – ½ cup

Method –

- Grate four of the corn cobs and cut the other into tiny pieces.
- Heat the oil/ghee in a pan and add the cumin seeds, asafoetida and ginger paste.
- When ginger is a very light brown add the corn, chilli paste and salt.
- Add the milk slowly, stirring all the time, and bring to a boil.
- Simmer for a couple of minutes or till corn is cooked.
- Serve hot, garnished with coriander leaves and grated coconut.

### 3. Bhopali Gosht Korma

Ingredients-

For masala paste:

- Chopped onions - 2
- Coriander seeds 1 tsp
- Cumin seeds 1 tsp
- Mace (javitri) 1 tsp
- Cloves 4-5
- Cinnamon- ½ inch
- Green cardamoms-4
- Big cardamoms-2
- Black peppercorns- ½ tsp
- Bay leaves 2-3
- Cups of curd- 1½
- Grated nutmeg – a pinch

For the gravy

- Mutton- ½ kg
- Oil 3- 4 tbsp
- Water 2-3 cups
- Deghi mirch powder- 1 tsp
- Red chilli powder- 1 tsp
- Chopped ginger - 2 ½ tsp
- Chopped garlic - 1 tsp
- Kewra water- 2 tsp
- Salt - to taste
- Ginger juliennes - for garnishing

Method-

- Boil the mutton in water and salt till almost cooked. Reserve the water to use as stock.
- Grind all the ingredients for masala paste together. To this paste add deghi mirch and red chilli powder. Mix well.
- Heat the oil and lightly brown the ginger. Add the boiled mutton and cook till it turns golden brown.
- Add the masala paste and the stock coating the meat well to form a thick gravy.
- Sprinkle the salt, garlic and the kewra water.
- Let it simmer for 30 minutes. Garnish with ginger juliennes and serve.

### 4. Daal Bafla

Ingredients-

For bafla

- Wheat flour / atta-1¾ cup
- Rava / semolina / suji, fine-¼ cup
- Ghee / clarified butter-3 tbsp
- Turmeric / haldi-¼ tsp
- Ajwain / carom seeds-¼ tsp
- Baking soda-¼ tsp
- Salt-½ tsp
- Water to knead
- Ghee for roasting

For dal

- Moong dal / green gram dal-½ cup
- Masoor dal / pink lentils-¼ cup
- Chana dal / bengal gram dal, soaked 30 minutes-¼ cup
- Water-3 cup
- Ghee / clarified butter-3 tsp
- Mustard-1 tsp
- Cumin / jeera-1 tsp
- Hing / asafetida- pinch
- Finely chopped onion-1
- Ginger garlic paste-1 tsp
- Slit green chilli-1
- Finely chopped tomato-1
- Turmeric-¼ tsp
- Kashmiri red chilli powder-½ tsp
- Garam masala-¼ tsp
- Salt-1 tsp
- Water-1 cup
- Finely chopped coriander-2 tbsp

Method-

- Firstly, in a large mixing bowl take 1¾ cup wheat flour and ¼ cup rava.
- Also add 3 tbsp ghee, ¼ tsp turmeric, ¼ tsp ajwain, ¼ tsp baking soda and ½ tsp salt.
- Now add water as required and knead the dough.
- Now pinch small ball sized dough and roll.
- Boil for 15 minutes, without disturbing.
- Drain off the bafla (boiled wheat dough) into a plate.
- Now in a tawa heat 2 to 3 tbsp off ghee and roast bafla until it turns golden brown.
- Finally, bafla is ready to be enjoyed with Rajasthani dal.

## 5. Daraba

Ingredients-

- Wheat-1 kg
- Semolina- 100 gm
- Ghee-1/2 or 3/4 kg
- powdered Sugar-1/2 or 3/4 kg
- Raisins, Almonds -to garnish ( optional)
- Gr. Cardamom powder – ½ teaspoon

## Method-

- At night, wash the wheat and soak in water for 10 minutes. Strain to remove the water. Wrap it in a thick towel. The wheat should be little moist only.
- Next morning grind the wheat to fine powder.
- Sieve it 2-3 times. Any coarse aata to be discarded. The medium fine flour and the fine flour will be used. Measure the quantity of the fine atta so as to work out quantity of ghee to be used. The proportion of fine flour to ghee will be double. If we are using 4 cups of flour, then ghee will be 2 cups.
- In a thick bottom pan take 1½ to 2 cups ghee and let it heat up. Keep the flame low. Add the flour and keep on stirring it continuously. Stir fry for about 10-15 minutes till the colour of the flour changes to off white and the flour gives out aroma.
- Remove from flame and keep in a plate to cool down completely. Wipe the pan with clean cloth to remove flour totally.
- In the same pan add ½ cup ghee and add semolina. Fry it also for 10 minutes with constant stirring so that it does not burn. Remove and cool completely.
- Mix both aata and semolina on cooling and add powdered sugar. Sugar can be half of the flour quantity or bit more to adjust sweetness as per choice. Let it all stand for 3-4 hours. Later on, take this in a grinder jar and whisk for 1-2 minutes. The mixture will give out oil / ghee.
- Now, make ladoos from this mix. Add raisins, Almond slivers and elaichi powder while making the ladoos. If the ladoos do not bind properly, little bit of heated up ghee is added. This helps in bringing the mixture together so that ladoos can be formed.
- Store in air tight container.

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**CHECK YOUR PROGRESS – I**

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Q.1 What are the regions of Madhya Pradesh Cuisine, write the name of two dishes from each region?

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Q.2 Write a note on Bundelkhandi cuisine?

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Q.3 Write short note on Bedai ?

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## 5.4 NORTH EASTERN INDIA

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The cuisine of North Eastern India will be discussed under the following sub – sections:

- Geographical perspectives
- Brief historical background
- Culture and traditions of the people of North East India
- Climate of the state
- Agriculture and staple food of the people
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals and other occasions of the state
- Community foods served during occasions
- A few representatives dishes of the state

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### 5.4.1 GEOGRAPHICAL PERSPECTIVES

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Flanked by hills and with the mighty Brahmaputra river slashing a central path between its north and south, the North East is bounded by the States of Arunachal Pradesh, Sikkim, Manipur, Meghalaya, Mizoram, Nagaland, Tripura with Assam comprising the heart. Between Sikkim and Assam lie the Darjeeling, Jalpaiguri, and



Cooch Behar Districts of West Bengal. A narrow corridor in Darjeeling District is all that connects the Northeast to the rest of India, which is called 'chickens neck'. The region shares international boundaries with Bangladesh, Bhutan, China (Tibet), China and Myanmar .

The Northeast region can be physiographically categorised into the Eastern Himalaya, the Patkai and the Brahmaputra and the Barak valley plains. The region is covered by the mighty Brahmaputra – Barak river systems and their tributaries. Geographically, apart from the Brahmaputra, Barak and Imphal valleys and some flatlands in between the hills of Meghalaya and Tripura, the remaining two – thirds of the area is hilly terrain interspersed with valleys and plains; the altitude varies from almost sea – level to over 7,000 metres (23,000 ft) above MSL (mean sea level).Kangchenjunga, the third highest mountain peak in the world rising to an altitude of 8,586 m (28,169 ft), lies in – between the state Sikkim and adjacent country Nepal.

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### 5.4.2 BRIEF HISTORICAL BACKGROUND

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The earliest settlers may have been Austroasiatic languages and Tibeto – Burman languages speakers from Southeast Asia, followed by Tibeto – Burmese from China and by 500 B.C. Indo – Aryans speakers from Gangetic Plains. Due to the bio– and crop diversity of the region, archaeological researchers believe that early settlers of Northeast India had domesticated several important plants. Writers believe that the 100 BC writings of Chinese explorer, *Zhang Qian* indicate an early trade route via Northeast India. The *Periplus* of the Erythraean Sea mention a people called *Sēsatai* in the region, who produced *malabathron*, so prized in the old world.

In the early historical period (most of first millennium), Kamarupa straddled most of present – day Northeast India, besides Bhutan and Sylhet in Bangladesh. Xuanzang, a travelling Chinese Buddhist monk, visited Kamarupa in the 7th century. He described the people as "short in stature and black – looking", whose speech differed a little from mid – India and who were of simple but violent disposition. He wrote that the people in Kamarupa knew of Sichuan, which lay to the kingdom's east beyond a treacherous mountain. For many of the tribal peoples, their primary identification is with subtribes and villages, which have distinct dialects and cultures.

The northeastern states were established during the British Raj of the 19th and early 20th centuries, when they became relatively isolated from traditional trading partners such as Bhutan and Myanmar. Many of the peoples in present – day Mizoram, Meghalaya and Nagaland converted to Christianity under the influence of British (Welsh) missionaries.

In the early 19th century, both the *Ahom* and the *Manipur* kingdoms fell to a Burmese invasion. The ensuing First Anglo – Burmese War resulted in the entire region coming under British control. In the colonial period (1826–1947), North East India was made a part of Bengal Province from 1839 to 1873, when Assam became its own province. In 1926, it became a part of Pakokku Hill Tracts Districts of British Burma except Assam, Sikkim and Arunachal Pradesh until 1948, January 4.

After Indian Independence from British Rule in 1947, the Northeastern region of British India consisted of Assam and the princely states of Manipur and Tripura. Subsequently, Nagaland in 1963, Meghalaya in 1972, Arunachal Pradesh in 1975 (capital changed to Itanagar) (formed on 20 February 1987) and Mizoram in 1987

were formed out of the large territory of Assam. Manipur and Tripura remained as Union Territories of India between 1956 until 1972, when they attained fully – fledged statehood. Sikkim was integrated as the eighth North Eastern Council state in 2002. The city of Shillong served as the capital of the Assam province created during British Rule. It remained as the capital of undivided Assam until formation of the state of Meghalaya in 1972. The capital of Assam was shifted to Dispur, a part of Guwahati, and Shillong was designated as the capital of Meghalaya.

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### 5.4.3 CULTURE AND TRADITIONS OF THE PEOPLE

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North – East Indian people offer a colorful reflection of their land and traditional lifestyle. The Mongoloid faced people of this regions are very distinctive in characteristics of dress, customs and language. Major tribes of hills like Khasi, Garo and Jaintia are the people with very rich in culture and traditions and tribal people of valley's have religious beliefs, music, dance and arts. Lifestyle of North Eastern Indian states are vary from one place to other, people of states are divided into tribes and sub – tribes. Hill region tribes live a simple lifestyle as they inhabit in high mountains so hunting and fishing are the prime occupations. Agriculture and weaving are the two major occupations of the people in the plains.

The people of Assam are a mixture of Mongolian, Indo – Burmese, Indo – Iranian and Aryan origin and call themselves as ``*Asomiya*'' or ``Assamese'' and the language is also referred by the same. Assam has the largest number of tribes like *Boro* (or *Kachari*), *Karbi*, *Kosh – Rajbanshi*, *Miri*, *Mishimi* and *Rabha*, showing a very unique and great difference in their tradition, culture, dresses, and exotic way of life for the outsiders. Assamese also strictly adhere to such customs and traditions generated by their forefathers in occasions such as weddings, birth, festivals and even death pertaining to their community. The Assamese are very much attached to the bamboo culture, especially *Jaapi* which is more commonly known as the sunshade of Assam. This *Jaapi* or the bamboos are used by the Assamese to welcome special guests.

Most of the people of Arunachal Pradesh are Assamese and are of Tibeto – Burmese linguistic origin that follows a distinct culture. The tribes like *Daflas*, *Bangnis*, the *Monpas* adhered and followed the Buddhist ideals and Buddhist temples locally referred to as the '*Gompas*'. The *Miri* along with the *Daflas* and *Tagin* lived in the hills. The *Monpas* and *Sherdukpens* of *Tawang* and *West Kameng* districts follow the lamaistic tradition of Mahayana Buddhism. The temples of this area are always richly decorated. As a part of their tradition they mainly worship the nature deities and as their tribal custom they make animal sacrifices as offerings to their god. Of the total population Sikkim constitutes nearly 67% Nepalese, 16% Bhutias and 13% Lepcha. The people are nature worshippers and peace loving and follow Hindu and Buddhist religion. Even small festivals are celebrated with great enthusiasm and devotion, with lots of dance and music. The mask dance is very famous here and is performed by the monks in the temple during religious festivals.

The People of Manipur are popularly known as Manipuris and they fall under two main classes namely the *Bishnupriyas* and the *Meiteis*. Apart from these two main classes the land is inhabited by numerous tribes like *Pangal*, *Bhamons*, *Naga* and *Kuki*. Manipur being predominantly occupied by the tribal people, they have a strong belief in supernatural power that organizes and animates the material universe and thus their customs is molded out of superstitions. The people of Manipur mostly live as joint family with father being the Head.

The people of Meghalaya are *Garo* and *Khasi* tribes, who are Tibeto – Burman or Mon – Khmer in origin. The people of Meghalaya are physically, short, muscular and robust with fair complexion by origin and follow either Christianity, Islam, Buddhism and Sikhism. Mother is considered as the head of the family. Dance is an indispensable part of the culture of the people Meghalaya especially among the Khasi community. These dance forms depict the history or the life cycle of an individual or a village or a conglomeration of villages. These dance forms vary according to their regional taste but still portray a universal culture.

The people of Mizoram are popularly known as *Mizos*. The historical origin of the people of Mizoram is from the Mongolian race and distributed in the north– eastern part of the country centuries ago. The Mizo people are mostly Christians and scheduled tribes who follow a special code of ethics namely *Tlawmngaihna* which always keep them in a close knitted society which keep them intact and characterized by features like honesty, helpful, soft – natured, sociable, considerate and loving each other.

The people of Nagaland are generally known as Naga's and they constitute several groups of tribals occupying the North Eastern part of India and north – western Burma. These conglomerations of tribes mostly have identical culture and traditions and form the majority ethnic group in the Indian states of Nagaland, Manipur, Arunachal Pradesh and Assam. The people of Nagaland get their name Naga from the Burmese word "*Naka*" which means people of perforated ears to adorn themselves with big wooden plugs and other ornaments. Each tribal community has their own unique cultural features and various distinct languages like *Tibeto – Burman*, *Angami*, *Pochuri*, *Ao*, *Kukish*, *Sal* etc. One of the common languages spoken by the people of Nagaland is *Nagamese* and majority of them are Christians. The dance of the Naga's is an example for the proof of the vibrant and dynamic cultural traditions of the north eastern state of India.

The people of Tripura are mostly known as *Tripuris* and they are mostly tribes of Tibeto – Burmese origin. The people of Tripura show a diverse ethnicity with two major racial groups namely the Bengalese and Indo – Aryans by origin. So the cultures and traditions of these two are dominating in the state. Other communities include the *Reangs*, the *Jamatis*, the *Noatias*, the *Kukis*, the *Halams*, the *Chakma*, the *Mogh* and the *Lushai*.

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#### 5.4.4 CLIMATE

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Lying very close to the Tropics, North – East India displays, to a large extent, the character of tropical climate, especially in the valleys. The region has a monsoon climate with heavy to very heavy rains, confined within four summer months from June to September. The southwest monsoon is the main source of rain, and June is the rainiest month. There are three seasons in the area, winter, summer and rainy season, though rainy season, as in the rest of India, coincides with summer months. There is a climatic contrast between the valleys and the mountainous region. While the mean January temperature in the valley region of Assam is around 16 °C, the temperatures in the mountainous region of Arunachal Pradesh and Nagaland hover around a maximum of 14°C and a sub – zero minimum temperature. The summer temperatures in the plains vary between 30 and 33°C, while the hills have a mean summer temperature of around 20 °C with a mean minimum of 15°C. Nowhere in the region, there is heavy snow except in the higher parts of Arunachal Pradesh, like

west Kameng and Tawang areas. No part of North – East India receives rainfall below 1,000 mm. Shillong plateau with its southern limit marked by a 1,200 – m – high scarp overlooking the Bangladesh plain receives very heavy rains. *Cherrapunji*, situated on the top of the scarp, receives a mean annual rainfall of 11,465 mm. The average rainfall of Brahmaputra valley is around 2,000 mm with local variations. Guwahati, being in the rain shadow of the Meghalaya plateau, receives only 1,717 mm of rain. About 90 % of the rain is received during the southwest summer monsoon, and June is by far the rainiest month. The hilly areas of the region receive 2,000–3,000 mm of rain, though places like Kohima in Nagaland and Imphal in Manipur, because of their being in the shadow of the mountains, receive less than 2,000 mm of rains.

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### 5.4.5 AGRICULTURE AND STAPLE FOOD

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Agriculture is the main occupation of the people of the North Indian states which is by terrace farming, plain land farming and Jhum farming (involves cleaning a portion of the forest by cutting down and burning the trees and then sowing seeds on those areas with the help of poker). Agriculture in Assam includes cultivation of various crops like rice, different pulses, jute, tea, fruits, sugarcane, potatoes, cotton, oil seeds, coconut and areca nut. Shifting cultivation is mainly carried out in these hilly areas. The main fruits cultivated here include citrus, bananas, guavas, pineapples and mangoes. The people's revenue is by the forest area. Timber is a major product of the states' extensive forests and bamboo is another product, bringing Assam substantial revenue and adding to its wealth. Assam is rightly known for its excellent tea which is one of the major cash crops. Assamese are not only known for the production of silk material but also for weaving. Production of *tusser* and other silks and weaving of fabrics is an important occupation for a number of people. There are also industries for food and wood products.

Agriculture in Arunachal Pradesh is through Jhum cultivation. Rice being the staple food, some other major crops are paddy, millet, wheat, pulses, potatoes, sugarcane, oilseeds, and maize apart from few endemic vegetables such as sweet potatoes, brinjal, ginger, chillies, pumpkin, cucumber, and local cow pea. The fruits that are cultivated include pineapple, apple, oranges, lemon, lichi, papaya, banana, plum, guava, cherries, peach walnut, and almond.

Sikkim's economy is based predominantly on agriculture, with the sector engaging more than half of the working population. Corn (maize), rice, buckwheat, wheat, and barley are produced in terraced fields along the valley flanks. Beans, ginger, potatoes, vegetables, fruits, and tea also are grown. Sikkim is one of the world's principal producers of cardamom. *Gundruk*, a fermented leafy green vegetable and a popular food in Sikkim, is served as a side dish with the main meal and is also used as an appetizer. Gundruk is an important source of minerals, particularly during the off – season when the diet consists of mostly starchy tubers and maize, which tend to be low in minerals.

Many of Sikkim's farmers also raise livestock, including cattle, pigs, sheep, goats, and poultry. Cattle and buffalo are limited mainly to the subtropical humid belt, while yaks and sheep are herded in the higher elevations in the north.

Apart from agriculture and forestry are the main sources of income of the people of Manipur. Rice is the major crop, and the rich soil also supports corn (maize),

sugarcane, mustard, tobacco, orchard fruits, and pulses. Terracing is common in the hills, where the farmers plow the ground with hand hoes. Among some of the hill tribes, domestic animals are kept only for meat and are not milked or used for hauling. Teak and bamboo are major forestry products. The Nagas are known to use intoxicants to catch fish.

The main food crops that are an essential part of agriculture around Meghalaya are rice and maize. Among the horticultural ones, pineapple, banana, lemon, Litchi, Jack fruits, plum, peach, Guava, Pear, etc, are the most important. The cash crops that have added value to agriculture of Meghalaya are tezpatta, jute, rapseed, black pepper, potato, mustard, cotton, areca nut, ginger, etc. among the non – traditional crops, mushroom, cashew nut, wheat, tea, oilseeds, etc. contributes mainly to the agricultural revenues of the state.

About 60 percent of the people of the Mizoram engaged in agricultural activities. The Jhum is the main pattern of cultivation. Maize, rice, cotton, vegetables, ginger, turmeric pineapple, banana, passion fruit and orange are the main food crops. In Nagaland agriculture employs about nine – tenths of the population. Rice, corn (maize), small millets, pulses (legumes), oilseeds, fibres, sugarcane, potato, and tobacco are the principal crops. Jhum, terrace and irrigation techniques are applied. In Tripura, people rice, jute, tea, rubber and cotton as the major crops. The other crops grown by the people include oilseeds, pulses, potato and sugarcane. Tree farming and other horticulture as well as fish farming are practiced.

