

Regional Indian Cuisine

ANDHRA PRADESH

HISTORY AND GEOGRAPHY

Andhra Pradesh is the fifth largest state in India both in area & population. Geographically the state comprises 3 distinct regions –

- Andhra :coastal region
- Rayalaseema : the interior region
- Telungana region.

Plagued by the extreme climates, severe draughts or devastating floods, Andhriles have adapted their life styles to survive the adversities.

The surrounding sister states, Karnataka and Tamilnadu, influence the cuisine quite a lot. Cultural variations came in also as a result of the Mughlai rule.

SALIENT FEATURES

- **Staple Diet with equal importance to rice and wheat:** The staple diet of Andhriles is Rotis with vegetable curry, rice with pulse and curd, pickle.
- **A traditional Andhra meal is well choreographed:** A traditional Andhra meal is enjoyed on banana leaves. People sit on floor mats or wooden seats called Pidha to have their food. Rice of course is the main dish, with a spot of ghee on it. Unlike northern part of India where rice is only eaten along with gravy dishes, here even a dry preparation is a perfect combination with rice.

People in Andhra relish different flavours from tangy dishes to sour pulses and flaming hot chutney & pickle, the subtle taste of mustard.

Meals comprise of 4 to 5 courses.

A meal begins with a chutney powder which is followed by pickle, cereal, curry and “pulusu” .Almost as crafted by a dietician, last course, yoghurt, is an ideal coolant after all the heat!

- **Andhra cuisine is famous for its ‘hot nature’:** Andhrate is believed to get his hot temper from his food. It is the state where largest Red chillies are grown and consumed. Guntur is the largest Red chilly growing area in Andhra.

The heavy use of chillies is accounted by a severe famine in the area centuries ago; what grew most easily then was the chilly plant and as a need of the hour innovative chilly recipes were formulated (and where else in the world do you find a red chilly pickle, a green chilly pickle and even a dry chilly pickle?)

- **Wide variety of mangoes:** Abundant varieties of mangoes grow here due to the tropical climate. ‘Thandra’ is a famous sun-dried mango cake.

FESTIVALS /MARRIAGES

SANKRANTHI: A Hindu festival marking the end of harvest season, Sankranti is the time for flying kites which are then cut free to signify the removal of evil from home.

Sesame seed is considered very auspicious and sacred and are mixed with bath water. Sesame seed are used to make sweet like ‘till ka Ladoo’ and are also used to flavour many other sweets.

UGADI: Ugadi is the beginning of the telgu new year. The traditional drink is pachadi a mixture of unripe mango, neem flower and sugar in tamarind juice representing the sour, bitter and sweet senses a new year is bound to bring.

VINAYAKA CHATURTHI: It is a popular Hindu fete to ganesh. People on the day make a special dish called Kajakaya which is like coconut poli, stuffed with jaggery & powdered pappu (Dal).

DUSHERRA, DIWALI, SHIVARATRI, SANKRANTHI, BAKRID, MOHARRUM AND CHRISTMAS.

SIGNATURE DISHES

- KANDA GADDS CHIPS Yam fried with peanuts & curry leaves – from vijayawada
- BIJAPURI USLI sprouted green gram, pear and white kidney beans coated with delicate spices
- DAL PUNDI PHALLIYA Combination of Tooverdal, peanuts, bobia with gongura leaves & spices
- MIRCHI KA SALAN:
- KANDA GADU PULUSE yam cooked in thick spicy gravy with turmeric.
- PACCHI ROYAU VEPUDU Fried prawns of costal Andhra.
- PETHELA EGURU A traditional dry crab preparation.
- CHAPA VEPUDU Boneless fish marinated in spice & cooked on tawa.
- GOSHT GULBARGA Its mutton cooked in spices with dominant flavour of chillies in coconut gravy
- CHAPALA PULRU Fish cooked in spicy gravy with dominant flavour of Turmeric.
- PODI Powder Khara (Spiced) and Kandi (Dal)
- PACHADI
 1. Gongura Pachadi- Sorrel chutney
 2. Podinaku Pachadi- Mint chutney
 3. Kobbara- Coconut chutney
 4. Allae- Ginger chutney
 5. Verusenaga pappu pachadi- Gound nut

- PICKLES

Avakkai	Mango pickle
Thokkudu	Mango Peeled
Dosa Vakai	Cucumber

- PAPPU

- Unimaginable variety of dals with green ,tuver, Moong

- Eg:-Lemon dal (Nimmakai pappu) ,Sorrel(Gongura) ,Mango dal(Mamidikai Pappu)

- CURRIES or KOORAS (dry)

Andhrites explore endlessly using plantain piths or banana flowers jackfruit, drumstick.