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#### 5.4.6 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

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The people of Assam are basically rice eaters for they grow different varieties of rice. Most of their meal will be complete which includes rice, lentils, fish curry, meat curry, herbs and vegetables. A variety of rice is included in their diet, cooked (roasted, grounded, boiled or just soaked) and consumed in various ways. Using little amount of spices, cooking less over fire and adding strong flavors are the cooking habits of Assamese. Fish is also eaten in the fried form. Meat dishes include varieties like pork, mutton and birds like ducks and pigeons. Another favorite combination can be *loocho* (puffed fried bread), a curry which can be vegetarian or non – vegetarian, and *asar* (pickle). Any traditional meal of an Assamese will not be complete without *Khar* (alkaline) and *Tenga* (*sour*) dish. Sometimes for flavor in the curry the bamboo shoots are added. The bamboo shoots are also preserved and made into pickles. The banana flower and its squash are used to prepare tasty sabji's. Besides vegetables and fruits, fish, duck, squab and pork is mostly consumed. *Chira* or rice flakes mixed with jiggery and yogurt is a traditional breakfast in Assam. *Pithas* or sweet meats are prepared during Bihu. *Pitikas* are the side dishes of Assam made from roasted or steamed vegetables. Aloo pitika or mashed potato and *Eri polu* (the pupa of eri silkworm cooked with fermented bamboo shoot) is widely consumed. After the meal they offer *Tamul* or betel nut in raw form and *paan* (betel leaves) as a mouth freshener. Utensils made of bell metal is generally used to serve food.

The traditional cuisine of the people of Tripura is known as Mui Borok and is very much healthy for most of the preparations do not use oil. The dried and fermented puthi fish popularly called as *Berma* is a key ingredient in Tripura cuisine which is considered as a spice and is added to almost all the dishes that is cooked. Most of the dishes prepared contain bamboo shoots which are supposed to be very healthy. Rice is the staple food of the people and there are different kinds of rice namely *Maisa*, *Mami*



and *Guriya*. The most common non vegetarian food eaten by them includes pork, chicken, mutton, beef, turtle, fish, crabs, prawns and frogs. Dog meat is a delicacy relished by the people of Tripura. Pumpkin, bamboo shoots, brinjals, corn and chilies form the major portion of the vegetables eaten here. Different varieties of fish are available in the state and sometimes even imported from Bangladesh.

Arunachal Pradesh has more than twenty tribes with different food preferences. Rice is the staple food of Arunachal Pradesh and wrapped in leaves as boiled rice cakes. Among vegetables lettuce is the most common food which is cooked along with ginger, coriander and green chillies. The people here also prefer fish, eggs, chicken, beef, pork and mutton preparations along with leaf vegetables. Different kinds of rice are prepared. Boiled rice cakes enfolded in leaves makes a popular snack. Lettuce boiled with ginger, coriander and green chillies is consumed widely by the people. *Thukpa* is a kind of noodle soup common among the Monpa tribe of the region. Momos are also consumed in large quantity. *Apong* is a refreshing drink which is commonly known as rice beer made from fermented rice or millet.

The food of the people of Sikkim reflects the culture of the state which is a blend of Nepal, India, Bhutan and Tibet. Rice is the staple food of the people of the state along with meat and dairy products. Generally fermented food, like finger millet, wheat, buckwheat, barley, vegetable, potato, soybeans, etc. is an everyday part of life and the people know the preservation techniques also. The cuisine of the Sikkimese mainly comprises of dals (lentils), fresh vegetables, bamboo shoots, wild flowers, mushrooms and nettle leaves. They prefer non-vegetarian food like beef, pork and fish. Alcohol is very common among the people of Sikkim. An assortment of soups, pickles and beverages make the Sikkim cuisine more flavorful and delicious. Some of the common dishes preferred by the people are *Momos* or steamed dumpling, *Tomato Achar Pickle*, *Noodle soup*, *Fermented soybean*, *Fermented vegetable soup*, *Traditional cottage cheese*, *Chhurpi – Ningro Curry*, *Fermented rice product*, *String bean pickle*, *Mutton curry* and *Fermented bamboo shoot*.

Manipuri cuisines are simple, relishing, organic and healthy. Manipuri RECIPES are prepared using chili pepper not garam masalas. They also avoid oil. Rice along with fish and vegetables are the staple food of the Manipuris. Fruits and milk also constitute a daily part of their meal. The Manipuris love fish and the preparation of the *Nagri* fish by fermenting is one of their favorite dishes. Mostly the fish is prepared along with potatoes. Some of their most common and liked food includes *nga – thongba* (fish curry), *ooti* (a typical Manipuri vegetarian dish), *chagempomba* (made with fermented soya, mustard leaves) and *Chamthong* or *kangshoi*, which is a stew cooked with seasonal vegetables. *Erolpa*, *Paltoi*, *Chhinchou*, *Maroi – jhool* are some of their traditional food prepared in a unique way. *Lonchak* is one of their favourite vegetable bean. A healthy Manipuri thali includes plain rice, Iromba, Hawaii, Kanghou and chamfoot. Singju is popular among the Manipuris, which is a spicy salad prepared with veggies and sesame seeds. They conclude with desserts like Chahou kheer, madhur jaan, khamen ashinba athoomba, angouna and many more. The Bishnupriya Manipuris abstain themselves from meat, egg and any kind of wine. *Kabok*, a traditional specialty, is actually fried rice with lots of vegetables.

The staple food of the people of Meghalaya is rice, dried fish and meat. They eat wild animals like deer, bison, wild pigs, fish, prawns, crabs, eels and dry fish. They rear domestic animals like goats, pigs, fowls, and ducks only to feast on them. Apart from rice they also consume millets, maize, tapioca, etc. The food is very bland and to taste



they add fish chutney which is very common among the people. Vegetables along with roots are used in their cooking. Bamboo shoots are used in curry preparations and rice with *kapais* one of their favourite. They eat a sticky rice preparation called *minil*, *sakkingata* and steamed food like dumplings or *momo*. They also consume *nakam* or dried fish and gran or smoked meats. They use a kind of potash in curries, which they obtain by burning dry pieces of plantain stems or young bamboos locally known as *Kalchi* or *Katchi*. *Jadoh* prepared with pork and rice is one of the local favourites. *Kyat* is a local drink made of rice and beer and alcohol features in their everyday menu. Their traditional drink is rice beer which is consumed during ceremonies, celebrations and religious rites.

The cuisines of Mizoram are considered to be a mixture of Chinese and North Indian cuisines. Rice is the staple food of the Mizo's. They are primarily both vegetarians and non vegetarians. The Mizo people add meat even in veg preparations. Fish is one of the most popular food of the people. The Mizo's are fond of dishes made of delicacies like bamboo shoots and ducks. Other favorite dishes include *Misa mach poora*, *Panch phoron taarkari*, which is actually a grilled preparation of shrimps, dal with eggs, *Poora mach* and *Koat pitha*. The Mizo's avoid oily food. Mustard oil is the most common oil used in cooking. A traditional Mizo meal includes a soup called *Samtawk Bai* (soup), smoked pork known as *Vawksa*, *HmarchaRawt* or Chilli chutney and a *Chhum* or Salad. The Mizo people have special bread is called *ChhangbanlehKurtai* which is made of rice flour and is covered with leaf before steaming. They also love bamboo shoots and add them for preparing duck meat. A special rice with is chicken is prepared and is called *ArsaBuhchiar*. Also traditional rice called *sawchiar* is made with either chicken or pork in Mizoram. They prepare a popular drink with rice called “Zu”. Other popular drinks include *Lunrusca* Grape wine and also black tea.

Rice is the staple food of the people of Nagaland and is usually accompanied by vegetables and meat. Meat mainly includes beef, pork and chicken to which also adds up the meat of *mithun* (Cattle of Mountain), dogs, cats, fish, spiders, birds and crabs. They also relish the meat of the elephant including skin. They also smoke the meat, dry it and preserve it for a long time. They boil both the meat and vegetable together. They are fond of chillies. The world's hottest chilli “Bhut jolokia” is used in all preparations. There are three types of rice beer drinks namely the *Zutho*, *Ruhi*, and *Dzutse*. A classic Naga meal comprises of rice, a meat item, a dish of boiled vegetable and chutney or Tathu. Nagas prefer boiled edible natural leaves. Fermented bamboo shoot dishes with fish and pork are popular among the Nagas. *Axone* which is prepared by using boiled or fermented soyabean, smoked or dried in sun along with smoked pork and beef. The Nagas produce smoked meat by hanging for two weeks on the wall of their kitchen or above the fire. They make patties of *Anishiis* or fermented yam leaves and allow them to smoke over the fire or sun dried.

The traditional cuisine of the people of Tripura is known as *Mui Borok* and is very much healthy for most of the preparations do not use oil. The dried and fermented *puthi fish* popularly called as *Berma* is a key ingredient in Tripura cuisine which is considered as a spice and is added to almost all the dishes that is cooked. Their main courses are prepared using meat and vegetables. *Mui Borok* is the traditional food of Tripura. Most of the dishes prepared contain bamboo shoots which are supposed to be very healthy. Rice is the staple food of the people and there are different kinds of rice namely *Maisa*, *Mami* and *Guriya*. The most common non vegetarian food eaten by them includes pork, chicken, mutton, beef, turtle, fish, crabs, prawns and frogs. Dog meat is a delicacy relished by the people of Tripura. Pumpkin, bamboo shoots, brinjal,

corn and chilies form the major portion of the vegetables eaten here. Bangui rice and fish stews, meat roasts, local herbs along with bamboo shoots and fermented fish are very popular. *Chakhwi*, *Mwkhwi* and *Muitru* are the major food items of Tripura. *Muya Awandru* (made of bamboo shoot, rice flour and Berma), The *Kosoi Bwtwi* (is prepared with Beans and Berma), *Muya baiWahan* (preparation include jackfruit, bamboo shoots, papaya, and pork), a pork dish called *Wahan* and *Mosdeng serma*, which is a chutney (made of berma, tomato, red chilli and garlic are some of the common dishes of Tripura. Different varieties of fish are available in the state and sometimes even imported from Bangladesh. The rice beer prepared from fermented rice is a traditional Chuak, which is served during occasions and ceremonies. A local drink made from millet rice is called Apong.

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### 5.4.7 EQUIPMENTS AND UTENSILS USED

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Akhol gor	:	Means kitchen (Assamese)
Bata	:	It is a bowl or a circular basin which is found in various small or big sizes.
Belona	:	Wooden rolling pin
Bhagoni	:	It is a cooking pan with a lid.
	:	A wooden rolling board and rolling pin, used for rolling out thin rounds of dough and pastry.
Chakla/belana	:	
Chamcha	:	Spoon or wooden ladle.
Chiinia	:	A pair of long and flat tongs with blunt edges: normally used for turning over chapati and for picking up small food items being roasted.
Chimta	:	Ongs or an of big pair forceps for holding tidings with.
Chulesi	:	It is a typical Sikkimese kitchen knife.
Dhawo/dadbu	:	A metal scoop with a long handle, resembling a ladle, used for serving soups and curried dishes.
Dwaa/ tawa	:	Round griddle plate
Ghutni	:	Wooden hand blender
	:	A flat perforated spoon used for laking deeply fried articles out of a pan.
Jhanjar or Jharia	:	
Kansa thal	:	Platter made of bel metal
Karoch	:	Ladle
Kasouri	:	A suitable metal cooking pot. A saucepan can be used instead.
Kerahi	:	Iron wok
Khonti	:	Spatula
Korsa	:	A grater, used for many varieties of thin and thick gratings.
Maa nigu lonma	:	Made of treated stones, comes in various shapes and sizes and is used for grinding ingredients.
Pannyue/chatan	:	A metal spoon with a long handle and a flat round dish at one end of it. Used as a stirrer. A wooden spatula may be used instead.
Sanaso	:	A pair of tongs, used for holding utensils, when they are hot.
Sunga	:	Hollow bamboo piece
Tilarke	:	Round bottomed frying pan suitable for deep frying.

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**5.4.8 ESPCIALTIES DURING FESTIVALS AND OTHER OCCASIONS**


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| 1 | Aamin                      | It is porridge of Arunachal Pradesh. Just pour oats or roasted rice powder in a bowl of boiling milk. Stir continuously. Add a bit of salt and sugar as one prefers. Cool it for a while before serving it. Mix it with seasonal fruits dressed in honey.  |
| 2 | Akini Chokibo              | Snail meat is popular in Nagaland. It is often included in pork dishes but this particular dish is a snail delicacy. The word 'akini' refers to perilla seeds and chokibo means snails. A bit of lard from the pork and fermented soyabean (known as Axone or Akhuni) are also added to the dish. Perilla is a type of wild herb that belongs to the mint family. The seeds are also used to derive the perilla oil. |
| 3 | Apong                      | The favorite drink of Arunachal is this rice. It is the most loved drink of the North Eastern state. It is not that strong and is had by people there on every special occasion. It is cheap and easily available. Snow and car trip makes the perfect beginning of New Year.  |
| 4 | Axone                      | Also known as Akhuni or fermented soyabean. It is used by almost every household in Nagaland. It comes in powdered form and cake form. There are many uses for these fermented soyabeans some important and popular ones are: It is used along with vegetables for making stew   |
| 5 | Baanhgajor<br>Lagot Kukura | The speciality of this dish is the addition of grated bamboo shoot along with green chilli. The recipe is same as that of other chicken RECIPES, but when the chicken is deep fried, you will have to add the grated bamboo shoot which enhances the taste of the chicken. This goes well with rice; you can serve it after garnishing with chopped green chilli and onion.  |
| 6 | Bai                        | This popular Mizo dish is made using steamed vegetables with pork, spinach and bamboo shoot spiced with local herbs. It is generally prepared with pork sauce made with pork and mustard sauce. Its vegetarian version has cauliflower stalks, florets, potatoes, beans, chillies and cooked rice. Bai is one of the most easily available dishes in Mizoram.  |
| 7 | Bhangui                    | Bhangui is an important rice dish from Tripura that is prepared with the sun – dried rice boiled with ghee, ginger, and onion. Firstly the dish is boiled in banana leaf to keep the nutrients of rice unharmed and also to bring about the unique fragrance to their dish.  |

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| 8  | Chamthong    | This dish is very popular in Manipur. It is a vegetable stew. It consists of seasonal vegetables that are boiled and flavoured with sliced onions, cloves, salt, garlic, maroi and a bit of ginger. This stew is served with rice or fish and is supposed to be consumed piping hot.  |
| 9  | Chauk        | Chauk as what Tripuris like to call their traditional beer. The beer is prepared through fermentation rice in water. Chauk is a popular drink which is taken by the Tripurians on different occasions and festivals. The Chuwarak is the infamous scotch and champagne of the state. This is prepared in various styles using a variety of ingredients such as mami rice, pineapple, jackfruit etc. |
| 10 | Chhum Han    | It is a popular vegetarian dish which is made with mixed steam vegetables. It tastes the best when paired with rice. The nutritional dish is made with broccoli, cabbage, carrots, tomatoes and ginger.   |
| 11 | Chhum han    | This is the most popular household dish of Mizoram. It is basically a dish prepared with mixed steamed vegetables such as broccoli florets, cabbage, carrots, etc. Tomatoes and ginger are added to it at the end. This dish is served best with rice.  |
| 12 | Chikhvi      | It is most delightful, tasty and aromatic dish of Tripura. It is made with stir – fried bamboo shoots and pork pieces and spiced with ginger paste, turmeric, rice flour paste, some raw papayas and green chilies. The taste if this dish is mouth watering and heart melting.   |
| 13 | Churpi       | The people of Sikkim consume a wide variety of dairy products such as churpi, paneer, cheese, dahi, mohi, etc. Churpi is a fermented dairy product prepared from milk that gives a mild sour taste. The traditional “Churpi Soup” is a Sikkim local food item which is served hot with cooked rice.   |
| 14 | Doh – Khlieh | Doh Khlieh is a delicious salad from Meghalaya made out of minced pork, onions and chillies. Pork cooked with black sesame seeds and soy sauce. The toasted sesame seeds, often found in Chinese cooking, take this dish to another level altogether. Dohneiong can be found at many food stalls in the state.  |
| 15 | Eromba       | Eromba is a very popular dish, not only in Manipur but also in the other nearby states. The dish is prepared by boiling a lot vegetables along with dried fish.   |

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| 16 | Galho        | Galho is a soupy concoction of rice and vegetables or meat from Nagaland. It is somewhat similar to a North Indian khichdi. It mostly used an assortment of seasonal greens and is flavoured with smoked pork or chunks of pork fat. A vegetarian galho is a very simple dish often garnished with just ginger – garlic or nothing at all.                             |
| 17 | Jodoh        | The name, “Jodoh” is taken by the Khasi community of Meghalaya the most popular dish from the land of the hills, Jodoh rice. It is made with rice and pork mixed with the best spices, chopped vegetables and garnished with eggs or fried fish  |
| 18 | Khaar        | It is a delicious curry made from raw papaya, pulses, taro and also with a main non – vegetarian ingredient. All of these is then filtered through dried banana leaves which gives it a unique and an unexpectedly refreshing flavour. It is generally eaten with rice during lunch. speciality of Assam.  |
| 19 | Kinema       | Kinema is another main food of Sikkim which is served as a substitute for meat along with rice. The sun – dried Kinema is a fermented soyabean food which does not require much effort to present the curry as a tempting side – dish.   |
| 20 | Koat Pitha   | Koat Pitha is essentially a fried dish from Mizoram. It is made using rice flour and bananas. They also add fish to it, as it is considered to be one of their staples. It looks crispy from the outside but is soft and warm from the inside. It makes for an ideal snack with tea.   |
| 21 | Lukter       | A roasted beef slice is called Lukter in Arunachal Pradesh. Sprinkle dry red chilli seeds on it for better taste. It is crisp and goes perfectly well with rice.   |
| 22 | Maasor Tenga | This tangy curry is one of the most popular food in Assam. The fish is slow cooked with a broth made from outenga, tomatoes, and lemon and offers an extremely tangy refreshing flavour once done.   |
| 23 | Momos        | Momos is the ultimate favorite Tibetan delicacy amongst the people of this Sikkim. It is a dumpling made out of flour dough with a filling inside. It is steamed to perfection and served with a spicy mix of sauces and herbs. There are fried and sauteed versions of this dish as well. The fillings usually include ingredients like meat, cheese, and vegetables. |

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| 24 | Morok Metpa   | A very tasty and delicious chutney from Manipur, made with green and dried chillis and then the coarse paste is boiled with Ngari and then mashed with salt.   |
| 25 | Mosdeng Serma | This is a spicy and flavorful chutney to accompany the other dishes on the plate. Mosdeng Serma is basically a tangy tomato chutney that is prepared with berma, red chili, and garlic in order to add a deep flavor to the dish. A Tripuri dish.  |
| 26 | Muya Awandru  | This dish from tripura is a delight for anyone who likes rice. It's a dish made of bamboo shoot and rice flour and berma.  |
| 27 | Nakham Bitchi | Nakhmam Bitchi is a popular soup consumed before meals and served to guests. Nakham is a special kind of dry fish, which is sun – dried or fire – dried. The fish is then fried and boiled in water, to make a thick, rich soup. It is then flavored with lots of chillies and pepper to make it tasty and tangy, suitable for the Meghalayan weather. |
| 28 | Oou Khatta    | This dish is sour and sweet chutney. The taste is very yummy. It is made up of elephant apple which is known as ouu and jaggery. This chutney is very famous in Assam. This dish is tasty and healthy as well as it is rich in vitamin – C.  |
| 29 | Paaknam       | Similar to a pancake, Paaknam is a savoury cake which is prepared from a thick batter of besan, herbs, vegetables and further flavoured with chilli and the traditional Ngari. It is finally wrapped up in a banana leaf and steamed. It is considered to be quite a delicacy of Manipur.  |
| 30 | Pehak         | It is the tastiest dish of Arunachal Pradesh and a popular one. They make it with Soya Beans which are fermented. It is very spicy, and that is what makes it famous. Bhut Jolokia, the hottest chilli from Assam is added to it which gives its spicy taste.  |
| 31 | Phagshapa     | Phagshapa is one of the most delicious and famous non – vegetarian (pork) dish of Sikkim which goes really well with cooked rice. Chillies and radish are the main ingredients which when cooked with pork gives a mouth – watering flavor to your taste – buds.   |
| 32 | Pika Pila     | This Arunachali pickle is one of the yummiest pickles in the state. A particular tribe known as Apatani had invented this. They make it using bamboo shoot and pig fat. It has lots of spices and chilies. It goes best with the state's staple food, rice.  |



- |    |            |   |
|----|------------|---|
| 33 | Pitha      | The most popular snack from Assam is pitha. Assamese usually have it for breakfast or as a tea time snack. Pithas can be either sweet or savoury, fried, roasted or barbequed inside a hollow bamboo stem. Relish with Doi (curd) and gur.  |
| 34 | Sanpiau    | Sanpiau is a very famous Mizo street food. It is actually a snack prepared with rice porridge and is plated up with fresh coriander paste, spring onions, crushed black pepper, fish sauce, and finely powdered rice.   |
| 35 | Sel Roti   | Sel Roti is of the Nepalese origin adopted by Sikkim. It is prepared using rice batter and some local flavors, deep fried till it gains the perfect color and moisture. It is served best with some tomato chutney and can be enjoyed as a delicious snack.   |
| 36 | Singju     | Singju is a type of Manipuri salad that is bursting with vegetables. it includes tomatoes, cabbage, coriander leaves, onions, ginger, lotus stems, the singju leaf and other similar vegetables. The variations of dish include raw papaya, cabbage, banana flower, lotus root. The Singju is either flavoured with besan, powdered perilla seeds, chilli powder and other herbs. |
| 37 | Thukpa     | Thukpa is a kind of noodle soup of Tibetan origin that has found its way to being one of the most loved food in Sikkim. It basically comprises of hot noodles soup along with meat and vegetable chunks.  |
| 38 | Thupka     | It is a noodle soup dish that is made with boiled rice noodles, chicken or vegetables. It is a traditional dish of ‘Monpa’, a tribe of Arunachal Pradesh.   |
| 39 | Tungrymbai | Tungrymbai is a wholesome dish of Meghalaya. It is made from fermented soya beans, boiled and chopped pork, black sesame, ginger, onion and other spices. All these are fried and sauted together, and the delicious mixture is left simmering for some time to deepen the flavor and taste.  |
| 40 | Tungtap    | It is dry fish which is fermented. Roast the fish on a pan or with tongs. Add smashed onions, chillies, salt and BhutJolokia. Two pieces will be more than enough. Mix all of it. Make it into a rough paste. A must to be served dish from Meghalaya.  |
| 41 | Vawksa Rep | Mizoram’s favorite smoked pork dish. It is made with earthy flavors of chilies, local herbs and fresh leafy greens that complement the pork.  |

- 42      Wungwut Ngam      It is a chicken dish prepared with rice powder in Arunachal Pradesh. For this dish, first of all raw rice is roasted and then ground into a fine powder. The chicken pieces are marinated in the rice powder along with herbs and spices and then boiled.
- 43      Xaak Aru Bhaji      Usually a side dish, it is made from vegetables and herbs and seasoned with garlic, ginger, and occasionally with lemon. This is an everyday sort of dish that is part of lunch and dinner when it comes to Assam food.
- 44      Zutho      This is the famous rice beer from Nagaland. The technique of fermentation is used quite often to prepare pickles and drinks in Nagaland. Zutho is one such fermented drink made with rice. This whitish and porridge – like drink is popular among the Angami Nagas.



Akini Chokibo



Apong



Bhangui



Chhum Han



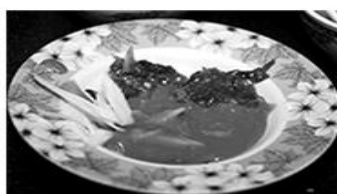
Chikhvi



Khar



Nakham Bitchi



Pika Pila



Sel Roti



Singju



Vawksa Rep



Zutho

Few especiality dishes from North Eastern India

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### 5.4.9 FESTIVALS AND OTHER OCCASIONS

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#### **Bihu**

Bihu is the most important festival of Assam. It is celebrated with joy and abundance by all Assamese people irrespective of caste, religion, creed, gender or race, faith and belief. People of Assam rest their faith on their supreme God, Brai Shibrai, locally known as Father Shibrai. People offer their first crop as a gesture of their gratitude towards God and pray for peace and prosperity in all the coming years. Celebrated somewhere around April, the Bihu festival lasts for an entire month and is observed all across Assam with high spirits of appreciation. Three Bihus are celebrated in a year: Bohag Bihu which augurs the wish for a good harvest because this is the time when farmers start sowing, Kaati Bihu which is observed to mark the cutting and binding of grains and Magh Bihu which marks the season of harvesting of grains. The women make pitha, larus (traditional food made of rice, coconut).

#### **Me – Dum – Me – Phi**

The most important Ahom festival which deserves mention is the Me – Dum – Me – Phi, i.e., the ancestor worship festival which is observed by the whole Ahom community. This is performed annually on the 31st of January and helps to develop social contacts and community feelings among the Ahoms. Colourful processions with devotees in traditional finery are also taken out on the occasion. They believe that a man after his death remains as ‘Dam’(ancestor) only for a few days and soon he becomes ‘Phi’ (God). They offer various offerings like homemade wine, mah – prasad, rice with various items of meat and fish to their ancestors.

#### **Baishagu**

Celebrated by the Bodo Kacharis of Assam, the Baishagu festival marks the beginning of the new year. It is observed in the month of Bohag (April) of the Assamese calendar at the same time Punjab celebrates Baisakhi. Similar to other festivals celebrated to welcome the new year, Baishagu is a wonderful spectacle filled with colours and positive energy. Throughout the festival, people indulge in merrymaking. It is a time where they put their daily hard lives to the side; to sing, dance and sit down with each other to share some food and stories.

#### **Solung**

An agriculture festival – Solung is celebrated in the month of monsoon. The festival is celebrated in the first week of September, after the sowing of seeds, to seek prosperity and a good harvest. The main celebration of the festivals are in three main parts – Sopi – Yekpi (the first part and the sacrificial day), Binnayat (the second part, the ritual offering to goddess of crops, Kine Nane) and Ekop (also called Taktor; the ritual made for protection against harms by evil spirits). This 10 days festival is celebrated by the Adi community in West Siang district, East Siang district, Lower Dibang Valley district, Upper Dibang Valley district and Upper Siang district of Arunachal Pradesh.

#### **Nyokum**

Nyokum festival of the Nyishi is celebrated in February every year to propitiate the God and Spirits for bumper harvest, welfare and prosperity. It is an agricultural festival observed just before the beginning of Jhum Cultivation. The priest performed appropriate rituals by offering animals and fowls in front of the altar especially erected in the festival ground. Folk songs and dances are performed. The celebration

is held in East Kamang district, Lower Subansiri district, Kurung Kummey district and Papumpar district.

**Losar Festival**

The Losar is the New Year festival of the Buddhist tribes of Mahayana sect viz. Monpa, Sherdukpens, Memba, Khamba and Nah. It is celebrated to welcome a new year. During this major festival worship are performed by the Lamas to have good life and to obtain blessings for the entire community for peace and prosperity. All homes are cleaned, prayers are offered, religious flags are hoisted atop each house, holy scriptures are read and lamps with butter are lit. The Lamas recite the appropriate religious text on the occasion. Different pantomime dances are performed by the malefolks. Losar is also the time to relish the taste of local made drinks and savour the traditional cuisine.

**Losoong Festival**

As the harvest season ends, the Losoong festival is celebrated in the tenth month as per the Tibetan Year in the rustic Sikkim. During this festival, the Chaam dances by the locals are performed. All these festivities take place at the Phodong monastery, Tsu – La – Khang monastery, and Rumtek monastery. Archery contest is also held along with feasting and other celebrations. The festival has many traditional folk dances, rituals, and ceremonies. This is also an occasion to gorge upon the delectable Sikkimese cuisine.

**Sonam Lhochhar Festival**

It is celebrated by the Tamang community in this North Eastern state in India. This marks the beginning of the Tibetan New Year for the community. The rituals are performed with the utmost gusto and the celebrations are full of fanfare and zeal. Men and women get dressed up in colorful and traditional attire. There are masked men who dance to the rhythmic beats of Damphu to get rid of all the negative energies and evil spirits (a traditional small round drum). The exotic Tamang cuisine served during this time is delectable.

**Saga Dawa**

Saga Dawa Festival is one of the most famous of the Sikkim festivals. It is observed on the full moon of the fourth month of the lunar calendar of the Buddhists and typically falls between the end of May to beginning of June – what the rest of India celebrates as Buddh Poonima. The festival celebrates Lord Buddhas birthday and is a great day for the people who follow Mahayana Buddhism. The monks of the Mahayana Buddhism light butter lamps on these days in the monasteries. This way they show their obeisance to Lord Buddha who is believed to have enlightened their paths in life.

**Gang – Ngai**

Celebrated for five days in the month of December/January, Gang – Ngai is an important festival of the Kabui Nagas. The festival opens with the omen taking ceremony on the first day and the rest of the days are associated with common feast, dances of old men and women and of boys and girls, presentation of farewell gifts etc.

**Kut – Festival**

It is an autumn festival of the different tribes of Kuki – Chin – Mizo groups of Manipur. The festival has been variously described at different places amongst different tribes as Chavang – Kut or Khodou etc. It is a happy occasion for the

villagers whose food stock is bountiful after a year of hard labour. The festival is a thanks giving feasts with songs and dances in merriment and joviality for all, in honour of the giver of an abundant harvest, it is observed on the 1st of November every year.

**Ningol Chakouba**

It is a remarkable social festival of the Meiteis. Married women of the family who were married to distant places come to the parental house along with her children and enjoy sumptuous feast. It is a form of family rejoinder to revive familial affection. The festival is also observed by the Pangals (Manipuri Muslims) to a certain extent now – a – days. It is observed on the second day of the new moon in the Manipuri month of Hiyangei (November).

**Wangala Festival**

The Wangala festival is one of the most important festivals of the Garo people. It is a post – harvest festival celebrated to mark the end of the agricultural year. It is a thanksgiving festival to the god of fertility, known as Misi – A – Gilpa – Saljong – Galapa or Sun God. A nagara (a special drum used for calling the people on solemn occasions) is beaten. The social aspect of the Wangala Festival goes on in the villages for a number of days, with eating, drinking and merrymaking. The men and women dance in mirthful gaiety with the beating of drums, blowing of the buffalo horn trumpets and bamboo flutes.

**Shad Sukra**

The Shad Sukra is celebrated by the Jaintia and by the Pnar people every year in the month of April or May. It is a celebration before the sowing season. Every Jaintia farmer waits for this festival before he can begin the sowing of seeds. The festival is observed to invoke God, the Creator, to protect their crops from all forms of natural calamities besides ushering in peace and harmony among the people. Rituals and dance are accompanied by the drums and the flute to pray for a bountiful and fruitful season. Men and Women take part in the festivals in their traditional best, heavily decked in gold ornaments.

**Behdeinkhlam Festival**

It is most colofull and religious celebrated in the month of July every year at Jowai by the Jaintia tribe. The meaning of this word is ‘Drive away the evil by wooden sticks’, the festival starts on Sunday with different rituals and celebrated during three days.

Young men make a symbolic gesture of driving away of the evil spirit, plague and pestilence by beating of the roof of every house with bamboo poles. Also poles of great length are held across the stream Wah – Ait – Nar. People jump on the poles and break them while dancing in the muddy pool of water. Tall minarets are paraded to the holy ground and are then submerged in a river. Men, both old and young accompany the drums and flutes with dance while the women stand watch in their finest traditional and heavily decked in ornaments.

**Chapchar Kut Festival**

Chapchar Kut is seven days long festival celebrated by the local people of Mizoram in the month of March every year. People of Mizoram earn their livelihood through cultivating the fertile lands. Jhum cultivation is the major source of farming which is practiced by almost all the Mizoram peasants. Cutting of trees for making space for jhum is a common practice of Mizoram people. The chopped trees are kept under the sun for several days to be dried. After drying these trees are finally burnt (termed as



Chapchar). Kut is the Mizo term for festival. When the trees are kept for drying purposes the cultivators of Mizoram take this opportunity to celebrate the festival of Chapchar Kut. People wear traditional clothes and hats made from beads and parrots' feathers. In this festival they don't wear any shoes. A traditional bamboo dance is performed where the women dance extravagantly adorning the traditional clothing that they make while the men sit on the ground and beat each other with bamboo while all the while singing traditional songs.

**Thalfavang Kut**

Celebrated in the months of November this is also a festival concerning completion of weeding the land in preparation of the forthcoming harvest. This period of leisure and free time has been a period of celebration and relaxation. Various communities and tribes gather around and pitch in their collections in the form of a feast as they merrily spend the time. It has given an opportunity for the community to come together and renew old bonds and ties. Cultural activities are highlighted in the form of traditional games and sing songs or dance and music.

**Mim Kut Festival**

This is one of the harvest festivals in Mizoram, which is celebrated in the months of August and September to pay obience to the departed souls. The importance of this festival is also related to the Chapchar Kut festival. This is because what the maize crops are sowed during the Chapchar Kut festival is harvested in Mim Kut festival time. This festival is like ceremony than with cultural dance and art forms. A memorial platform is built during Mim Kut festival where people of Mizoram gather to pay respect to those who died in the preceding year. Apart from maize, vegetables, apparels, accessories and bread are offered to the soul of the deceased during the Mim Kut festival in Mizoram. This is done with the age – old belief that the dead people come to their dwelling places while the festival is celebrated in Mizoram.

**Hornbill Festival**

This is a very popular festival of Nagaland. Is often cited as “festival of all festivals”, is a showcase of the powerful representation of the Naga culture through splendid traditional music, dance and performances. Even the name of the festival is symbolic; it is named after the bird hornbill, which has a strong impact in the culture and the folklore of most of the tribal communities of the state. Troupes from various tribes of Nagaland come to the festival and participate in the week long festivity. This festival provides a great opportunity to experience the wide variety of Naga food, handicrafts, songs, dances and customs of Nagaland presented by all the tribes of the state. This festival invites thousands of foreign tourists thus helping in economic growth of region.

**Sekrenyi festival**

The Sekrenyi Festival is celebrated every year in the month of February. It is a 10 day festival of purification and sanctification (originally before going to war) with feasting and singing and is celebrated in Kohima Village, Khonoma and Tuophema by the Angamis tribe of Nagaland in India. On the 25th day of the Angami month of "Kezei", Sekrenyi usually falls. The festival continues for ten days. Sekrenyi is also called Phousnyi by the Angami tribals. The Festival of Sekrenyi is associated with a series of rituals and ceremonies.



**Monyu – Phom**

The Monyu is one of the popular festivals of Nagaland that celebrates the onset of the approaching harvest season. It marks the conclusion of the winter season and the start of the bright seasons of spring and summer. The festival commences after the paddy fields have been sowed. At the intervals of the festival people pray for their farms to be blessed. They beckon God with their prayers to bless their crops so that they attain a triumphant harvest for the season. The festival is celebrated for a long duration of time extending for over fifteen whole days. Feasts large enough to feed the entire village are organized. People participate in all activities with enthusiasm. The festival is started officially by beating log drums with a distinct tune. This is called "Lan Nyangshem". One of the features of Monyu is that the male members of the family show love and affectionate feelings towards their married daughters or sisters by presenting them the purest of the rice beer and specially prepared food.

**Kharchi Puja**

This is one of the most important festivals of Tripura and is basically celebrated by the tribal and non – tribal groups with equal joy and excitement. The term 'khyā' signifies earth, so the festival of Kharchi Puja means the worship of the Earth, which sustains life with all her resources. It is observed in the month of July at the region of Agartala. Buffalo, richha, he – goats, eggs, bamboo poles and pipes, umbrella, earthen pot, duck, pigeon, bamboo stick, thread, cotton, turmeric, vermilion, wine, banana leaves and rice are some of the important ingredients for the worship. "Chantai" or the chief priest chants mantras and his assistant sacrifices the animals. A grand colourful fair held on this occasion continues for seven days. The uniqueness of the festival lies in the fact that this becomes a symbol of peace, harmony and fraternity as people irrespective of cast, creed and religious flock to the place to celebrate the festival.

**Garia Puja**

This community festival is celebrated in the season of autumn. It usually falls in the months of September/October and is one of the most auspicious festivals of Tripura. It is celebrated on a grand scale with puja pandals dotted in every nook and corner of the state. The grand festive celebrations stretch over a period of four days and commemorate the defeat of the demon Mahisasura at the hands of Goddess Durga, who is also believed to be the incarnation of power. The immersion of the idol takes place on the fourth day of the festivities. Sacrifice of cocks is an important feature of the Puja. Another equally important feature is dancing and rejoicing after the Puja. The Garia dance is very popular among the Tripuris and the Reangs. Symbolic of the worship of the deities as well as of the socio – economic activities of the households, these dances represent hunting, fishing, food – gathering and various other activities. This festival also offers a unique opportunity to bring about the spirit of euphoria in the hearts of old and young alike.

**Pous Sankranti Mela**

Pous Sankranti Mela at Tirthamukh attracts devotees even from neighboring States. Both tribal and non – tribal people assemble every year on the occasion of the Uttarayan Sankranti for a holy dip in the river Gomati at its place of origination, known as Tirthamukh. Tirthamukh is considered a holy place and place of belief by the Hindus since ancient times, which are frequently visited year – round by people of faith. During this festival, the people come together and worship the deities. They even shave their heads and perform rituals and sacrifices to impart peace to the departed souls of their ancestors. The festival or fair usually lasts for about two days.



Behdeinkhlam festival



Bihu festival



Gang – Ngai festival



Hornbill Festival



Kharchi Puja



Losar festival



Pous Sankranti mela



Sekrenyi festival



Solung festival



Sonam Lhochhar festival



Thalfavang Kut festival



Wangala Festival

### Festivals of North Eastern India

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**5.4.10 A FEW REPRESENTATIVES DISHES OF THE STATES**

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**ASSAM****1. Omita Khar**

Ingredients –

- Raw papaya – 1 small cut into medium sized chunks
- Potato – 1 small cubed
- Dried red chili – 1
- Kala jeera – a pinch
- Baking soda – ¼ tsp
- Salt to taste
- chopped coriander leaves, – 1 tbsp
- Mustard oil – 1 tbsp
- Red chilli powder – 1 tsp

Method –

- Heat mustard oil in a pan and add kala jeera and red chilli.
- Add papaya, potato, salt and cook for some time.
- Add baking soda and cook for some more time.
- Add hot water, cover the pan with a lid and cook till the vegetables become soft.
- Garnish with coriander leaves.
- Serve papaya khar hot.

**2. Pumpkin Oambhal**

Ingredients –

- Mustard oil – 1 tbsp
- Mustard seeds – 2 tbsp
- Bay leaf – 1
- Whole badeki chilli – 7
- Cumin seeds – 1 tbsp
- Fennel seeds – 1/2 tbsp
- Raisins – 15 pieces
- Salt – to taste
- Pumpkin, boiled – 250 gms.
- Tamarind extract – 5 tbsp
- Jaggery syrup – 3 tbsp
- Lime – ½ no.

Method –

- In a bowl, mix boiled pumpkin and tamarind extract. Keep it aside.
- In a kadai add mustard oil, bay leaf and whole chilli. Saute them well together.
- Add mustard seeds, cumin seeds, fennel seeds and raisins. Mix them well together.
- Add the pumpkin – tamarind mixture and little salt into the kadai. Remove the bay leaf.
- Add the jaggery syrup.
- Add a squeeze of lime and let it simmer for some time .
- Serve the pumpkin oambhal hot.