- CHAARU : Light digestive stews
- KOOTU : Thick gravy
- PULUSU : Stews

MENU FOR THEME DINNER

TAMATAR SHORBA

MURGH SHORBA

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NAAN/ROTI

BOILED RICE

COCONUT BIRYANI

MUTTON BIRYANI

SAMBHAR

KADDU KA DALCHA

MIRCHI KA SALAN

BAGARA BAIGAN

CHAPLA PULUSU

ACHAR GHOST

TILL KI CHUTNEY

GHANGURA KI CHUTNEY

PICKLE/SALAD/ PAPAD

* * *

DOUBLE KA MEETHA

HANKALANZ

DAKHNI – ANDHRA CUISINE

KODI VEPUDU – CHICKEN FRY

VENCHINA MAMSAM – BABY LAMB CURRY

ROYYALA IGURU – PRAWN MASALA

KODI MASALA ANNAM – CHICKEN BIRYANI

MAMSA ANNAM – MUTTON BIRYANI

NELLOORU CHAPA PULUSU – FISH CURRY

KODI KURMA – CHICKEN KHORMA

ANDHRA CHAPALU VEEPUDU – FISH FRY (POMFRET)

KAI KOORALU ANNAM – VEGETABLE BIRIYANI

GUTTI VENKAI KOORA – STUFFED BABY BRINJAL

PAPPU PULUSU – DAL & DRUMSTICK CURRY

PULIHORA – TAMARIND RICE

PERUGANNAM – CURD RICE

KAIKOORALU KURMA – VEGETABLE KHORMA

PALPAYASAM

AWADHI CUISINE

Awadh region constitutes the area of old Lucknow and Kanpur of the state Uttar Pradesh. Awadh has been known in the Indian history for reasons told of Awadhis in the freedom struggle of India.

Awadh is also known for its famous Awadhi cuisine in the whole world. Nawab Asifuddaulah, who was one of the rulers of Awadh, was a great connoisseur of good food and it was because of his patronage, Awadhi food came into lime light.

People living in that area are basically Muslim who has a great affinity towards rich and heavy dishes which makes Awadhi food altogether a different affair. Awadhi cuisine is rich in spices and oil.

Staple diet: The staple diet of this region is basically all those things which are available in UP. Their staple diet includes: rice, wheat, meat and vegetables.

Awadhi meals: meals are classified as under:

1. Breakfast 2. Lunch 3. Dinner

1. Breakfast: Awadhis generally name their breakfast slightly heavy as compared to other meals. The items eaten may include stuffed parathas, sautéed offal etc.

2. Lunch: Lunch of the Awadhis constitutes a rich dish with a non veg gravy, a bread and a dessert.

3. Dinner: the dinner may start with a kebab, which is a delicacy followed by normal courses.

Various Awadhi dishes:

1. Kebabs: Kebabs are eaten as starters during the food. Kebabs are a delicacy and are enjoyed by the people. Kebabs can be made by both chicken or mutton mince. Various kebabs are

1. Seekh kebab
2. Gulab kebab
3. Shami kebab
4. Mutton tikka
5. Tangri kebab

Rice: Various rice preparations are eaten by people have for example.

1. Mutton pulao / chicken pulao
2. Biryani
3. Plain pulao
4. Vegetable pulao
5. Jeera pulao etc.

Non veg curries: People in Awadh eat non vegetarian items with great taste. Mutton preparations are more popular than chicken or beef item. The non veg gravies made are very spicy and full of fat and oil. Floating oil on the dish is considered to be a delicacy.

Desserts: Awadhis are also usually fond of desserts as they like non veg item.

Various desserts prepared are

- Kheer (vermicelli, rice etc)
- Semiya pulao - Sweet rice - Pumpkin Halwa
- Sooji Halwa - Aloo halwa - Sonpapdi etc.