**ARUNACHAL PRADESH****3. Kharzi**

Ingredients –

- Cooked Rice – 1 cup
- Spring onion– ½ cup chopped
- Mozzarella Cheese – 2 ½ tbsp
- Red chilli paste – 4 tbsp
- Ginger paste – ½ tsp
- Salt – to taste

Method –

- Grind cheese with red chilli and ginger paste.
- Combine with chopped spring onion / Mann greens.
- Mix with hot cooked rice and serve Kharzi warm.

**4. Zan**

Ingredients –

- Ragi Flour (Finger Millet/ Nagli) – 4 tbsp
- Water – 1 ½ cup
- Carrot – 1 diagonally sliced
- Spinach – 1 cup
- Soybeans, boiled – 1/4 cup
- Green peas – 1/4 cup
- Salt – as per taste
- Black pepper powder – 1 tsp
- Chopped coriander leaves, – 1 sprig
- Ghee – 1 tbsp.

Method –

1. Roast the millet flour with a tbsp. of ghee in a kadai and set aside.
2. Dissolve millet flour in little water and cook until it becomes semi thick paste.
3. Saute the vegetable separately in a flat tawa with little oil, saute the carrot first so that it get cooked and then add in the spinach. Keep it aside.
4. Blanch the vegetables in water with salt till it becomes tender and then add it to the ragi porridge.
5. Take about one and half cup of water in vessel and bring it to a boil. Add this millet flour paste and mix it.
6. At this point add the vegetables and seasoning like salt, pepper and herbs. Keep whisking it till you get your desired consistency.
7. Serve it hot with by sprinkling some fermented cheese or just plain as well. Serve.

**SIKKIM****5. Gundruk ko jhol**

Ingredients –

- Gundruk – 1 handful
- Mustard Oil – 1 tbsp
- Lemon juice – 2 tsp
- Fresh Coriander leaves – 1tbsp

- Mustard seed – ½ tsp
- Fenugreek seed – ½ tsp
- Chopped green chillies – 2
- Turmeric powder – ¼ tsp
- Coriander powder – ½ tsp
- Cumin powder – ½ tsp
- Medium size tomatoes, 3
- Small ginger – 1
- Garlic – 3 clove
- Onion – 1 medium size
- Soybeans, black – ½ cup
- Salt – to taste

Method –

- Roast soya beans in oil for 4 – 5 minutes till they crack. Keep aside.
- Sauté gundruk in little oil for 2 minutes. Keep aside.
- Heat oil. Splutter mustard seeds, fenugreek, onions, garlic and chillies till onions are light brown.
- Add chopped tomatoes, turmeric powder, salt, cumin and coriander powder. Add cup of water and cook till gravy consistency.
- Add 2 – 3 cups of water. Bring to boil. Add gundruk and simmer for 10 minutes.
- Add soybeans, lemon juice and garnish with coriander leaves.
- Serve gundruk ko jhol along with rice.

## 6. Thukpa

Ingredients –

- Butter – 1 tsp
- Salt and pepper – to taste
- Cooked noodles – 250 gms
- Vegetable stock – 2 ½ cups
- Soya sauce – 2 tsps
- Mixed veggies (small potato, yellow capsicum, tomato, spinach, beans) – 1 ½ cups
- Chilli powder – 1 tsp
- Onion – 1 small diced
- Ginger garlic paste – 1 tsp
- Lemon juice – 1 tsp (optional)

Method –

- Cook the noodles and keep aside.
- Heat the butter in a pan. Sauté the diced onions and ginger garlic paste until onions are done.
- Add the stock and bring it to boil.
- Add the vegetables except the spinach, cover and cook until done.
- Add salt and pepper and soya sauce. Check the seasoning and adjust.
- Add the cooked noodles and spinach. Cook for 2 – 3 minutes more and take off the heat.
- Add the lemon juice, if preferred and serve hot.

**MANIPUR****7. Rajma aloo bori thongba**

Ingredients –

- Rajma – 1/2 kg
- potato – 1 large, cut into squares
- Tomatoes – 2 medium, diced
- Onions – 1 medium, sliced
- Ginger garlic paste – 1tbsp
- Bay leaf – 1 large, shredded into 2
- Maru maraang(spices) – 1 tsp
- Chopped Nakuppi(chinese chives) – some
- Red chillies – 4 or as per taste
- Chilli powder – 1/2 tsp
- Turmeric powder – 1/2 tsp
- Hing – a pinch
- Chopped coriander for garnishing
- Salt – to taste
- Bori/barhi – 15 pieces
- Oil – 1/2 cup

Method –

- In a pressure cooker, put the potatoes and rajma with 2 cups water and bring to 2 whistles. Let it cool naturally.
- In a heavy bottomed pan or wok, heat the oil till smoking, reduce the flame and lightly fry the boris and keep aside.
- In the same oil, add the bay leaves, then nakuppi and onion. Cook for a while and add the ginger garlic paste, whole jeera, hing, stir and cook till onions are golden brown.
- Now add the spices, turmeric, chillies, chilli powder, stir and add the tomatoes. Cook till tomatoes are pulpy.
- Now add the rajma seeds and potatoes, 4 cups water, salt, fried boris, cover and cook for 5 minutes. Then simmer till the desired consistency. Add coriander and transfer into a serving dish.

**8. Laiwa kangou**

Ingredients –

- Bamboo shoots(laiwa) – 6, thinly sliced and soak in water for about ten minutes, washed, drained and kept aside.
- Green chillies (morok atekpa) – 6 or as per requirement, slit lengthwise
- Onion (tilhou) – 1 large, sliced
- Chopped maroi nakuppi(chinese chives) – a handful
- Garlic and ginger paste – 1tbsp
- Chopped potatoes – 2 cups
- Oil – 4 tbsps
- Maru marang (spices) – 1 tsp
- Machu(turmeric) – half tsp
- Salt – to taste

Method –

- Heat the oil in a wok or thick bottomed pan till smoking and add the sliced onion. Cook for a minute.



- Add ginger garlic paste, stir, cook till onion turns golden brown, add maru maraang, machu , stir again and add the laiwa and potatoes.
- Now add salt and cook on low flame till the potatoes are half cooked.
- Then, add the maroi nakuppi and morok atekpa and keep cooking on low flame till done. Keep stirring in between to avoid burning. Serve.

## MEGHALAYA

### 9. Pukhlein

Ingredients –

- Rice flour – 1 cup
- Jaggery – ½ cup
- Oil – for deep drying

Method –

- Dissolve the jaggery in water. Strain to remove impurities.
- Make thick syrup by heating. Slowly add rice flour and mix well. Make thick batter.
- Make flat round shapes of dough and deep fry till brown on all sides.
- Drain and serve Pukhlein hot as snack along with tea.

### 10. Daineiiong

Ingredients –

- Red lentils /masoor dal – 1 cup
- Mustard oil – 1 tsp
- Black sesame seeds – 1 tbsp
- Ginger garlic paste – 2 tsp
- Salt – to taste

Method –

- Pressure cook lentils till tender. Once cool, blend into puree.
- Dry roast sesame seeds. Grind into coarse paste with little water.
- Heat oil. Saute ginger garlic paste and sesame paste. Stir.
- Add lentils and salt. Bring to boil and simmer for 5 minutes.
- Serve Daineiiong hot along with rice.

## MIZORAM

### 11. Koat Pitha

Ingredients –

- Banana – 3
- Rice Flour – ½ cup
- Grated Jaggery – ½ cup
- Oil – for frying

Method –

- Mash bananas along with jaggery. Add rice flour along with little water to make thick batter.
- Deep fry dumplings of batter on low flame till brown on all sides.
- Serve Koat Pitha with tea.

### 12. Bai

Ingredients –

- Potatoes – 2 medium sized
- Soda (or chingal) – ½ tbsp

- Dried soya – beans (bekang) – 1 tbsp
- Chopped ginger (sawhthing) – 1 tsp
- Garlic (purunvar) – 4
- Chili pepper (hmarchapui) – 4
- Lady – fingers (bawrhsaiabe) – 150 gm
- Cabbage (zikhlum) – 100 gm
- Bean – 100 gm
- Butteror saum (fermented pig fat) – ½ tbsp.

Method –

- Heat around 5 cups of water. As it starts boiling add harder vegetables (potatoes, beans, others). Cook for 10 – 15 minutes.
- Add chili peppers, garlics, ginger slices, bekang (dried smelly soya – beans), saum (fermented pig fat) and chingal or soda (potassium bicarbonate). Keep stirring.
- As potatoes are cooked add lady finger and salt.
- Continue heating till all vegetables are cooked.
- Serve Bai hot.

## NAGALAND

### 13. Hinkejvu

Ingredients –

- Raw (peeled and sliced) arbi/ sepankazhangu – 500 gms
- Water – 3 cups
- Shredded cabbage leaves – 1.5 cups
- Shredded mustard leaves – 1.5 cups
- Sliced green beans – 1/2 cup
- Salt – to taste

Method –

- Wash and peel arbi. Slice into about 1 cm sized chunks.
- Wash the cabbage leaves and the mustard greens and dry them gently with a kitchen towel.
- Wash, dry and slice the green beans into 2 cm lengths.
- Place the water in a pan and bring to boil on high heat. Add arbi slices and again bring to a boil on high heat. Reduce the heat, cover and cook the arbi for about 10 minutes, till it turns soft.
- Add the shredded cabbage and greens, stir them in and cook for about 5 minutes. Add salt (add a little, taste and add a little more if required).
- Continue to cook for 5 – 8 minutes, stirring and mashing the arbi at the sides of the pan with a spoon. Hold the pan steady with one hand while doing this, so that it does not tilt/fall.
- When the liquid in the pan turns a milky color and reduces and thickens, turn off the stove and transfer the Hinkejvu to a serving dish.
- Serve with a main dish.

### 14. Galho

Ingredients –

- Green leafy vegetable – 500 gm
- Rice – 200 gms
- Axone (fermented soyabean) – 1 tbsp.
- Salt – to taste

- Smoked beef/pork – 1 kg
- Green chillies – 2 nos
- Water – 200 ml

Method –

- Put water, axone and ground green chillies into a pot and cook it for 5 minutes. Add salt to taste.
- Next, add chopped (into 1/2" cubes) smoked beef/pork into the pot and cook it for another 45 minutes or more until the meat becomes tender
- Put in the rice. Add in more water if required.
- After the rice is almost done, add the chopped greens
- Let it simmer for 5 – 7 mins, and turn off the gas. Add more salt if needed

## TRIPURA

### 15. Bhangui

Ingredients –

- White flavored sticky rice – 1 kg
- Chopped Ginger – 2 tsp
- Chopped onion – 2tbsp
- Oil/ghee250 – ml
- Bhangui / Banana leaf – 5
- Salt – to taste

Method –

- Mix rice with ghee/edible oil, onion, ginger and salt.
- Make a cone shape with banana leaf and fill it with the rice mixture.
- Tie the banana leaf tightly, place it in water and boil for an hour.
- Serve Bhangui hot.

### 16. Panch Phoron Tarkari

Ingredients –

- Diced brinjal/aubergine – 1 cup
- Small diced potatoes – 1 cup
- Small florets of cauliflower – 1 cup
- Bay leaves – 2
- Green chilies – 2
- Turmeric powder – 1 tsp
- Milk – 1 tbsp
- Mustard oil – 2 tbsp
- Sugar – 1½ tsp
- Salt – to taste
- Water – ¼ – ½ cup

Panch phoran spices

- Fenugreek seeds – ½ tsp
- Fennel seeds – ½ tsp
- Mustard seeds – ½ tsp
- Cumin seeds – ½ tsp
- Nigella seeds – ½ tsp

Method –

- Heat a pan and saute all the spices until it gives a light aroma.
- Let them cool and ground them in mortar and pestle or lightly crush them in a mixer.

- Heat oil in a pan.
- Add in the spice mixture and give it a stir. Do this on medium to slow flame, or else they will burn.
- Now add the bay leaves, vegetables and mix.
- Add the green chillies, sugar, salt, turmeric and mix everything.
- Pour enough water and milk and let the vegetables cook on slow.
- Let this cook until the vegetables are done and the water is almost dried up.

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## 5.5 JAIN FOOD

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The foods of Jains will be discussed under the following sub – sections:

- Brief historical background
- Characteristics and salient features of cuisine
- Popular foods and especialities
- Festivals and other occasions
- A few representatives dishes of the state

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### 5.5.1 BRIEF HISTORICAL BACKGROUND

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Its advent in the 6th century BC was expected as many people were beginning to oppose the hierarchical organisation and formalised rituals of Hinduism, the dominant religion in India. *The word Jain is derived from Jina, which means the one victorious over the self and the external world. The Jinās are regarded more respect than the Gods. They include the 24 Tirthankaras or ford – finders (holy men), the last Tirthankara Mahavira (599 – 527 BC) is the founder of Jainism.* After Mahavira's death, a schism occurred between the Jain community and two major sects were formed: the 'Svetambara' and the 'Digambaras'. This schism was caused due to a disagreement regarding the monastery discipline: the Schvetambaras believed that the monks and nuns should wear white robes, but the Digambaras believed that just like Mahavira the monks should wander naked and that a female cannot be a nun because she cannot attain liberation. This led the Schvetambaras to exclude the Digambaras from the orthodox Jain council. The Jain community remains very isolated from other communities. Nevertheless, they are one of the wealthiest communities in India and most influential in the finance and business sectors.

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### 5.5.2 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

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It naturally follows then that strict followers of the religion have a thick list of dos and donts. The most obvious ones include all kinds of meat, avian life (including eggs), and seafood. Root vegetables, and anything that grows below the ground (including onion, garlic, potatoes, carrots) is also verboten, since in the process of digging them up, insects living underground may be harmed. Fermented foods using live yeast or rennet is not allowed. Alcohol is shunned because fermentation is involved, and because it may cloud one's judgement, leading to violence. Eating after dark is frowned upon. And in a heartening, rallying cry to those protesting the excesses of the industrial dairy industry, some Jains will only accept milk and other dairy products if they know that the cows and buffaloes are being well treated. They also avoid multi – seeded fruits and vegetables, such as figs and eggplants. The promise of life inherent in such produce is too important to be sacrificed to the lust of the palate. Honey is forbidden food, since removing it from the comb would involve the death of bees.

Even betel leaves, the pan – Indian after dinner chaser, are out of bounds, since they are always smeared with a lime paste to which ground up shells are often added. As for the thin silver foil that is used as a decorative coating for cardamom seeds or sweets, Jains won't touch it, since the metal has to be beaten to papery thinness between layers of soft leather, or worse, the intestines of cows.

During their eight – day fast of *Paryushan*, which is undertaken during the monsoon season, while the holiest undertake a complete fast (only boiled water is allowed), there are restrictions placed on others as well. According to her, "Greens, normally relished, are forbidden at this time, in a symbolic acknowledgement that the monsoon rains bring to life a host of insects that might cling to the leaves. Jains don't even garnish their *khandvis* and *dhoklas* with fresh coriander leaves". During Paryushan, Jain culinary creativity reaches its zenith, through an array of gravied and dry dishes that are made without vegetables (although certain sections of the Jain community do eat capsicum and such veggies). For instance, Papad Churi (spiced, crumbled *papad* eaten as a snack); Panchmela Dal (five types of *dal* cooked together); spicy and sour mung *pani*; *Choonbadi* (gram flour dumplings, cooked in curd); *Sorghum* Rotis; *Mogar Sabzi* (moong dal); *Bapadi* Rotli (ghee – soaked layers of *roti*); steamed mung cakes and chickpea cakes; all washed down with a light tea made from *Kariyatu*, a bitter herb. Traditionally cooking or eating at night was discouraged because insects are attracted to the lamps or fire at night. Strict Jains take the vow (called *anastamita* or *anthau*) of not eating after sunset. Strict Jains do not consume food which has been stored overnight, as it possesses a higher concentration of micro – organisms (for example, bacteria yeast etc) as compared to food prepared and consumed the same day. Hence, they do not consume yogurt or *dhokla* & *idli* batter unless they've been freshly set on the same day. Jains do not consume fermented foods (beer, wine and other alcohols) to avoid killing of a large number of microorganisms associated with the fermenting process. During some specific fasting periods in the Jain religious '*Panchang*' calendar, Jains refrain from consuming any green coloured vegetables (which have chlorophyll pigment) such as okra, leafy vegetables, etc. In spite of all the restrictions facing them, the Jains have conjured up an absolutely delightful cuisine, making the most of what is available to them, whether in Gujarat or Rajasthan or Maharashtra. With tremendous ingenuity, legumes, beans, rice, wheat and permitted fruits and vegetables, they are transformed into delicious dishes, for instance, *Jain Pao Bhaji* or *pizza* (served without onions etc), when far more unique and delicious cooking is available. For example, Jains have learnt to cook with fruits. From the guava, they make a most delicious *Peru nu Shak* (guava sabzi). Soaked mango seeds are whipped into *Kadhis*, and the mango peels are consigned into yoghurt gravies. *Atta* is effortlessly converted to puddings, by way of RECIPES like *Atte ka Halwa*, and *Gol Papdi* (a sweet made from *ghee*, *atta* and jaggery). Then there is also *Lapsee* (made from *dalia*), and *mithi* (sweet) *khichdi*.

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### 5.5.3 POPULAR FOODS AND SPECIALTIES

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- 1     **Bajri Na Dhebra**     A poori like dish that carries with it a flavor of spice and texture of crunch that gives a food lover an exotic eating experience. The deep fried dish is a special occasional dish to treat guests or a super dish for a chilly cold winter evening or a rainy evening alongside some chai!

- 2     Khatta Dhokla     White Dhokla recipe is made using rice, yoghurt and split black gram. It is popularly known as Gujarati Khatta Dhokla since it has a signature sour taste which is what makes so many people a fan of it. Also called *Irda*
- 3     Amrood Ni Kari     or guava curry is an unusual Rajasthani curry made using just ripened guava in a curd based gravy.
- 4     Avalakki Bella Usuli     Thin poha that is tossed in coarsely ground spices, coconut, a hint of jaggery and simple tempering. A popular snacks.
- 5     Banana Chutney     Chutney made from ripe bananas.
- 6     Bhakri     It is a round flat unleavened bread often biscuit like, flavoured with ghee and cumin seeds. All time favourite teatime snacks.
- 7     Cabbage paratha     Crunchy parathas with filling of cabbage and cheese, green chillies and green coriander.
- 8     Dal Makhani     A creamy dal filled with of rajma beans and urad dal and delicately flavoured with spices and ginger made with no onion and no garlic. Serve with any indian bread or rice for a comforting meal.
- 9     Dalia khichdi     It is made from broken wheat, moong dal (yellow lentil) and vegetables. The consistency of dalia khichdi is very soft which makes it easy for kids to swallow and is also a perfect comfort food, more so during winters.
- 10    Dhokla     It is made with a fermented batter derived from rice and split chickpeas. Dhokla can be eaten for breakfast, as a main course, as a side dish, or as a snack.
- 11    Fafda     A popular snacks made from the Chana Flour and goes well with Jalebis.
- 12    Kapuriya     It is an instant version of dhokla.
- 13    Karela chutney     sweet chutney made with bitter gourd
- 14    Khichu     Khichu or Khichiyu is a dough for making papad, however, owing to its taste it is also consumed as Farsan (snack/side dish). It is made from rice flour in which cumin seeds and other seasonings are added.
- 15    Lauki Burfi     This burfi recipe is prepared with bottle gourd, full cream milk, khoya, ghee, green cardamom and a pinch of salt.
- 16    Meethe Chawal     Rice cooked with saffron, nuts, sugar and elaichi flavor and served hot



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|----|------------------------|--|
| 17 | Mixed Vegetable Handvo | It is a vegetable dish which is based on gram flour (called Besan in Hindi and Urdu) and contains vegetables like peas, cabbage, and also includes Garam masala. It is often eaten with Pickle or tea. |
| 18 | Pappu charu            | Soup made of Arhar dal. Pappu means dal and charu term is used for thin, tangy consistency of extract or soup.   |
| 19 | Puruppu payasam        | It is called moong dal kheer or payasam. This payasam is more popular in between jains from Kerala and Tamilnadu.  |
| 20 | Sabudana chewda        | Sabudana are fried till crispy and puffy, then mixed with nuts, salt, pepper, sugar and green chilies. This makes good snack for navratri vrat or any other Jain festival of snacks.                   |
| 21 | Sookhi Moong Dal       | Moong dal cooked with urmeric powder, chilli powder and garam masala and added lime juice.   |

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### 5.5.4 FESTIVALS AND OTHER OCCASIONS

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**Paryushan Mahaparva** – Paryushana Parva is one of the most important festival for Jains. Paryushana is formed by two words meaning '*a year*' and '*a coming back*'. This festival comes in the months of Shravana and Bhadra (August or September). Svetambara Jains celebrate it for eight – days while Digambara Jains celebrate it for ten days. It is also known as Das Lakshana Parva. It is a festival of repentance and forgiveness. Many Jains fast and carry out different religious activities. Jain monks stop walking during chaturmas and reside at one place where they lecture on various religious subjects during paryushana. This festival is believed to remove accumulated karma of the previous year and develop control over new accumulating new karma, by following Jain austerities and other rituals. There are regular rituals at the Jain temples. Discourses of *Kalpa Sutra* are given by monks. Kalpa Sutra describes life of Mahavira and other Tirthankaras. On the third day, procession of Kalpa Sutra is carried out. On the fifth day, auspicious dreams of Trishala, mother of Mahavira are demonstrated and after that birth of Mahavira is celebrated. The tenth day of festival is called Anant Chaturdashi. *Anant Chaturdashi* is the day when Lord Vasupujya attained *moksha* (nirvan). Usually, a procession is taken out by Jains on this day. *Kshamavani* is generally observed a day after Anant Chaturdashi by digambaras, while the shwetambaras observe it after the 8th ie the last day of their paryushan (last day is called samvatsari). On Kshamavani, Jains ask for forgiveness from everybody for any acts during the previous year which may have hurt them.

**Navpad Oli** – Jain observes Festival of Navpad oli, that last for nine days, twice a year. The first one falls in the bright fortnight of Ashwina month (September/October) and the second during the bright fortnight of Chaitra month (March/April). Ayambil Tap is a kind of fast during which boiled grains without salt is partaken only once during the day. Ayambil Tap is observed to offer salutations to the nine Supreme posts in the Universe. The nine Supreme posts are: Arihant, Siddha, Acharya, Upadhyaya, Sadhu, Samyag Darshan, Samyag Gyan, Samyag Charitra and Samyag Tapa. Nava means nine and Pad means posts. Thus a festival which is celebrated to salute the nine supreme posts is known as Navpad Oli.

**Mahaveer jayanti** – Mahavira's birthday is on the 13th day of the month of Caitra in the Indian calendar, which falls in late March or early April. Mahavira's auspicious birth (*kalnayaka*) is observed by both Jain sects, the Digambaras ('sky clad' or naked) and Svetambaras ('white clad' or clothed), and in India images of Mahavira are paraded in the streets with much pomp and celebration.

**Bhai Beej** – The festival day for brothers. When Raja Nandivardhan, the brother of Shraman Bhagawan Mahavir was steeped in sorrow and anguish on account of the latter's nirvan (attainment of Mukti) his sister, Sudarshana took him to her house and comforted him. This happened on the second day of the fortnight of the waxing moon, in Kartik. This day is observed as Bhai Beej. This festival is like Raksha Bandhan. On the day of Rakshabandhan, the sister goes to the brother and ties the Raksha; but on this day, the sister invites her brother to her house to felicitate him.

**Jnan Panchami** – Jnan Panchami is the name given to the celebration that takes place on the 5th day of the fortnight of the waxing moon in Kartik (the 5th day after Diwali). This day has been fixed for the worship of pure knowledge; and on this day, by way of worshipping knowledge, fasting, taking Paushadh, devavandan (offering veneration to Gods). Holy recitation, meditation, Pratikraman etc., are carried out. Moreover the books preserved in the religious libraries are cleansed and worshiped.

**Ashadh Chaturdasi** – The sacred commencement of Chaturmas takes place on the 14th day of the fortnight of the waxing moon, in the month of Ashad. The Jain Sadhus and Sadhvis remain where they happen to be on that day until the 14th day of Kartik Shukla. They have to stay there. During these four months among the Jains, many austerities like renunciation, tapasya, undertaking of religious ceremonies, etc., are organized. Even in respect of eating and drinking during these days, some rules have been prescribed.

**Maun Agiara** – or Ekadashi marks Kalyanaka of many Tirthankaras. It is celebrated on 11th day of Magshar month of Jain calendar (October/November). This is an important day for Jains on which they observe total silence – Maun and carry out such austerities as Paushadh vrat, fasting, worshipping of gods, meditation etc. This is the day on which the great events relating to the one hundred and fifty Jineswaras are celebrated by means of holy recitation.

**Varshi Tapa or Akshaya Tritiya** – On this day, first Jain Tirthankara Rishabha or Lord Adinath, completed austerity “*Parana*” after fasting continuously for 13 months and 13 days. People who perform Varshi Tapa, complete the fasting by taking sugarcane juice. Some people also offer community lunch to celebrate the completion of Varshi Tapa.

**Mahamastakabhisheka** – This festival is celebrated once in twelve years in Shravanabelagola, Karnataka. This festival is celebrated once in twelve years in Shravanabelagola, Karnataka. The 18 meters high statue of *Lord Bahubali* is worshipped by thousands of devotees who assemble from all over. The statue is bathed in milk, honey, saffron, scents, flowers, and many other rich religious ingredients of the world. The 18 meters high statue is bathed in milk, honey, saffron, scents, flowers, and many other rich religious ingredients of the world. They also sprinkle sandalwood, turmeric, and vermilion on the statue. The Lord is offered flower

petals, precious gems and gold and silver coins. According to the Jainism this worship is very fruitful and for the upliftment of the soul.

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### 5.5.5 A FEW REPRESENTATIVES DISHES OF JAIN CUISINE

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#### Handvo

Ingredients –

- Green peas boiled– $\frac{1}{2}$  cup
- Yogurt warm– $\frac{1}{2}$  cup
- Green capsicum finely chopped–1 small
- Sweet Corn boiled–2 tablespoons
- handvo flour–  $1\frac{1}{2}$  cups
- Bottle gourd (lauki/doodhi) peeled and grated– $\frac{1}{2}$  small
- Green chillies finely chopped–2
- Turmeric powder–  $\frac{1}{4}$  teaspoon
- Red chilli powder – 1 teaspoon
- Sugar– 1 teaspoon
- Salt – taste
- Oil – for cooking
  - Fruit salt– 1 teaspoon
- Mustard seeds– 2 teaspoons
- White sesame seeds– 4 teaspoons

Method –

- Combine handvo flour and yogurt in a bowl. Add water as required and whisk well into a thick smooth batter.
- Add green peas, bottle gourd, capsicum, corn and green chillies and mix well. Add turmeric powder, red chilli powder, sugar and salt and mix well. Add little water and mix well.
- Heat some oil in a non – stick pan.
- Add fruit salt to the batter and mix well.
- Add  $\frac{1}{2}$  teaspoon mustard seeds and 1 teaspoon sesame seeds in the pan and when the seeds start to splutter, pour a ladleful of batter on it and spread into a 1 inch thick large disc. Cover and cook on the underside for 5 – 10 minutes.
- Flip, drizzle some more oil all around, cover and cook on the other side for 3 – 4 minutes. Similarly prepare the rest of the handvos.
- Cut into wedges and serve hot.

#### Dhokla

Ingredients –

- Semolina–1cup
- Sour curd – 1 cup
- Water – 1 cup
- Salt – to Taste
- Chopped coriander –  $\frac{1}{2}$  cup
- Chopped green chillies –2
- Oil – 1 tbsp
- Fruit Salt (Eno) –  $\frac{1}{2}$  tsp

For Seasoning–

- Oil – 1tsp
- Mustard seeds – 1tsp
- Cumin seeds – 1 tsp
- Green chilly (slit) – 1
- Sesame seeds – tsp

Method–

- Mix semolina with yoghurt, add salt, green chilli, coriander, oil and water to make a smooth batter ( add water if needed to bring it to a consistency of condensed milk). Keep it for 15 – 20 mins.
- Meantime grease the steel trays of dhokla maker with oil. Boil around an inch of water in dhokla maker.
- Add Eno to the above mix, stir and immediately add mix to the greased trays.
- Sprinkle red chilli powder or black pepper powder on the mix (optional).
- Steam on medium flame for 10 – 12 mins.
- Check with toothpick if dhokla is steamed (toothpick should come out clean).
- Heat oil in a pan, add mustard seeds, cumin seeds, green chilli, sesame seeds. Sprinkle chopped coriander on steamed dhoklas and pour the seasoning on it.
- Serve hot with green chutney or tomato ketchup.

### **Dal Makhani**

Ingredients–

- Whole Black Grams soaked overnight – 3/4 cup
- Red Kidney Beans soaked overnight – 2 tbsp
- Salt – to taste
- Butter – 4 tablespoons
- Cumin seeds – 1 teaspoon
- Green chillies slit – 2
- Cinnamon 1 inch stick
- Green cardamoms – 3
- Red chilli powder – 1 tsp
- Turmeric powder 1/4 tsp
- Tomatoes pureed – 3 large
- Fresh cream – 3/4 cup
- Fresh coriander leaves chopped – 2 tbsp

Method –

- Combine sabut urad and rajma in a pressure cooker. Add two cups of water and salt.
- Pressure cook till four to five whistles or till they are completely cooked and soft. Open the lid when the pressure has reduced and whisk till they almost completely mashed.
- Heat three tablespoons butter in a deep pan and add cumin seeds.
- When they begin to change colour, add green chillies, cinnamon, cloves and green cardamoms and sauté till fragrant.
- Add red chilli powder, turmeric powder, dry ginger powder and tomato puree and sauté on medium heat till the oil begins to separate from the masala.
- Add the dal mixture, one cup of water and stir to mix well.
- Adjust salt and simmer for ten minutes or till the required consistency is reached.

- Add cream and mix well. Serve hot garnished with coriander leaves and topped with the remaining butter.

**Khatta Dhokla****Ingredients–**

- Rice – 2 cups
- Skinless Black Gram (Urid dal) – 1 cup
- Sour Curd – 1/2 cup
- Fresh cream – 1 tbsp
- Salt – to taste
- Green Chillies (finely chopped) – 2 – 3
- Red Chilli Powder/Black Pepper Powder – ½ tsp
- Fruit salt(Eno) – 1 tsp

**Method–**

- Dry grind rice and urid dal in a mixer to a coarse powder.
- Warm curd and add to rice and urid dal flour.
- Add warm water and mix everything to a thick paste.
- Allow the mixture to ferment for 3 – 4 hours.
- Add green chillies, fresh cream and salt to fermented mixture.
- Grease a metal thali with oil and keep it ready to steam.
- Add eno to the mixture and mix it well.
- Pour the batter in greased thali (about half filled), sprinkle red chilli powder/black pepper powder and steam it for 10 minutes.
- Cut Khatta dhokla into diamond pieces and serve with oil and green chutney.

**Meethe chawal****Ingredients –**

- Rice – 2 cup
- Green cardamom – 5
- Sugar – as required
- Raisins – 1 tbsp
- Chopped almonds – ½ cup
- Edible food color – 1 tsp
- Vegetable oil – 1 tbsp
- Heavy cream – 1 ½ tbsp
- Chopped walnuts – ½ cup
- Orange zest – 1 tsp

**Method –**

To prepare this dessert recipe, add rice in a medium sized bowl and wash 3 – 4 times to remove the dust particles. Then, pour water to the bowl and cover it using a foil paper or cloth. Soak the rice for about an hour.

- Next, put a deep – bottomed pan on medium flame and boil water in it. After a boil, add orange food colour in the water along with half the quantity of cardamom pods, and switch off the burner. Then, put a medium sized kadhai over medium flame and heat vegetable oil in it. When the oil is hot enough, saute the remaining cardamom pods for about a minute.

- Drain the extra water from the soaked rice and add them to the kadhai along with sugar as per your taste and coloured water. Stir to mix once and cover the kadhai using a lid and cook for 5 – 7 minutes.
- Then, add orange zest, almonds, walnuts, raisins along with fresh cream to the kadhai and mix once again. Remove the kadhai from the burner.
- When the rice are done, transfer in a bowl and serve hot.

### Lauki Burfi

#### Ingredients–

- Grated,peeled bottle gourd – 4 cup
- Khoya – 125 gm
- Ghee – 1 tbsp
- Sugar – ¼ cup
- Full cream milk – ½ litre
- Powdered green cardamom – 1 tsp
- Salt – 1 pinch

#### For garnishing

- Chopped almonds – as required
- Chopped pistachios – as required

#### Method–

- To prepare this amazingly delicious dessert recipe, put a deep – bottomed and non – stick pan on medium flame and add milk in it.
- Bring the milk to a boil and then add grated bottle guard. Stir to mix well and let it simmer for about 10 – 15 minutes.
- Now, add sugar in the pan and give a nice stir, cook well till the milk is absorbed by the bottle gourd and thickens in consistency.
- Afterwards, add khoya in the pan along with ghee, and cardamom powder. Stir to mix once again.
- Meanwhile, take a large plate and grease with a little ghee. Once the milk is absorbed completely, turn off the burner and transfer the prepared halwa into the plate.
- Spread it evenly and garnish with chopped pistachio and almonds. Keep it aside to cool at room temperature.
- Once the halwa is cool enough, refrigerate it for 4 – 5 hours to set the burfi.
- Take out after some time and cut into desired shapes and sizes.
- Serve immediately. (Note: You can also store it in refrigerator in an air – tight container.)

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## 5.6 PARSI FOODS

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The cuisine of Madhya Pradesh will be discussed under the following sub – sections:

- Brief historical background
- Characteristics and salient features of cuisine
- Equipment and utensils used in the cuisine
- Specialties prepared and served during festivals and other occasions
- Festivals and other occasions of the state
- A few representatives dishes of the state



### 5.6.1 BRIEF HISTORICAL BACKGROUND

The Parsis, also known as the *Parsees*, are a subsection of Zoroastrian community of Persia (Iran) with Zoroastrianism as the dominant religion. The term "Parsi" in Sanskrit means "one who gives alms". They migrated to India in the in 638 A.D. during the Muslim invasion and their religious persecution. They established themselves as a distinct community in the Indian subcontinent, especially in the regions of present-day Maharashtra and Gujarat. The "*Qissa-i Sanjan*," Story of Sanjan is the only existing account of the early years of Parsi settlers on the Indian subcontinent. It accounts the first settlement of Parsis in Sanjan in Gujrat.

They first settled in the Indian Province of Gujarat under Raja Jadi Rana, the king and they slowly migrated to the different cosmopolitan cities of India. Under British rule, the Parsis adopted British clothing and were actively involved in promoting education for girls and the abolition of child marriage. Today it is the smallest community of the world consisting of about 75,000 people. Over the decades they managed to develop a unique cuisine of their own which was a perfect mixture Maharashtrian, Gujarati and British flavours adding to India's rich culinary heritage. Dishes reveal traces of the past in the fondness for nuts, dry fruit and sweet flavours while the Indian influence is the addition of onions, garlic and ginger which make the food savoury but not spicy.

### 5.6.2 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

They also adopted part of the local cuisine but maintained their distinctive culture. Parsi food is a mix of vegetarian Gujarati cuisine and non – vegetarian Iranian cuisine. Since Parsi first settled in Sajjan, in Gujarat which is the coastal area. Their cuisine is influence by fish. Coconut is the ingredient most of the Parsi food. In their cuisine herbs are frequently used along with fruits such as plums, apricot and raisins. The main Persian cuisines are rice with meat, lamb or fish and some onion, vegetables, nuts and herbs. To achieve balanced taste, characteristic Persian flavoring such as saffron is used. Cinnamon, parsley and dried lime are mixed delicately and used in special dishes. Since they settled in India they started using Garlic, Ginger, Red chilles and tamarind in their cuisine.

- 1 The Parsi curry is composed of coconut and spices. Coconut, fish, and rice are considered to be the way of life and any Parsi feast is incomplete without the inclusion of these three. Parsis are connoisseurs of non – vegetarian food, and drink.
- 2 Almost all the vegetable dishes made from okra, tomatoes or potatoes will have eggs on top.
- 3 Because of the Iranian roots, the stewing of vegetables, lentils and meat together in Parsi cuisine similar to the practice in Iranian cuisine. The meat is combined with vegetables such as okra, green peas and nuts.
- 4 The use of the flavour of rose water is again an Iranian influence on the Parsi cuisine.
- 5 The *halwas* and the *murabbas* made under this cuisine is also the Iran effect on the cuisine.
- 6 The Parsi preference for egg (*eeda*) has led to the making of certain egg specialities such as *kera per eeda* (eggs cooked on banana) and *akuri* (masala scrambled eggs)
- 7 The fat medium preferred in the cuisine is ghee. Mustard oil and peanut oil also finds common use.

- 8 The use of ginger and garlic is also very prominent in the Parsi cuisine.
- 9 Garnishing of the dishes with fine straw potatoes (*Sali*) is common.
- 10 Vinegar and sugar– Many Parsi dishes use this unique balance of acid and sweetness called '*khattu mithu*.' A popular Parsi tomato – based curry is the 'Patio'; made using this method. The turkey mince (*Kheemo*) in this recipe is another example of how these two elements work together in a dish.
- 11 The large selection of pickles and chutneys are adapted from the western coasts of India such as Konkan and Maharashtra.
- 12 Snacks such as *bhakra* (deep fried sweet dough), *batasa* (flour and butter tea biscuits) etc are an influence of the Gujrati cuisine on that of the Parsi cuisine. Other snacks include *dar ni pori* (sweetened lentils stuffed in a light pastry) and *khaman na lavda* (dumplings stuffed with sweetened coconut).
- 13 Balance of dried fruits, fresh fruits and nuts– Dried fruit like apricots and raisins, nuts like pistachio and almond appears commonly in Parsi dishes. And it is not uncommon to find fresh fruits like pomegranate and bananas in the food. A boneless lamb preparation using apricots (*Jardaloo Sali Boti*) is a hot favourite.
- 14 Sweet dishes also are an area of importance in this cuisine. Few famous desserts of the Parsi cuisine resembles apuff pastry and this has been probably influenced by certain desserts made in Turkey and the Middle East that use an ingredient called phyllo to make desserts such as baklava.
- 15 *Ghau nu doodh* is wheat soaked in water for about two days, changing the water everyday. The soaked wheat is then ground to a paste and hung in a cloth. The dripping are collected and when dried, they are broken or ground and then stored until further use. It is used to prepare many puddings such as *soova pak* (reduced milk pudding flavoured with dill and deep fried *ghau nu doodh* and nuts).
- 16 In Parsi cooking, people do not prefer to roast too many spices as they believe in the preserving the nutrition and the rich flavour of the condiments. Some special ingredients used in the cuisine apart from the normal ones include: Apricots (*jardaloo*), date palm (*Galeli*), *charoli*, etc.
- 17 In Parsi tradition, the dinner is considered the main meal of the day.

Parsi meal style:

- Their breakfast consists of eggs, bread and tea.
- The basic feature of a Parsi lunch is rice, eaten with lentils, meat, fish or vegetable curry. Curry is normally coconut based.
- Dinner is considered the main meal of the day and is a combination of eggs, fish, meat and poultry eaten with rice and finished with fruits and nuts. Potatoes or other vegetablecurries along with *Kachumber* (onion salad) accompanies most meals.

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### 5.6.3 EQUIPMENT AND UTENSILS USED IN THE CUISINE

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- **Karasio and kuth:** These are jugs without any handle which are traditionally made out of German silver. The smaller version is called the kuth. These are usually used to take out water from the container or even to bring it.
- **Boiyu:** it is a large colander which is used to drain rice after boiling. It could be used for draining many other things such, but used primarily for rice.
- **Tapeli:** these are pans of various shapes and sizes used for cooking food. The shape of a tapeli almost resembles handi or patila used in other parts of India.