Festivals: The festivals celebrated are:

1. Eid: Eid is celebrated with great pomp and show. Bakr-id is celebrated by cooking mutton dishes which Eidulzuha is celebrated by making sweet Semiyas (Vermicelli)
2. Other festivals celebrated are Holi, diwali, dussera, janmashtami which are basically celebrated by Hindus and a special dish "PANJIRI" made from coconut, poppy seeds, nuts is prepared.

BENGAL

Situated to the north of the Bay of Bengal, this state consists of people who are very proud of their mother-land and mother-tongue. Blessed with a fine tropical climate, Bengalis bear striking resemblances to Keralites in matters of food, clothing, etc.

Bengalis spend not only a great deal of time thinking about food but also on its preparation and eating. Perhaps Bengalis are known best for the 'Communist thoughts' and their food. The region has a wide range of ingredients growing which makes the Bengali cuisine unique. A medieval tether 'Shimmy Purina' states that fifty varieties of rice were grown in Bengal. Later the travelers described Bengal as the Land of rice, vegetables, sweets, mutton and fish (both fresh and sea water). All these were used to create delicacies with a pungent mustard flavor.

Bengal got partitioned after British-raj as east (Bangladesh) and west (west Bengal). The cooking varies in East and West Bengal. The adventurous East Bengalis has more to offer in taste and variety, whereas their brothers in the west excel in preparation of sweets.

SALIENT FEATURES

- **Fish: Inevitable part of meal.** Bengalis cannot live without fish. 'Rohu', 'katla' and 'Hilsa' are the main ones used. Fish is cooked with utmost care and in abundant styles. The art of cutting fish, meat and vegetables is mastered well by the people and even the meat and veg for gravy preparation are marinated, fried and then simmered in the gravy.
- **Rice is the staple food for Bengalis.** Documented evidences state that fifty varieties of rice were grown in Bengal. Govind bhog, rice milled from

the short round parboiled Bengal grain is the staple food generally consumed.

- **Sequences of taste senses are well observed.** The procession of taste in the meal runs from bitter in the start to sweet at finish. To start up in lunch especially is Shuktho (bittergourd, Brinjal, potatoes, neem, sweet potatoes, raw banana, bori etc). Rice comes with ghee and then dal accompanied by fried vegetables known as 'Bhaja' or boiled vegetables (Bhate) followed by spiced vegetables like charchari. Then comes fish preparation, lightly spiced one like machar jhgal and then more spiced one like doi mach, or Machar kalia, after which follows a sweet and sour chutney(ambal) or a dessert misti doi(sweet curd) or payesh. To enhance the meal feeling they have the 'paan'.
- **Bengal :sweet bowl of India.** Bengalis' greatest contribution to Indian food is their sweets. The community known as 'Moiras' has developed sweet making into a fine art and specialties like rasagolla and sandesh made at home have no match anywhere else. The sweets are mainly made of reduced milk, 'chena' or curdled milk. The delicious sweet reflects the abundance of milk. Cow's milk is used for milk based sweets (Basundi) and Buffalo milk for curd based sweets(misti doi:curd sweetened with palm jaggery) .Other popular sweets are chum chum, rasmalai, Gulab jamun, rajbhog, Anarkali,sita bhog etc.
- **Jalkhabar, snacks of Bengal.** The Bengali cuisine is also rich in the preparation of savories and snacks. Some important ones are chire Bhaja, murir mora, Nimki, Shingara(samosa).
- **Fuel and Equipments:** Cooking gas has replaced the traditional fuels like coal and wood. The cooking utensils are mainly degchis, karhais and tawa. *Teh tahala* (thali) is a large circular plate used in the kitchen for eating. Stirring is usually done with a check *hatha* (metal spoon). A

Jhanjri (flat spotted spoon) is used for frying *luchi*(poories) , cutlet etc. Sauteing is done with a *Khunti* (a long handled flat spoon). The *sheelnoda* is a grinding stone with a roller. It is used for grinding spices to fine powder and paste.

SPICES AND HERBS

- **Panch-phoren Masala: Bengal's own flavour.**

Spices are used very delicately to give each dish its own blend. Unique spice combination comprising of equal amount of the following five spices: Radhuni (celery seed) If not available, black mustard can be used.