- **Patio:** It is a flat pan with a broad base and wide mouth, usually used for making a dish called patio, and hence the name.
- **Lohri:** it is frying pan which is something between an kadhai and a tawa. It resembles the sauteuse pan used in western cooking and is used for making stir – fried dried vegetables.
- **Popatji nu panu:** It is a type of wok that has got 4 – 8 depressions to make a dish called Popatji nu panu that is eaten as tea time snacks. The utensil is made of cast iron and has depressions in which the batter is poured. The dish is placed directly on the heat source and when heated, it is oiled and batter is poured into the depression and cooked on both sides.
- **Sadhna nu vasan:** This is a kind of steamer used for preparing a special dish called sadhna made from rice flour. This vessel is quite similar to an idli vessel. It is filled with water up to the marked level and is kept directly on the heat source. The batter is poured on the perforated tray and is placed inside the container with the lid tightly closed. The steam thus generated cooks the sadhna.

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#### 5.6.4 SPECIALTIES PREPARED AND SERVED DURING FESTIVALS AND OTHER OCCASIONS

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|---|----------------|--|
| 1 | Akoori         | Akuri is a spicy scrambled egg dish eaten in Parsi cuisine of India. Akuri is cooked until almost runny; the eggs are never overcooked. The main flavouring is fried onions and the spices used are ginger, coriander, chopped chilis, and black pepper. Akuri is traditionally eaten with pav or double roti. |
| 2 | Batero         | This again is a unique dish of meat stewed in toddy vinegar. The meat is marinated with ground spices such as turmeric, chilli, cumin, ginger, garlic, peppercorns and toddy vinegar. The meat is shallow fried in ghee and the rest of the marinade is added to the meat, which is cooked until tender.       |
| 3 | Chicken farcha | It's a fried chicken made by the Parsi community of India. It's mildly spiced and then coated in either breadcrumbs or semolina flour, dipped in egg and then deep friend. The highlight of this dish is the mild flavour and the egg coating.   |
| 4 | Daar ni Pori   | Served at tea – time or as a breakfast treat, Dar ni Pori or Dar ni Poli is basically a pastry filled with a mixture of sweet lentils and dried fruits. Preferably Toor dal is used.   |

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|----|-----------------|---|
| 5  | Dhan daal patio | Rice, lentils and fish cooked in a sweet and tangy coconut – based gravy with drumsticks. Dhan (rice), dar (arhar or toor dal) and patio (prawns or fish in a red tomato – based sauce). The dhan is usually plain white or jeera rice. Dar is a simple, creamy dal cooked with turmeric powder and salt.   |
| 6  | Dhansak         | This is a very famous dish of the Parsis made by cooking lentils with meat, vegetables along with spring onion, mint, fenugreek and coriander.  |
| 7  | Falooda         | This rose – sweetened milk often combined with ice – cream and corn flour vermicelli. It can also be garnished with soaked basil seeds that swell up like a drop of jelly with a black dot inside.  |
| 8  | Khimo           | Parsi minced meat preparation. Minced meat of any chicken, lamb, pork, goat meat, or any combination cooked in spices and topped with fried egg.  |
| 9  | Kolmi no patio  | Curried shrimp in a thickish tangy curry sauce. Usually served with a plain lentil side dish, and rice. It is a blend of tangy, sweet and spicy flavours.   |
| 10 | Laganshala      | A tasty Parsi stew made with yam, potatoes, capsicum, onions, ginger garlic paste salt and sugar.   |
| 11 | Laganu custard  | A Parsi community wedding speciality. To prepare this the milk is boiled along with sugar until it is reduced to half. Powdered nutmeg is added for flavour and when the mixture is cool enough, eggs are beaten into it along with dry fruits. This is then baked in a moderate oven, until the top surface is golden brown and the custard is firm. |
| 12 | Malai na khaja  | Decadent Parsi sweet. This crispy, flaky sweet stuffed with creamy mawa mixture and immersed in sugar syrup.  |
| 13 | Malido          | Malido is the essential sweet dish used as an offering at a Jashan. (Parsi /Zoroastrian religious prayer ceremony) Made from semolina, wheat flour, ghee, eggs and sugar and garnished with nuts  |
| 14 | Mava painda     | It is a type of cake popular in Parsi/Irani bakery made with mawa eggs and flavourings. This cake is an essential part of any type of function in Parsis.   |
| 15 | Mitthu dahi     | Mithu Dahi or sweet yogurt is made of full fat milk with the addition of sugar, cardamom and nutmeg powder, many Parsis add in a few drops of vanilla as well. It is an integral dish of any Parsi function.  |

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|----|-----------------|---|
| 16 | Murgh jardaloo  | Chicken cooked with apricots, a very delicious Parsee dish. Boneless cubes of chicken meat cooked in succulent gravy consisting of dried apricot (jardaloo,) red vinegar and sugar along with a blend of mouthwatering Indian spices and aromatics.   |
| 17 | Papeta per Eeda | Tomato Pateta Par Eeda is a Parsi – style egg dish where eggs are baked with a tangy tomato sauce and potato slices.  |
| 18 | Parsi pilau     | Saffron rice, an Indian rice pilaf seasoned with saffron, cardamom, cinnamon, cloves, orange zest, pistachios, and almonds.   |
| 19 | Patra ni machi  | Patra ni machhi is a Parsi dish in which fish coated in a coconut chutney mixture, wrapped in banana leaf and steamed.  |
| 20 | Pora            | Parsi Pora is a popular Parsi Omlette, prepared with lot of spices to give an authentic taste. It tastes best, served between two pieces of toasted and buttered bread (white / whole wheat) along with tomato / mango chutney. It is one of the favorite preparations for breakfasts on special occasions, Jamshed Navroz being one of them. |
| 21 | Ravo            | Parsi Ravo is a special dessert cooked on weddings, birthday, anniversaries and festivals in Parsi homes. This dessert has many versions, where vermicelli too has been used in some, though I adapted the recipe from here. The Ravo is just like our Sooji ka Halwa.  |
| 22 | Salli or wafers | These are essential to the Parsi cuisine. Potatoes are thinly sliced or shredded and then washed several times in water to get rid of the starch. They are then dipped in cold salted water for at least 30 mins and are then drained, dried between towels and deep fat fried until crisp.   |
| 23 | Sas nu macchi   | Saas ni Macchi is a unique white Parsi – style fish curry, which stands out for its use of an egg – sugar – vinegar mixture, added at the end of the cooking process, to create a curry emulsion with sweet and sour taste.   |
| 24 | Sooterfeni:     | This is dessert made from sugar and looks like thin threads rolled into large circular size. It is flavoured with rose, cardamom and nutmeg. It is garnished by sprinkling rose petals, chopped pistachios and charoli seeds on top.  |
| 25 | Tareli machi    | Fried Fish  |

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### 5.6.5 FESTIVALS AND OTHER OCCASIONS

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#### **Jamshedi Navroz (Parsi New Year.)**

The Parsi New Year, also known as Navroz or Jamshedi Navroz, is celebrated every year to mark the beginning of the new Iranian calendar i.e first day in the Zoroastrian year. Jamshedi Navroz got its name from the legendary King of Persia – *Jamshed*, who is said to have introduced the solar calculation in the Parsi Calendar. In Persian, 'Nav' means new, and 'Roz' stands for the day, and together it translates to 'new day'. On this day, people greet each other outside the *Agiary* temple (fire temple) after the ritualistic prayers. Fire is the most important symbol for Parsis. People then greet each other with the customary '*Sal Mubarak*'.

#### **Zarthost No Deeso (death anniversary of the prophet Zarathushtra)**

This is an important day of remembrance in the Zoroastrian religion. It is a commemoration of the death anniversary of the prophet Zoroaster. It is observed on the 11th day (*Khorshed*) of the 10th month (Dae). In the seasonal calendar, Zarthost No – Diso falls on December 26.

It is an occasion of remembrance with lectures and discussions held on the life and works of the prophet. Special prayers are recited, and attendance at the fire temple is very high. There is no mourning in the Zoroastrian religion, only remembrance and worship of the *Farohars* (great soul) of the departed.

#### **Khordad Sal (Khordad Sal is the birth anniversary of Zoroaster)**

This is a very crucial event in the calendar of Zoroastrians. Khordad Sal day marks the birth anniversary of Prophet Spitaman Zarathushtra (Zoroaster). Khordad Sal, celebrated at the March 28, is the equivalent of Christmas for Christians, and it is a day of great festivities and celebrations. During the special day, *Jashans* are recited, large parties are held, large banquets are served, and Parsis (community) come together to commemorate one of the most important, if not the most important date on the Zoroastrian calendar. The day brings together families from far and wide. They pray and eat together as they revel in the festivities.

#### **Pateti (day of repentance and penitence)**

Pateti is New Year's eve for orthodox Parsis who follow the *Shenshai* calendar. The next day, *Nowroz*, is New Year's Day. The word pateti comes from patet, the Middle Persian word for repentance. Since the Pateti as the last day of the year, it is therefore a day for a person to reflect on their thoughts, words and deeds of the previous year and to repent those that were not good. The repentance allows dedicating the New Year to good thoughts words and deeds in a process of ethical growth. On this day the Parsis clean their houses and decorate them. Torans and flowers are used to decorate the entrance of the house and beautiful rangoli patterns are made of birds, flowers, fish or any other design. On this day, Parsi families go and visit other Parsis and exchange gifts and sweets, special food like *Patra ni macchi* (fish wrapped in banana leaves), *sali boti* (meat with potato chips), *rava* and *falooda* is also prepared. They also visit the Fire Temple to seek blessings from the almighty by lighting incense sticks.

#### **Navjote**

The Navjot (or *Naozot*) ceremony is an ancient sacred ritual of the Zoroastrian community. It is the ceremony through which Zoroastrian children on the threshold of adolescence are initiated into the religion. In preparation of the Navjot, the children



spend many hours learning the prayers which are in the ancient *Avestan* and *Pazend* languages. On the day of the Navjote, the child is made to wear the *Sudreh* and *Kusti* for the first time. The Navjote is held only after the child is at least 7 years old, because after the Navjote the child is responsible for the duty of offering prayers to God and following the religion and customs. The Navjote ceremony is a public declaration of faith and is performed in the presence of relatives and friends.

### Gahambars

Gahambars a festival celebrated by Parsi community is marked in honour of Sky, Waters, Earth, Plants, Cattle and Man which are responsible for the creation of the whole world. There are six Gahambars in a year and each of these gahambars spans for five days. The celebrations of Gahambars festival is marked by common feastings, paying tribute to creator of the world, remembering ancestors and general get togethers, so this auspicious occasions spreads the message of peace, harmony among all human beings and signifies for Parsis to be attached with traditional roots and their good deeds.

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## 5.6.6 A FEW REPRESENTATIVES DISHES OF PARSI CUISINE

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### Saas – ni macchi

Ingredients –

- White fish like Tilapia or Pomfret – 1 lb
- Salt and cracked black pepper to season the fish – ¼ tsp
- Chopped onion – ¾ cup
- Garlic cloves – 4 – 5
- Green chili – 1
- Cumin seeds – 1tsp
- Canola oil – 1tbsp
- Rice flour – 1 tbsp
- Salt – 1 tsp
- Egg – 1
- Cider vinegar – ¼ cup
- Sugar – 1tsp
- Cherry tomatoes – 8 – 10
- Chopped gr. Coriander – 1tbsp

Method –

- Cut the fish into desired sized pieces and rub salt/cracked black pepper on them. Leave refrigerated till the curry gets prepared.
- In a mini food blender or food processor, grind together chopped onion, garlic cloves, Serrano pepper/Thai green chili and cumin seeds to a well – ground paste, add a tbsp. of water, if required for grinding the onion.
- In a saucepan, heat canola oil and add the onion mixture to the hot oil. Cook the onion till it turns pinkish brown in color.
- Add rice flour, salt and 3 cups of water; whisk together till you get a smooth curry; let it come to a boil, reduce the flame and cook covered for 10 minutes stirring intermittently.
- In a bowl, whisk the egg, cider vinegar and sugar together, till the ingredients are well beaten.

- On a low flame, whisk the curry continuously as you slowly drizzle the beaten egg/vinegar/sugar mix into the Saas preparation to create a thick warm emulsion. This stage needs constant whisking, else the egg will poach.
- Cover and let the flavors cook together on a low flame for 5 minutes; add more water if the curry gets too thick at any stage. Check for desired salt, adding more if required.
- Then cook the seasoned fish pieces in the white Saas curry till they're done; fish like tilapia and pomfret take about 5 – 7 minutes to cook.
- Turn off the flame and add cherry tomatoes and chopped cilantro; the tomatoes need to retain their crunch, so don't let them overcook. Keep covered and serve hot with Basmati rice or crusty bread.

### Patrani Machchi

Ingredients –

- Pomfret fillet – 800 gms
- Malt vinegar – 6 tsp
- Salt – to taste
- Olive oil – 2 tbsp
- Lemons (juiced) – 3
- Banana leaves – to wrap each fillet separately

For the coconut chutney:

- Curd – 1 Cup
- Fresh coconut – ¼ cup
- Coriander leaves – 1 cup
- Green chillies whole – 6
- Garlic – 2 tsp
- Red chilli powder – 1 tsp
- Coriander seeds – ½ tsp
- Cumin seeds – 5 tsp
- Castor sugar – 2 tsp

Method –

- Clean and wash fish.
- Sprinkle vinegar and salt, marinate for 30 minutes.
- Trim, wash and wipe banana leaves.
- Prepare chutney with coriander leaves, coconut, green chillies, cumin seeds, garlic, coriander seeds and curd.
- Add salt, lemon juice and red chillie powder.
- Put the fish fillets in the chutney.
- Apply oil to the banana leaves and wrap each piece separately.
- Steam the fish in a steamer or an idli maker for 30 minutes.
- Unwrap the fish, arrange on a platter and serve with lemon wedges.

### Murgh jardaloo

Ingredients –

- Oil – ½ cup
- Onions finely chopped – 4
- Ginger – garlic paste – 2 tsp
- Chicken cut into pieces – 1.5 kg
- Fresh tomato purée – 300 ml
- Turmeric powder – ½ tsp

- Chilli powder – 1 1/2 tsp
- Garam masala – 3/4 tsp
- Water – 2 1/2 cups
- Sugarcane vinegar – 3 tbsp
- Sugar – 1 tsp
- Jardaloo (soaked and fried apricots) – 16
- Salli (potato straws) – 150gms
- Salt – to taste

**Method –**

- In a broad pan big enough to hold the chicken pieces, heat oil and fry the onions until light brown.
- Add the ginger – garlic paste and fry for a minute.
- Add the chicken and fry for a further 5 – 7 minutes.
- Stir in the tomato purée, salt, turmeric and masalas.
- Add 2 cups water or chicken stock and cook on medium flame for 20 minutes.
- Once the chicken is cooked, check the consistency of the gravy. It should be neither too watery nor too dry.
- Add vinegar, sugar and jardaloos.
- Cook for 3 more minutes.
- Garnish with the salli and serve with chapatis.

**Dhan Daal Patio****Ingredients –**

- Arhar dal – 1 cup
- Turmeric powder – 1/4 tsp.
- Water – 2.5 cups
- Chopped garlic – 1/2 or 2/3 tbsp
- Green chilies – 1 no
- Cumin seeds – 1/2 tsp
- Salt – as required
- Oil – 1 tbsp.
- Thinly sliced onion – 1
- Salt – 1 pinch
- Oil for frying the onion slices – 1 tbsp

**Method –**

- Pick and rinse the arhar dal well, pressure cook with turmeric powder and water.
- Heat 1 tbsp. oil in a small frying pan, add the sliced onions and a pinch of salt and fry till golden brown and crisp. Keep aside.
- Check the consistency of the dal. The dal should be of semi thick consistency.
- In another small pan, heat 2 tbsp. oil.
- Add the cumin and when it starts to crackle add chopped garlic, green chilies and salt.
- Fry till the garlic gets browned. Stir the tempering for uniform browning
- Pour the tempering mixture in the dal.
- Cover the cooker with the lid and switch off the flame.
- Let the flavors of the tempering infuse in the parsi dal. Stir after 5 minutes.
- Check the seasoning and add more salt if required.

- Garnish with the fried onions.
- Serve the parsi dal with steamed rice and patio.

**Batasa**

Ingredients –

- Sifted all purpose flour – 4 cups
- Semolina – 1 tbsp
- Baking powder – 3 tsp
- Salt – 1½ tsp
- Soft butter – 1 cup
- Water – 8 tbsp

Method –

- In a bowl mix the dry ingredient. Add the softened butter in little pieces. With the tip of your fingers crumble the mixture till it resembles little beads.
- Add the water 1 tbsp at a time until it all comes together. Do not over knead.
- Roll out into a long even sausage on a lightly dusted floured surface. Cut this into 48 – 60 pieces.
- Roll each one very lightly into a ball. Place this on a baking sheet. Preheat the oven to 325F/165C. Cook for 30 minutes. Lower the temperature to 275F/135C and cook for 30 minutes. Now lower the oven temperature to 225F/105C and cook until it cooks and dries from the inside which will be another hour plus.
- Leave to cool and store in an airtight box.

**Lagan nu Custard**

Ingredients –

- Full cream milk – 4 cup
- Nutmeg – 2 dash
- Saffron – as required
- Butter – 2 tbsp.
- Fresh cream – ½ cup
- Green cardamom – 5
- Vanilla essence – ½ tsp
- Egg – 3nos
- Sugar – ¼ cup
- Blanched slivered almonds – ¼ cup
- Walnuts – 1 tsp
- Pistachios – 1 tsp

Method –

- To prepare this delicious dessert recipe, boil milk and sugar till the milk is reduced to the half of its actual quantity.
- Add half of the nutmeg, some almonds and vanilla essence to the milk and mix well. Once done, keep it aside to cool down. Meanwhile, preheat the oven at 180 degrees and grease a baking tray using butter.
- Next, take a bowl and beat the eggs. Add cream and the beaten eggs to the reduced milk mixture.
- Pour this mixture in the greased baking tray, sprinkle the remaining nuts over it and place it in the oven for 30 minutes or till the top turns brown. Use a skewer/ toothpick to check if the custard is baked properly. If it comes out clean, it means the custard is done.

- Take out the custard from the oven and let it cool down. Transfer it to a serving plate and decorate it with the chopped nuts. Slice the custard and serve warm.

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## 5.7 HOME STYLE COOKING

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Home style cooking has traditionally been a process carried out informally in a home or around a communal fire, and can be enjoyed by all members of the family, although in many cultures women bear primary responsibility. Cooking is also often carried out outside of personal quarters, for example at restaurants, or schools. The nutritional value of including more commercially prepared foods has been found to be inferior to home – made foods. Home – cooked meals tend to be healthier with fewer calories, and less saturated fat, cholesterol and sodium on a per calorie basis while providing more fiber, calcium, and iron. The ingredients are also directly sourced, so there is control over authenticity, taste, and nutritional value. The superior nutritional quality of home – cooking could therefore play a role in preventing chronic disease. "Home style cooking" may be associated with comfort food, and some commercially produced foods and restaurant meals are presented through advertising or packaging as having been "*home style cooked*" regardless of their actual origin.