Kalonji (onion seed)

Fenugreek

Cumin

Fennel.

Spices: Herein lies the art and soul of Bengali cooking. Spices must not be used with heavy hands. Bengalis believe that it is the way in which the spices are ground that makes the food good or bad. Hence great steers is given on how it is ground, the amount of water used and the fineness, to which it is ground. Turmeric, cumin, coriander, mustard all has got different ratios of water to grind it. Mainly freshly ground pastes are used in cooking.

Bengali garam masala use only three spices i.e., cinnamon, cloves, and green cardamom in equal quantities

- **Heavy influence of 'rai' or mustard.** Bengali food is complete only when mustard oil is used as the media for cooking. Both East and West Bengalis use mustard in many forms viz mustard oil, crushed, fried (tempered). Freshly ground mustard paste is often used in gravies to make the taste prominent.

FESTIVALS:

DURGA POOJA: The major Bengali festival is the 'Durga Puja' a five day festival to worship Goddess Durga. During Durga Pooja, it is a customary ritual to have good food accompanied with lot of sweets. The traditional lunch during Durga Pooja will start from rice with ghee, accompanied by Paanch Bheja then dal, ghonte, Maach, Tauk and end up with mishti.

BHAI POOJA is celebrated by sisters for the prosperity of their brothers. A full meal including two or three fish preparations out of which one will be with prawn is served and ends with Rasgolla and Misti Doi.

JANMASHTAMI On Janmashtami, malpua, Laddu etc are prepared and offered to Lord Krishna.

DOL Holi celebration is called 'Dol' in Bengal.

SARASWATI POOJA No non-veg is prepared on this day.

RAJSAKHI.

KALI POOJA Falls on the day before Diwali. On this day, mutton preparation is made. The animal is slaughtered and offered to Kali and meat is cooked and eaten as prasad.

PAILA BAISAUN is the Bengali New Year and is celebrated on 14th of April.

SIGNATURE DISHES

- JAL KHABAR (Snacks)
- CHIRE BHAJA: Dry fried flaky rice. Mixed with peanuts and served. Can be stored airtight.

- MURIR MORA: Crunchy puffed rice Rolls. Muri is mixed with hot liquified jaggery, then removed from fire and given ball shape.
- NIMKEEN: Flour rubbed with gee. Dough cut into diamonds and deep fried.
- SHINGARA: Triangular shaped Samosas.
- GHEE BHAT: Cooked with milk and little sugar.
- LUCHI: Small poories
- KHICHURI: Rice and dal combination (Kitchdi)
- MURODAL: Fish head cooked with dal.
- TAUK: Sweet and sour dal
- SHUKTO: Mixed butter and sweet vegetables
- BHAJA: Fish /vegetable fry
- BHATE: Boiled vegetables
- ALOO POSTO: Potato cooked along with poppy seeds. Posto is dish with a poppy seed based gravy.
- DOI BEGUN: Brinjals with Yoghurt.
- JHINYA/CHINGRI MALAI CURRY: Chngri (prawns) cooked in coconut milk gravy.
- DOI MACH: (Fish Hilsa) cooked in Yoghurt.

SWEETS:

- MISTI DOI: Yoghurt sweetened with palm jaggery. Light brown, smooth and cuts clear with a spoon.
- SANDESH: Channa made into smooth paste added with sugar and some flavor. Give different shapes
- PAYESH: Usually chenna payesh
- CHANAR JILUPI: Gulab Jamun mix piped and given a Jalebi shape.
- PATISOPTA: Pancake with coconut filling.
- MALPUA: Yoghurt fritters in syrup.
- RAJBHOG:

- RASGOLLA: Most popular. Paneer is kneaded into a smooth paste and given a round shape. It is poached in sugar syrup. Smooth, Spongy and juicy.

MENU FOR A DAY

RICE

TANK DAL (Sour Lentils)

BEGUN BHAJA (Fried Brinjal)

PALONG AND SUGAR BHANTE (Spinach Leaves & Potato In Gravy)

DOI MACH (Fish in Yoghurt)

AAM JHOL (Mango Chutney)

MISTI DOI

A MARRIAGE MENU

LUCHI

GHEE BHAAT

BEGUN BHAJA

BONDHAKOPIR DOLMA

POTOLER DOLMA WITH SHRIMPS

RUI MAACHER KALIA

MONGSHOR GOTE MASLA

ALUBO KHORA CHUTNEY

RASGOLA PAYESH

SONDESH

SMOKED HILSA

PARATHA

PULAO

DUM MOO

CHOLAR DAL

KABAB

GREEN SALAD

DOI MISHTI

DARBESH

RASMALAI



CHETTINAD CUISINE

The chettiars collectively, perhaps the most successful of South Indian business communities, comes from Chettinad. It is a series of pockets of spread over Tamil Nadu united by its unique cultural identity.

HISTORY OF CHETTIARS : The term chetty is derived from the Sanskrit word "Sherti" which is similar to sects. They spread over to region 250 miles due routes from Madras from Kanchipuram to Tanchavoor. Most chettiars are Zamindars. They are forefront in Education wealth, generosity, industry and chettinadu means land of chettiars.

CHETTINADU CUISINE: Chettinadu cuisine is an authentic and ethnic cuisine in Tamil Nadu. But it is also influenced by Srilankan, Burmese, Malaysian, Singaporean and Keralite flavours. This is due to the business relation made by the chettinad with these regions. The difference between chettinad cuisine and other cuisine is that they concentrate not only on taste but also on nutritional value. Mainly, the diet of the chettiyar community are;

Pongal	- sweet and savoury
Sadams	- Curd, Sambhar, tamarind, lemon
Varuval	- fried
Kolambu	- gravy
Kootu	- stew
Vatha kozhambu	- reduced gravy
appalams and pickles are must	

COOKING STYLE OF CHETTIYAR

Method of cooking: boiling, stewing, steaming, frying.

Medium of cooking: Gingelly oil is used, nowadays ground nut oil and sunflower oil is also used. Even soybean oil is used.

Spices used: Red chilly, pepper corn, turmeric, coriander, ginger, garlic, dhobal phool, marathi mukku (a fungus black in colour), aniseed etc. The cooking is done on mud stoves, wood as fuel, vessels are usually clay pots and copper vessels for serving. It may go from silver to gold. But during occasion, it is served on banana leaves.

CHETTINADU RECEIPIES :

1. Thakkali rasam: pepper based light, digestive tomato soup
2. Poliyodharai: (tamarind rice) reduced tempered tamarind gravy mixed with rice.

MARRIAGE FEAST: Serving of food hold a typical style. Banana leaves are laid out on the floor and on it small servings of meat and fish. These are cooked vegetables with water used for watering rice(mandi). Freshly made rice semiya (vermicelli) nicely seasoned with mustard seeds and black gram dal called as Idiyappam. Many dishes are made from banana flower etc.

CHARACTERISTICS: Rice is a staple food of chettiars. Rice is cooked in many varieties, saadam, appam, dosai, pongal, puttu, vatral (crispy dry rice past tidbits). Even today they are grinding spices with stones.

CHETTINAD THALI MEAL

Boiled Rice (200 gm)

Saambar (50 gm)

Rasam (30 gms)

curd (100 gm)

Poriyal (keerai, carrot, beans)(80 gm)

Meen Varuval (80 gm)

Popalaigai kootu (80 gm)

Ourak aai (pickle)

Mangai pachadi (salad)

Appalam (bread)

Kuzhi Paniyaram (dessert) (Rice and Jaggry butter fried in oil)

THEME DINNER MENU

NONGU SAARU

(nuttier from palmgrove)

PULI RASAM

(a light pepper flavoured tamarind soup)

KOZHI UPPU VARUVAL

(fried chicken, pivoiously marinated)

THIRAKAL

(minced vegetable delicacy stew)

PODALANGAI KOOTU

(snake gourd with cooked gram)

LEMON RICE

COCONUT RICE

SUNDAL

(a tempered chick pea savoury salad)

THAYIR SADAM

(seasoned curd rice)

OABCGANRYTGAN

(five types of fruits, minced with sugar syrup, taggery an honey)

SAKARI PONGAL

SOUTH INDIAN COFFEE

GOAN

Goa has long been regarded as India's golden coast. The Arabian Sea, sandy coves, endless rivers and lush green fields offer a kaleidoscope of sublime natural beauty. Goa is situated between Maharashtra and Karnataka. The major rivers flowing through Goa are Mondovi, Zuari, Chapora, Tee and Betu. The local languages are Konkani and Marathi.