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### Advantage of eating home style food

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1. Saves money– One can save money by eating meals at your own home, rather than eating a restaurant or buying outside processed foods from the market. One should always remember that the money paid for one plate food in a restaurant covers both the food and the operational cost of the restaurant. They take money for spacious seats, water, lights, AC, the maintenance and they are all the parts of what one pay for in a plate of food.
2. Save your time – Many times to cook at home are much faster than taking food from restaurants. There are so many meals that take less than 30 minutes to be made. If more complex recipes are chosen, then it takes some more time.
3. It keeps a family together – One of the most important advantages of cooking and eating at home is that the family remains together and they will learn how to share foods. During meals, every family member gets the chance to discuss their day and another gossiping. Some families that sit down together and eat homemade food is healthy that produce sensitive and smart children.
4. Helps to improve cooking skills – Day by day, when one spends little time of each day making various kinds of foods for himself or for his family, his cooking skill will improve magically. It saying that practice makes a person perfect. At first, when one is new in the kitchen then he can cook simple dishes and, then, day by day, slowly he can cook more complex meals.
5. Healthier ingredients – Many foods that prepare in the restaurant are mainly high in fat, salt, and sugar. But when we prepare our own foods at home we exactly know which ingredients and how much of each are going into our foods.
6. Natural Ingredients – Eating at home allows you to control the ingredients in your food, so you can use natural ingredients instead of unhealthy processed foods. Eating homemade foods lets you add in more fresh fruits and vegetables to your diets so that you can focus on all – natural ingredients.
7. Increase knowledge of food – as you cook different meals, you learn the foods that are high in various ingredients.
8. One can avoid sensitive or allergic foods– So many people have one or more than food allergic. Some people experience rashes, swelling and choking when they eat

a particular kind of food. If someone is cooking self or family, he can control to prevent health hazards like allergic reactions.

9. Controlling the quantity of food– If someone wants to maintain particular bodyweight for all times then he should stop eating at the restaurant. The best thing is to eating at home so that he can control the number of foods.
10. Save from food poisoning – Sometimes someone can feel uncomfortable by eating restaurant foods by food poisoning, so instead of a restaurant meal or outside processed meal, he can take home – cooked food that is refresh and good for his health.
11. Promotes cleanliness –Cooking at home will encourage you to clean and sterilize your kitchen and dinnerware.
12. Avoiding diseases – When someone cook and eat homemade food, he can be very much sure that his kitchen is clean, germless and bacteria less. On the other side, roadside restaurants or vendors that are selling foods, not well for health.
13. Help one to cultivate healthy eating habits – The foods cooked at home, can maintain ones healthy lifestyle and his better eating habits. When he cannot control eating outside foods then his life will be in trouble.
14. Promotes consciousness of the food you eat; preparing foods ensures you are mindful of what you consume.
15. Provides an opportunity to train your children on how to prepare various foods

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**Dis – advantage of eating home style food**

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1. One has to spend some time cleaning up afterward.
2. If a family member expresses dissatisfaction over your food, your confidence can decrease.
3. Gathering all the ingredients and measuring the exact portion of each can be tiring.
4. Some cuisines require a huge amount of planning and preparation.
5. There are recipes that involve the use of techniques that are hard to follow.
6. Preparing foods for a large number of people can be draining.
7. Some meals require different ingredients some of which are only available in huge portions
8. Not everyone can follow the cuisines perfectly and hence may end up with tasteless foods.
9. It always leaves behind leftovers which you can be tempted to eat soon afterward leading to overeating.
10. Careless and forgetful individuals can burn the foods.

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**5.8 TANDOORI FOODS**

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**What Is a Tandoor?**

A tandoor also known as *tannour* is a cylindrical clay or metal oven used in cooking and baking. In terms of shape, it is almost waist – height standing in the kitchen. In India, Tandoor is also known by the name Bhatti. Mostly, a Tandoor used to bake. In India, it's used to bake Tandoori Roti, Chicken Tikka, Naan and many other traditional foods of India. The size of a tandoor is basically little more than a very large clay pot. Typically a tandoor is dug into the ground or built into an enclosure. The real secret is that heat can only escape it through the top. The heat in a tandoor is traditionally generated by charcoal or wood fire, burning within the tandoor itself, thus exposing the food to live fire, radiant heat cooking, and hot – air, convection cooking, and smoking in the fat and food juices that drip on to the charcoal. Temperatures in a



tandoor can approach 480 °C (900 °F), and it is common for tandoor ovens to remain lit for long periods to maintain the high cooking temperature. The heat is controlled by the amount of oxygen that is let in or out of the pit. Many tandoori ovens have a small door or window at the bottom which is opened or closed to let in oxygen. The tandoor design is something of a transitional form between a makeshift earth oven and the horizontal – plan masonry oven.

Cooking in tandoor uses four different techniques. Radiant heat that comes from the pit has effect akin to baking. Direct heat from charcoal or wood allows grilling. In Tandoor food is directly put on live – fire, hot air and smoke, with that food is cooked in its natural flavor giving it that delicious and smoky taste. Hot clay walls produce effect similar to griddling. Flat breads such as naan and tandoori roti are made by sticking them to the hot clay walls of the tandoor. The food cooked in the Tandoor oven is known as Tandoori food.

**History of Tandoor-** takes us back by 5000 years to Indus valley and Harappan civilizations of ancient India. Traces of tandoors were found from the excavation of these historical sites. Use of tandoor however is not limited to only the Indian subcontinent; people use tandoor in West and Central Asia as well. Traces of tandoor have also been found in ancient Egyptian and Mesopotamian civilizations. However, modern tandoor was brought to India by the Mughals. Portable tandoor was invented much later during the reigns of Jahangir, a Mughal ruler. It is said that portable tandoor was carried by a team of cooks whenever he travelled. History of tandoor will be incomplete if we do not mention Guru Nanak Dev – the founder of Sikh religion. He encouraged the use of tandoor. In order to remove caste barriers and promote equality amongst people, he urged them to build *sanjha chulha* (common oven) in their neighbourhood. This concept of community oven not only helped in removing caste and class barriers, but also became a meeting point of women who got an opportunity to chat and gossip around the *sanjha chulha*. Despite the long history of tandoor, tandoori cooking was not common in Delhi till 1947. It was then that the Punjabi refugees brought tandoor to Delhi. Finally tandoori cuisine took its root in India and now there will be hardly anyone who would not salivate on hearing about tandoori chicken, tandoori roti, naan and other delicacies.

Some manufacturers make metal, gas – fired ovens, but clay is most common. First the high quality clay is mixed with grass and other binding agents. The mix is kneaded with hands and or feet then the workers begin building the oven from bottom up, adding clay as the oven rises – a process that gives firmness and stability. The top is turned inward, and shaped until it resembled an urn. Finally, an opening of about four to five inches is cut at the bottom for the air to circulate and to permit ashes to be removed.

Curing the oven, to make sure the naans and other breads don't stick – comes next. To ensure a smooth finish, pureed spinach or other greens are used to coat the walls and allowed to dry overnight. Next a mixture of buttermilk, salt and oil, is rubbed all over the inside and the oven is left to dry again. Finally, the tandoor is fired in a kiln. Fuel is usually fed from the top.

Marination is an important part of tandoori cooking. Ingredients that are cooked are generally marinated twice. Marinades of almost all tandoori dishes have yogurt as its base. Many herbs and spices are used to give exclusive flavor to dishes. Natural acidity of yogurt cuts through the meat, tenderizes it and allows the flavors of spices

to permeate in. Meat is allowed to sit into the marinade for hours. The marinade used in most any tandoori dish starts with yogurt. While this might sound a little strange, yogurt is actually perfect for marinating meats because it has a natural acidity. Plus, its thickness holds to the meat well and keeps the herbs and spices in place. The flavor of the yogurt (always plain) is so mild you typically don't even taste it. If you choose not to use yogurt in your marinade, that's fine too; just make sure that you work the spices into the meat to get as much flavor as possible. As for the spices, tandoori is marinated or rubbed with a great combination of spices. The first thing you will notice is the color. Tandoori dishes are usually very red or very yellow; this depends on the marinade ingredients. The red is provided by Kashmiri red chillies, the yellow comes from saffron or turmeric. In addition, to the colors provided by the spices, tandoori is also flavored traditionally with ginger, garlic, coriander powder, red chilli powder, and *garam masala*. Garam masala is a combination of roasted and ground cardamom, cumin, cinnamon, cloves, nutmeg, and black pepper. This spice mixture is great on practically anything because it imparts a mellow but savory flavor to whatever you apply it.

So, after you have combined your spices and yogurt, got the right color and spiciness, immerse the meat into it for few hours to absorb the flavors. All tandoori foods except naan and rotis are threaded into skewers and lowered into the tandoor. A high temperature in tandoor allows juices to seal in, resulting in juicier meat as compared to other methods of cooking. Smoke emanating from dripping marinade, and earthy aroma of clay lining of tandoor gives the food an exclusive complex flavor that is unmatched. Tandoori cooking can be a very healthy and easy way of preparing foods. The trick to using a tandoor or charcoal heat is that making sure the heat hits the meat immediately. The combination of the yogurt, the natural juices of the meat and the intense heat created by the charcoal fire, ensures that the natural fats of the meat are sealed within the meat immediately. This creates a nice flavor without having to use or add external fats such as butter or oils.

To master the traditional tandoor kebab you need a balance of spice and sour. Base ingredients are red chili, turmeric, coriander and mustard oil (the latter gives kebabs a pungency that can never be recreated with refined oil). Some chefs also use ghee (clarified butter) and butter for a distinctive taste. Different meats require different temperatures and lengths of time for cooking: While a chicken can cook in 12 minutes, and fish in 10, red meat requires far more time as well as a tenderizer such as ginger, garlic, yogurt and lemon. The more succulent meats can also make use of papaya, pineapple, figs and pomegranate. The essence of tandoor cuisine is the basting of the meat as it cooks inside the tandoor. The meat absorbs the earthy flavors released by the clay and the wisps of smoke created by the drops of marinade falling on red – hot coals.

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### 5.8.1 A FEW REPRESENTATIVES DISHES OF TANDOOR

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#### Tandoori masala

Ingredients –

- Cumin seeds – 100 gms
- Coriander seeds – 35 gms
- Cloves – 20 gms
- Cinnamon sticks – 5 (2 inches each)
- Ginger powder – 20 gms
- Garlic powder – 20 gms

- Red chili powder – 20 gms
- Turmeric – 20 gms
- Mace – 20 gms
- Salt – 20 gms
- Optional: orange food coloring – 1 tsp

Note – One can substitute it with 20 grams of Kashmiri red chilis in place of food colour and do not add red chilli powder.

Method –

- Toast the cumin, coriander seeds, cloves, and cinnamon sticks in a pan over low heat until they begin to release their aroma. Remove the spices from heat and allow them to cool.
- Grind the ingredients in a coffee grinder to make a smooth powder.
- Store the mixture in an airtight container for up to 6 to 8 weeks.

### **Tandoori Chicken**

Ingredients –

Chicken (pieces of your choice with skin removed) – 1 kg

- Tandoori masala – 6 tbsp.
- Yogurt – 1 cup
- Garlic paste – 1 tsp.
- Salt – to taste
- Vegetable oil – 1 cup
- Chaat masala – 1 tbsp.
- Onion rings – to garnish

Method –

- Gather the ingredients.
- Make shallow diagonal slashes in the chicken pieces and keep aside.
- Mix the tandoori masala with the yogurt, 2 tbsp. cooking oil, garlic paste and salt to taste to make a smooth paste.
- Smear this paste all over the chicken pieces, ensuring you rub it well into the slashes you made earlier and that the pieces are well coated.
- Put all the pieces and marinade into a deep bowl and cover. Refrigerate and allow marinating for 12 to 18 hours.
- Preheat your grill to medium. Put the chicken on it and quickly sear (sealing in juices) on both sides. Now allow to brown on both sides, brushing cooking oil on as necessary.
- Once browned, reduce heat and cover the grill. Cook till the chicken is tender. (Does not overcook or the chicken will dry out.)
- When done, place chicken on a plate or platter and sprinkle chaat masala, garnish with lime juice, lime wedges and onion rings. Serve piping hot.

### **Chicken Tikka**

Ingredients –

- Chicken breasts – 1 kg
- Lemons juice – 2 tbsp
- Salt – 1 tbsp
- Plain yogurt – 250ml
- Garlic puree – 2 tbsp
- Ginger puree – 1 tbsp
- Ground cumin – 1 tbsp
- Ground coriander – 1 tbsp
- Freshly ground black pepper – 1 tbsp

- Citric acid powder – 1 tsp
- Turmeric powder – 1 tsp
- Salt – to taste
- Finely chopped green chillies – 2
- Chopped gr. Coriander – 1 tbsp

Method –

- Cut chicken breast into small cubes (tikka)
- Place the chicken tikka in a large bowl and squeeze the lemon juice over them and sprinkle with a little salt.
- Now, whisk the second marinade ingredients together and pour it over the chicken.
- Cover the chicken pieces with the marinade ensuring the chicken tikka are completely coated with the marinade.
- Allow to marinated for six hours or up to 48 hours – the longer the better. If you don't have time to marinate the chicken, 30 minutes or so will still be good.
- When ready to cook, light a barbecue. Gas barbecues will work but I prefer the flavour of charcoal barbecues.
- You are ready to grill when you can hold your hand two inches above the grill without it being unbearably hot.
- Cook the chicken tikka on skewers turning occasionally until the chicken is cooked through and the edges are blackened.

### **Paneer Tikka**

Ingredients –

- Paneer – 250 gms
- medium Tomato – 1
- medium Onion – 1
- large Green Capsicum – 1
- Tandoori Masala Powder – 1 tsp.
- Kasuri Methi – ½ tsp
- Ginger – Garlic Paste – 1 tsp.
- Cumin Powder – 1 tsp.
- Turmeric Powder – ¼ tsp.
- Red Chilli Powder – ½ tsp.
- Lemon Juice – 1 tsp.
- Hung Curd or Thick Curd – 1 cup
- Chat Masala – 1 tsp.
- Coriander Leaves – 1 tbsp.
- Oil – 1 tbsp.
- Salt – to taste

Method –

- Cut paneer into ½ inch thick 1 inch square slices
- Deseed and cut tomatoes into 1 inch squares
- Cut onion into 1 inch squares
- Deseed and cut capsicum into 1 inch squares
- Beat thick curd or hung curd in a large bowl until smooth. Add tandoori powder, kasuri methi, ginger – garlic paste, cumin powder, turmeric powder, red chilli powder, lemon juice and salt. Stir well and make a marinade.

- Add capsicum, onion and paneer slices in it and mix gently until coated well. Cover and let it marinate at least for an hour or for 3 hours. If you are going to let it marinate for 3 hours or more, then put it in refrigerator.
- If you are using wooden skewers, then soak them in cold water for 10 minutes before using to prevent them from burning. Skew marinated tomato, onion, paneer and capsicum in given order on wooden or metal skewer. Repeat the process for remaining marinated veggies and paneer and skew them all in one or more skewers.
- Brush them with small amount of oil and place them on a heated tandoor to cook for 15 to 20 minutes until light brown from all sides. Check and turn skewer every five minutes to make sure that it cooks evenly and does not over cook and burn.
- Take out skewers and transfer them to a plate. Remove skewer by holding bottom most veggie by one hand and slowly sliding skewer backward by other hand.
- Sprinkle chat masala and coriander leaves over it. Squeeze some lemon if you like sour and spicy taste.
- Tandoori paneer tikka is ready. Serve them with mint chutney

### Vegetable sheekh

#### Ingredients –

- Potato – 1
- Carrot – 1
- Peas – 2 – 3 tbsp
- Corn – 2 – 3 tbsp
- Soy granules – 4 tbsp [soaked in ½ cup water for 30 mins]
- Onion – 1
- Green chili – 2
- Coriander – a little
- Mint – 2 – 3 leaves
- Paneer – 25gms approx.
- Ginger garlic paste – 1 ½ tsp
- Ginger powder – ½ tsp
- Crushed pepper – 1 tsp
- Nut Powder – 2 tbsp
- Nutmeg Powder – a pinch
- Bread Crumbs – 1 – 2 tbsp
- Soy Flour – 3 tbsp
- Roasted Besan – 3 – 4 tbsp
- Garam masala – 1 tsp
- Salt – to taste
- Cumin Powder – ½ tsp
- Kashmiri red chili – 1 ½ tsp
- Lemon Juice – ½ tsp
- Butter – to taste

#### Method –

- Preparing Vegetables: Add the potato, carrot, peas, corn in a chopping machine or a mixer grinder and pulse the veggies until very finely chopped – kind of minced.

- Transfer the veggies to a muslin cloth lined steamer rack. Squeeze water out of the soaked soy granules and add to the rack along with the veggies. Steam this for 13 – 15 mins in medium flame. Then let it cool down.
- Preparing kebab mixture to the same chopper/food processor add – 1 onion, 2 green chili, coriander, mint leaves and process it to a very fine mixture. Transfer to a plate, also add in : 25g paneer, 2 tbsp nut powder, ½ tsp ginger powder, ½ tsp cumin powder, 1½ tsp kashmiri red chili powder, 1 tsp pepper, 1 tsp garam masala, 1½ tsp ginger garlic paste, a pinch of nutmeg powder, ½ tsp lemon juice and salt to taste.
- Using hands, mix all the ingredients together, mashing the paneer pieces well. Add the steamed vegetables to this mixture, along with 3 tbsp roasted besan, 2 tbsp soy flour and 1 tbsp bread crumbs. Mix all ingredients making a dough kind of, if it is very sticky and has much moisture and not forming into dough, add more roasted besan and bread crumbs.
- After it starts turning into dough kind of mixture, let it rest for 10 – 15 minutes minimum.
- Making and cooking seekh kebabs – divide the kebab mixture into 6 portions. Grab one portion, start shaping into slight oblong shape. Now press it in a skewer/seekh. Dip your hands in water, and shape the seekh kebab in the skewer your your hands. Make sure the kebab mixture is nicely distributed over the seekh, thickness should be equal in all sides, otherwise it may fall while cooking. Approximate length of 1 seekh kebab – 5–6 inches. Make more kebabs like so.
- Cooking the kebabs– In a coal lighted barbecue/mini tandoor/sigree we are going to cook it. Fan the coals well, now place the seekh kebabs in the barbecue/mini tandoor. Keep fanning it to ensure cooking in high heat. Turn the sides of the kebabs after a few seconds.
- After getting a good color in them, take one out, and brush the kebab very nicely with melted butter or ghee. Now place it again the tandoor and cook for another 30 seconds. Take the kebabs out.
- Serving Suggestions – After the kebab cools for 30 seconds, grab the kebab with hand and gently take it out of the seekh. Drizzle a few drops of lemon juice and sprinkle some chat masala, mint powder. Serve it with raw onions, tomatoes and lemon wedges.

### Naan

Ingredients –

- Maida – 2 ¼ cups
- Baking powder – 2 tsp
- Curd – 1/3 cup
- Butter – 4 tsp
- Sugar – 4 tsp
- Ghee – 2 – 4 tsp
- Salt – 1 ½ tsp
- Milk – 1/3 cup
- For the topping
- Aniseeds – 1 tsp
- Poppy seeds – 1 tsp
- Nigella seeds – 1 tsp
- Liquid ghee – 1tsp



Method –

- Sieve the flour. Add the sugar and salt.
- Apply the butter to the flour.
- Make a well in the centre. Put the baking powder in the centre and cover with the curds.
- Wait for ½ minute.
- Make soft dough by adding the milk and enough water.
- Knead the dough very well.
- Add the ghee and knead again.
- Keep the dough under a wet cloth for 3 hours.
- Roll out naan in the shape of triangles.
- Mix the ingredients for the topping.
- Spread a little of the topping mixture on each naan and bake in a tandoor.
- Serve hot with butter.

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## 5.9 DUM STYLE OF COOKING

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Whenever the thought of *biryani* crosses the mind, a word that is almost instantly linked with it is ‘dum’. Dum Biryani is a favourite, which is a one – pot dish of aromatic spices and delightful flavours– a result from slow cooking the ingredients in a sealed, heavy bottomed vessel for hours or even overnight in certain cases. The slow cooking works like magic to beautifully infuse the flavours from the various spices and herbs and make the meat unbelievably tender. This style of cooking, traditionally known as *dum pukht*, is of course not just restricted to *biryani*s, but various other preparations such as *korma*, *nihari*, *haleem*, *naan*, other meat curries and even dal.