HISTORY:

It is the Portuguese who gave the state of Goa its name. Goa or 'Gowapura' was the name only at the port town near the mouth of Mondovi River. Portuguese captured this and went on adding bits and pieces of adjoining territories till the mid eighteenth century. Until the end of 13th century, Hindu Kings ruled Goa. For some time Goa was under Muslim invasion as well, till driven out by Portuguese (Alfonso de Albuquerque) in 1510. Later it went to Dutch and British.

SALIENT FEATURES

- **Rice is the staple:** Wide varieties of rice are available at Goa though wheat is also consumed as bread by Christians and chapattis by Hindus. The poor man's breakfast will be Kanji (Rice gruel).
- **Non vegetarianism is quite popular:** Christians use pork; Hindus prefer mutton or chicken.
- **Most dishes are pickled:** To overcome off-season scarcity, most dishes are pickled: Vindaloo, Amotik, Balchao, Sorpotel
- **Masalas:** Are used in wet and finely ground fashion: To this day, Goan homes have stone grinder which is used in grinding Masalas. Noteworthy

is the fact that Masalas are ground using vinegar and not water; to the extent that washing of stone is done with vinegar and not water. Most of the gravies will be coconut paste based. The spices vary depending on the fish/meat used.

- **Dishes are of hot (spicy) and sour taste:** Teflam ,pippal ,red chillies and cocum are used in goan style to extract spicy and sour gravies .Hindus use kokum whereas Christians prefer vinegar as souring agent (Vinegar is available in 2 forms in Goa: coconut toddy vinegar and brown vinegar ,both made by “ Maderization”)
- **The Daily grind:FISH:** Fish is an integral part of Goan food. They will have fish even during monsoon by drying and pickling it when on season. Pickled salted fish is called "Para". Pomphret, Mackerels, kingfish, Rayfish etc are the favorite for making "Para" .Pickled prawns are called “Balchao”. “Amotik” is another pickled prawn fare. Seafood, sun dried is made into chutney.
- **Desserts are coconut based:** All the desserts are coconut based with jaggery used as the sweetening agent; then again Christians use Palm jaggery and Hindus go for Sugar cane jaggery. Eg:-DODHOL, BIBINCA, PODDE ,BATICAS.
- **Colonial influence is well evident:** Coconut toddy vinegar and brown vinegar (jaggery) give the food its identity, and palm fenny gives a difference. The 450 years Portuguese rule has influenced not only the food habits but life style of the people as well.

NOTE THESE FACTS:

Feijoada is both a Portuguese and Brazilian specialty. Balchao comes from either Burma or Malaca. Galinha cafreal is grilled chicken which has its' origin in Africa. "Piripiri" or "Portugali" are small chillies used in its masala. Vindalo is modified Portuguese Vinha de alho (wine and a bundle of garlic) and the Goan sausage churico is the prototype of the Portuguese churico (pork meat and periperi masala in intestine of cows). The difference being vinegar is used

in former where as wine in later. The Portuguese tradition of using yolks and sugar custard in sweets has been left back as Portuguese legacy to the cuisine.

The Portuguese influence is mainly on catholic food while Hindus' food bears the influence of Konkan region. Some popular Hindu foods are Khat Khateim, moongyachyo gathi, bangdeanchi uddamethi, and sweets like manane, tausoli, payas, kheer etc. But for both of them style food is rice curry and fish. But Hindus do not eat beef or pork. Portuguese wines like tinto, branco etc may be served.

Goibada or Ganna cheese made from the ganna fruit is of Brazilian origin. However, between then and now, Goan cuisine has become a much abused term, particularly by hotels and restaurants. Today, few restaurants serve authentic Goan food. Chicken cafreal or Galinha piri piri, experts say was a Mozambique grilled bush specialty. What passes off today in Goa as Galinha cafreal is actually roasted chicken, which is then fried. The fish and meat vindaloo too has little resemblance with the real Portuguese word. Vindaloo (vin d'aloë), which means liquor and garlic. Espetada is actually a Daman (another former Portuguese enclave in India, further up north) specialty, and a grill that came from the Abyssinians who served as mercenaries in the adjoining State of Gujarat.