The ancient practice of dum cooking is commonly associated with *Mughlai* cuisine and is often believed to have stemmed from Persian cuisine or Central Asia. There are many stories about its origin, but the most popular one links it to Nawab Asaf – ud – Daulah, who was the wazir or ruler of Oudh/Awadh during the late 1700s. In 1784, during the great famine, the Nawab introduced a charitable initiative for his people with a food – for – work programme. He wanted to construct a Moghul architectural marvel – the Bara Imambara, which was one among the many structures that the *Nawab* planned to build in the city. Many people volunteered for the initiative, and to feed the masses through day and night, the cooks employed the method of *dum pukht*, wherein meat, vegetables, rice and spices were put together in large vessels or *handis*, sealed with dough and left to slow cook for hours. This system of cooking proved to be the most convenient method to provide meals to the large number of workers as well as make for them a flavoursome meal without using excessive spices, which were in short supply then.

It was on one such day when a pot was left to slow cook that the delightful aroma from the dish caught the Nawab off guard and he at once ordered his *shahi* cooks to make the same dish in the royal kitchen. The master chefs employed the same technique of *dum pukht* along with royal finesse and thus started a whole new kind of preparation, which soon became immensely popular in the courts and among the upper class as more refinements were introduced. It was later adopted by royal kitchens in Hyderabad, Kashmir, Bhopal and other regions as well.

*Dum pukht* can be translated as ‘*dum*’ meaning ‘breathe in’ and ‘*pukht*’ meaning ‘to cook’. It basically refers to letting the dish breathe in its own aroma or juices to make it more flavourful. Therefore large *handis* are sealed with dough or cloth to trap the steam, which then cooks the meat or rice until tender.

According to K.T Achaya in his book, *The Illustrated Foods of India*, he states, “*Dum Pukht or Dumpoke*, these terms refer to the baking of meat in a seal of dough. The *Persian* word *Dum Pukht* literally means air – cooked (baked) and occurs in the *Ain – i – Akbari*. The word was anglicised to *Dumpoke* in colonial India, and frequently denoted a boneless stuffed duck cooked in a seal of dough. Such long, slow, enclosed cooking resulted in the retention and permeation of the flavour of all the ingredients; it could also be used to perfume a dish with any desirable flavour, say that of camphor or clove.”

At the start of the cooking, the ingredients are roasted in some oil to release the flavours, a process called as *bhunao* in Hindi. Once all the ingredients are combined, the pot is then sealed and left to ‘mature’. Traditionally, only a handful of Indian spices were used to build the flavour, but with time, many more ingredients were added to various recipes to suit different taste preferences. The dough seal, also known as *pardah*, was only opened once the dish was ready to serve to retain maximum flavour.

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### 5.9.1 A FEW REPRESENTATIVES DISHES OF DUMPUKHT CUISINE

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#### Chicken Dum Biryani

*Ingredients –*

- Chicken legs – 500 gms
- For the marinade:
  - Red chilli powder – 1 tsp
  - Ginger garlic paste – 2 tsp
  - Yogurt – 1/2 cup
  - Turmeric powder – ½ tsp
  - Coriander powder – 1 tsp
  - Garam masala powder 1 tsp
  - Salt – 1½ tsp
- For the rice:
  - Saffron – a pinch
  - Cup milk – ½
  - Water – 2 cups
  - Cardamoms – 5
  - Cloves – 3
  - Cinnamon– 1 stick
  - Mace – 2
  - Black cardamom – 2
  - Black peppercorn – 5
  - Salt – ½ tsp
  - Rice (long grain, washed basmati rice) – 1 cup
- For the finishing:
  - Ghee – 1 tbsp
  - Coriander leaves, chopped – 1 tbsp

- Fried onion – 2 tbsp
- Chopped almonds – 3

**Method –**

- First mix the saffron in half a cup of milk and keep aside.
- Now in a bowl, add all the marination ingredients and coat the chicken pieces well with it. Let it marinate for about 4 hours.
- Now to prepare the rice, put all the ingredients given except saffron and milk, in warm water along with washed rice.
- Cook for 10 – 15 minutes.
- Heat some ghee in a pan and add all the marinated chicken followed by cooked rice in it. Top with saffron milk, coriander leaves, fried onion and chopped almonds. Mix well.
- Let it cook on a low heat (on dum, in its own heat) covered with foil for about 20 – 30 minutes (till the water evaporates and chicken and rice are fully cooked).
- Open the dum when cooked, mix the rice well. You can drizzle with some rose water and serve hot.

**Hyderabadi Dum Murgh****Ingredients –**

- Chicken pieces – 1
- Cashew nuts – 2 tbsp
- Chironji – 1 tbsp
- Well beaten sour curd – 1 cup
- Deep fried onion – 1 cup
- Ginger paste – 2 tsp
- Garlic paste – 2 tbsp
- Turmeric powder – ½ tsp
- Kashmiri red chilli powder – ½ tsp
- Chopped green chilli – 2 – 3
- Chopped mint leaves – ½ cup
- Chopped fresh cilantro – ½ cup
- Shahi jeera – 1 tbsp
- Crushed green cardamom – 4 – 5
- Cinnamon sticks – 2
- Crushed cloves – 5 – 7
- Cumin seeds – 1 tsp
- Coriander seeds – 2 tsp
- Juice of lemon – 1
- Vegetable oil – 3 tbsp
- Ghee – 1 tbsp
- Whole wheat or atta dough – as required
- Salt – to taste

**Method –**

- Add cashew nuts and chironji in a spice grinder and dry grind them to make a fine powder. Take the ground nuts out of the grinder and put aside.
- Now add cumin and coriander seeds and make a fine powder with them. Keep it aside.

- In a large non – stick pan, add chicken, nut powder, curd, fried onion, ginger – garlic paste, chopped chillies, chopped mint and cilantro, turmeric, red chilli powder, cumin powder, coriander powder, cinnamon sticks, cardamom pods, cloves, shahi jeera, lemon juice, salt, vegetable oil and ghee in the pan. Mix well.
- Leave the marinated chicken in the pan for at least 2 to 4 hours.
- After 4 hours take the lid off the pan and seal it with the atta dough and put the pan on medium heat to cook the chicken for at least 35 to 40 minutes.
- After 40 minutes, turn off the heat but do not open the lid. Leave the chicken as it is for 10 minutes.
- After 10 minutes cut the seal and open the lid.
- Chicken is ready. Serve hot with rice or any Indian bread.

### **Dumpukht gosht**

#### *Ingredients –*

- *Mutton – 500 gms*
- *Curd – 1 ½ cups*
- *Gr. cardamom – 2 pods*
- *Brown cardamom – 1*
- *Black pepper corns – 1 tsp*
- *Cloves – 4*
- *Cinnamon stick – 1 inch*
- *Cumin – 1 teaspoon*
- *sliced onion – 1*
- *Garlic cloves – 8*
- *Ginger – 1 inch*
- *Green Chillies – 4*
- *Coriander Powder 1 – ½ tsp*
- *Red Chilli powder – 1 tsp*
- *Turmeric powder – ½ tsp*
- *Garam masala powder – ½ tsp*
- *Gr. Coriander leaves – ¼ cup*
- *Ghee – for cooking*

#### *To seal the vessel*

- *Whole Wheat Flour – 2 cups*
- *Water – for kneading*

#### *Method –*

- To begin making Dum Pukht Gosht we will first prepare the ingredients required for marinating the mutton.
- Heat ghee in a preheated pan; add the onions and saute until the onion turn golden brown.
- Once the onions have started to turn golden brown add all the whole spices, black cardamom, green cardamom, cloves, cinnamon stick, peppercorn and saute till the spices release a nice aroma. Turn off the heat and let it cool.
- Once cooled add the caramelized onions and the whole spices to a mixer grinder. Add the garlic, ginger, green chillies and half the curd and grind to a smooth paste.

- Marinate the mutton with the above ground spice curd and onion mixture.
- Add the remaining curd, chilli powder, turmeric powder, coriander powder, garam masala powder, salt to taste to the above mutton and marinate it in the refrigerator for two hours or overnight.
- You can marinate the meat longer to get maximum flavour in the dish.
- While the mutton is marinating knead the dough that you need to seal the vessel in which you are going to cook the gosht in. The dough should be a bit stiff, like how you knead for puris.

To make the Dum Pukht Gosht

- Once the mutton has marinated, preheat a heavy bottomed vessel or handi and add some ghee.
- Add the marinated mutton in the handi and saute for a few minutes till the marinated mutton leaves oil on the sides. This will take about 10 minutes. Add one glass of water and bring the Mutton gosht to a boil.
- Cover the handi with a lid and seal it with the wheat dough and leave the Mutton gosht cook on low heat for about 50 minutes. This process of covering and sealing the lid with the dough is called "Dum Cooking" - a very slow cooking process that brings in flavours to the dish.
- After about one hour turn off the heat and remove the dough on the lid with the help of a kitchen knife.
- You will notice the Dum Pukht Gosht has a rich colour and taste with all the natural oils from the the mutton released into the dish. Give it a stir and adjust the salt accordingly.
- Transfer the Dum Pukht Gosht into a serving dish and garnish with coriander leaves and serve hot.
- Serve Dum Pukht Gosht with hot with Mande Roti or Butter Garlic Naan and Tomato Onion Cucumber Raita.

### **Gobhi Mussallam**

Ingredients –

- Cauliflower – 1kg
- Ginger garlic paste 100gm
- Salt – to taste
- Red chili powder – 10gms
- Cashew nut paste – 100gms
- Almond paste – 50gm
- Chironji paste – 50gm
- Desiccated coconut – 50gm
- Fried onion paste – 50gm
- Brown garlic paste – 20gm
- Yogurt – 100gm
- Refined oil – 80ml
- Coriander leaf – 10gm

Method –

- Marinate the cauliflower with ginger garlic paste and salt.
- Make a paste of cashew nut, almond, chironji and coconut for sauce.
- Heat some ghee, add the ginger garlic paste and all the ingredients for the sauce. Cook on a high flame.

- Whisk in yoghurt, brown onion, brown garlic, and red chili powder and cook well until the masala gives out oil.
- Fill the pot with water and simmer. Allow the sauce to reduce.
- Strain the sauce through a fine strainer. Place the cauliflower in a shallow pan and apply sauce. Cover dish with a tight fitting lid and place some live coal on it.
- Cook on slow charcoal embers until done.

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## CHECK YOUR PROGRESS – II

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Q.1 Name few dishes of dumpukht.

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Q.2 Write a note on cuisines of Assam?

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Q.3 Write short note BhutJolakiya ?

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## 5.10 SUMMARY

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Madhya Pradesh's cuisine comprises a wide variety of traditional food items which vary regionally. The cuisine of Madhya Pradesh takes inspiration from its neighbours Rajasthan, Uttar Pradesh and Maharashtra. Wheat is the staple food of the state. Some



famous vegetarian dishes include poha and jalebi, bhutte ki khees, and dal bafla. Popular non-vegetarian dishes include gosht korma, kebabs, and roghan josh. Sweet dishes like mawa-bati, khoya jalebi, shrikhand, and chikki are also local favourites. Local liquor is distilled from the flowers of the mahua tree, and is considered a sacred drink among tribal communities. Flowers of the mahua tree, high in nutritional value, are also used to make jams, jellies; biscuits etc. morning breakfast opens with Poha and Jalebi, samosa, kachoris with tangy chutney. Some places serve lip-smacking snacks, namkeen, chaats and decadent sweets like Khopra Pak, Peda, Lavang Lata, Kusli, Malpua, Rabdi and Imarti till 2 o'clock at night. The vegetarian fare includes popular dishes like Dal Bafla (resembling Rajasthan's Dal Bati) which is commonly served with desi ghee and ladoo (instead of churma), Kaju Curry, Papad ki Sabji, Mattar Pulao, Sabudana Khichdi and Palak Poori with Aloo Sabji, to name a few. The all time favourite non-vegetarian dishes include Korma, Haleem, Biryani, Kofta, Kebabs, Rogan Josh and Murg Chaap. The Chatori Gali in old Bhopal is a must-visit to sample traditional Muslim fare such as Paaya and Nali Nihari, and desserts like Shrikhand and Phirni.

India's North-East is an exciting melange of various tribes and cultures. Their flavors and dishes are as unique as their colourful way of life. Most of their dishes use simple and flavourful fresh ingredients like Bamboo Shoot, *Bhut Jolokia* and local greens. Though most dishes consist of meat, it is interesting to note how these are very light and lip-smackingly enjoyable. The dishes are prepared with Mustard oil to intensify the flavour.

Fish and rice are the major food items of Assam. They generally round up the hearty meals with 'Pithas'(cakes) which are made in different styles using rice powder. Rice is the main ingredient of the meals. It is cooked in various forms such as creamakhoi (puffed rice), chira (chura), muri, komal chaul. Chira with yogurt and jaggery is the traditional breakfast of Assamese. The snacks consist of xandoh, kumal saul and bora saul with milk. The most popular dish of Assam is 'tenga' which is prepared from tomatoes, kaji lime, thekera and other vegetables. Different varieties of fishes are cooked in the kitchens of Assamese. The famous ones are the rohu, the ilish and the chital. 'Hukiti' is a great fish delicacy made with dried fish (puthi mas). Assamese use very little amount of oil in their dishes. Chicken, meat and eggs also form an important part of their meals. Mostly non vegetarian cuisine is preferred in Arunachal Pradesh. 'Apong' is a refreshing drink served in Arunachal Pradesh. It is made from rice and millet and is very healthy. Apart from their own traditional food, Arunachalis are very fond of Chinese food. Serving culinary delights on banana leaves is a tradition in Manipur. Majority of the dishes are prepared from rice, meat and fishes. The traditional dish is 'Kabok' which is made with rice and vegetables. Fish, vegetables and bamboo shoots are the ingredients of a tasty dish called 'Iromba'.

Rice and meat are the most important ingredients in Meghalaya Cuisine. People of Meghalaya love to gorge on Pork. 'Jadoh', a pork dish is their favourite. Chinese cuisine occupies a prized place in the meals of the Meghalaya people. Alcoholic drinks are also prepared from rice on festive occasions. 'Kyat' is the locally prepared brew loved by the people here. The kitchens of the Mizos are also dedicated to rice and meat dishes. Almost all the dishes eaten here are high on nutritive value. In fact, a lot of care is taken while preparing the dishes so that the nutrients are not lost during cooking. 'zu' (tea) is the popular drink here. Like other people of North East India, Sikkimese are also fond of rice. Momos and Thupkas are the most famous dishes of Sikkim. 'Tchang' is the locally made beer in Sikkim. The traditional cuisine of Sikkim

consists of Momos, Gya Thukpa, Ningro with Churpi, Gundruk, Phagshapa and Sael Roti. The Bhutia tribes are beef eaters. People of Tripura are essentially non vegetarians. Dishes prepared with fishes top the menu of Sikkimese. Another important ingredient of the cuisine is rice. Fish, meat and rice are an integral part of the Naga Cuisine. The delicacies are usually made by smoking, drying or fermenting the fish or meat.

The Jain community is a vegetarian-food-based community, but they avoid root vegetables. Food is normally cooked in butter or refined oil. They prepare array of gravied and dry dishes that are made without vegetables (although certain sections of the Jain community do eat capsicum and such veggies). For instance, Papad Churi (spiced, crumbled *papad* eaten as a snack); Panchmela Dal (five types of *dal* cooked together); spicy and sour mung *pani*; Choonbadi (gram flour dumplings, cooked in curd); Sorghum Rotis; Mogar Sabzi (moong dal); Bapadi Rotli (ghee-soaked layers of *roti*); steamed mung cakes and chickpea cakes; all washed down with a light tea made from Kariyatu, a bitter herb. *Atta* is effortlessly converted to puddings, by way of recipes like Atte ka Halwa, and Gol Papdi (a sweet made from ghee, *atta* and jaggery). Then there is also Lapsee (made from *dalia*), and I've even read about a *mithi* (sweet) *khichdi*.

Parsi cuisine is a mix of hot and sweet, nice and spice. The Parsis are ethnically from Persia, now Iran who came to India in the 17th Century and began resideing in Gujrat and Maharashtra. Their cuisine is a mixture of Iranian, Gujrati and Marathi food culture which is has unique taste and uses liberal spices. Parsis love eggs, potatoes and meat. Almost all the vegetable dishes made from okra, tomatoes or potatoes will have eggs on top. Meat dishes will have potatoes in the form of '*salli*' (matchstick fried potatoes). Dishes like the *khichdi* and *dhansak* have lentils which are adopted from typically Indian preparations and given a meaty twist to make it their own. Fish dishes use local seafood like prawns and pomfret, and the use of banana leaf in their preparation shows the skillful adoption of local ingredients and making it their own.

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## 5.11 GLOSSARY

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Anarsa	:	Indian pastry-like snack commonly associated with the festival of Diwali in Madhya Pradesh, Maharashtra and Bihar.
Anishiis	:	Fermented yam leaves from Mizoram.
Apong	:	Is a refreshing drink which is commonly known as rice beer made from fermented rice or millet- from arunachal Pradesh and Tripura.
Bafla	:	Samll breads with are deep fried - from Madhya Pradesh.
Baiga	:	Ancient tribes of Madhya Pradesh
Bara	:	Rice patties stuffed in urad dal paste and then steamed, - From Madhya Pradesh.
Bedai	:	Flour breads stuffed with dal paste- from Madhya Pradesh.
Bhakra	:	Deep fried sweet dough- Parsi cuisine
Bhil	:	Ancient tribes of Madhya Pradesh
Bhut jolokia	:	World's hottest chilli from Mizoram.

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Bhutte ka kees	:	Popular sweet corn snacks from Madhya Pradesh
Boro	:	Tribes of Assam
Bun kebab	:	These are small buns filled with minced kabab and chutney, from Madhya Pradesh.
Choonbadi	:	Gram flour dumplings, cooked in curd- Parsi
Chuak	:	Local rice beer from Tripura.
Daraba	:	Sweet dish made from wheat ghee and jaggery, from Madhya Pradesh.
Eri polu	:	Pupa of eri silkworm cooked with fermented bamboo shoot. (assam)
Galho	:	Rice and vegetables or meat soup from Nagaland.
Garadu	:	Yam in Marathi
Gond	:	Ancient tribes of Madhya Pradesh
Gundruk	:	Pickled Leafy Vegetables from Sikkim.
Jadoh	:	Meghalayan dish prepared with rice and pork.
Kabok	:	Fried rice with lots of vegetables- from Manipur.
Kadaknath	:	Indian breed of chicken, highly popular in Madhya Pradesh.
Karbi	:	Tribe of Assam
Kusli	:	Gujiyas of Madhya Pradesh.
Lohri	:	Parsi frying pan.
Lukter	:	Roasted beef slice in Arunachal Pradesh
Maheri	:	Slow cooked broken wheat with buttermilk from Bundelkhand -Madhya Pradesh.
Meeda	:	Besan curry from Bundelkhand -Madhya Pradesh
Mui borok	:	Name of cuisine of Tripura.
Mui borok	:	Traditional cuisine of the people of Tripura.
Naka	:	People with perforated ears or nose (Naga)
Nakam	:	Dried fish in Meghalaya language.
Paaknam	:	Savoury besan pancake from Manipur.
Paryushan	:	Eight – day fasting period of The jainese.
Pika pila	:	Arunachali pickle
Pora	:	Parsi omelette.
Rabha	:	Tribes of Assam.
Sawchiar	:	Mizo dish prepared from rice and chicken or pork.
Singju	:	Vegetable salad from Manipur.
Tungtap	:	Dry fish which is fermented- from Meghalaya.
Zu	:	Local fermented rice beverage from Mizoram.
Zutho	:	Rice beer from Nagaland

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## 5.13 TERMINAL QUESTIONS

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1. What are the characteristics of Madhya pradesh cuisine.
2. Madhya pradesh cuisine is influenced by Rajasthani and Maharashtra cuisine. Justify.
3. What is dumpukht?
4. What are the advantages and dis-advantages of Home style cooking?
5. How Assamese cuisine is different from the cuisine of Nagaland?
6. Write a short not on the cuisines of 7 sisters.
7. What are the features of Jain cuisine?
8. Discuss in detail about Parsi cuisine.
9. What is the staple food of the people of Mizoram and Arunachal Pradesh?
10. Name few traditional equipments used in the cuisines of North East India?