OTHER FEATURES: The traditional way of cooking food was using earthen pots on wood fire. The commonly used vegetables are lady fingers, ridge gourd (goncaim), snakegourd (podaim), and during winter turnip (knollcoll), amaranthaus (tambdi bhaji), radish etc are available. Local available fruits are bananas, the thick skinned sal datte, the thin skinned 'figos de Horta' and the Big 'Moirá banana', seasonal melons, chickoo, jamuns, mango also are available..

FESTIVALS

Goa is a state rich in tradition both among Hindus and Catholics.

CARNIVAL: is the main festival out there. Some of the common dishes are Bolos (ground wheat flour, coconut, jaggery, fermented with coconut toddy and baked) and baticas (a cake made of coconut, egg, semolina, and sugar).

THE FEAST OF NORIDADE or KONNOS (harvest festival) on August 24, “fou” or powa (flavored rice) is prepared, which is served with coconut and jaggery. Some villages prepare Divar and potayos for this occasion.

ALL SOULS DAY In Goa, it is celebrated as Almachem Fest. On this day, onn (a sweet) is prepared to satisfy the departed souls who visit their house. Another special festival food is sannas (bread with boiled rice, coconut ground in toddy and steamed)

On Sunday they make Vindaloo, balchao. Hindus will have rice, curry, fried fish, veg and coconut, 'tonnak' of pulses, solcodd (cocum codd) or buttermilk.

CHRISTMAS, GANESH CHATURTHI.

HERBS AND SPICES

- **Chillies:** Dried Goan or Kashmiri chillies. They are milder than the regular ones.
- **Garlic:** Most of them do not like excessive garlic. They often cook it whole and discard them.
- **Vinegar:** Two types of vinegar are used (a) toddy vinegar (b) coconut vinegar. The vinegar came into liberal use in Goan cuisine through its European influence.
- **Cocum:** Unlike Christians Hindus use cocum to give a tangy taste. It is the rind of fruit found in konkan region which is dried and used.
- **Tephlam (Triphal)** :Aromatic spice used to overcome strong fishy smell
- **Pippal** :Goan version of black pepper

SIGNATURE DISHES

BAFFAD: Brown beef stew with coconut flavor cooked with radish.

GALIHNA CAFREAL: Grilled chicken, with skin, marinated in a spicy thick green paste.

MOL DE PEIXE It is a pickle made from large prawns in a gravy made from Kashmiri chillies, turmeric, vinegar and cumin seeds with ginger and garlic.

PORK BALCHAO: Pork pickle

CALDEIRADA: It is a Portuguese dish with layers of vegetable and fish.

FOFOS: Fish is cooked and deboned and mixed with mashed potatoes and then dipped in beaten egg and bread crumbs and given a oval shape and deep fried.

CARIL DE TOMATO: Prawns cooked in tomato puree and coconut milk with herbs and fresh spices.

EMPADINHAS (SMALL PORK PIES): It is a pastry with a filling of minced pork and onions.

SORPOTEL: It is a Goan classic prepared with small pieces of pork, liver, heart and clotted blood. Tamarind and vinegar are used to sour the dish.

SANNAS: Steamed rice cakes, round shape, made from rice, coconut toddy and served on festival occasions to accompany the thick spicy gravies

PODDE: It is Goan bread made from rice, coconut, eggs and toddy and then fried on a pan.

BAAKRI: It is crispy bread made from rice and coconut which is spread on a banana leaf and then turned over a lightly greased pan.

NEUROS: It is a traditional Christmas sweet made from refined flour with a filling of grated coconut, cashewnut , raisons and sugar. Then given a half moon shaped and deep fried.

KULKULS: Christmas sweet made from maida., coconut juice, butter and then given a marble shaped and rolled over a fork and deep fried.

BIBINCA: Also called 'BIBI'. Cooked in layers (min. 8 layers). Made of coconut milk, yolk, maida, ghee, palm jaggery, powdered sugar and nutmeg powder.

DODHOL: Made during Christmas. Made of coconut milk, Rice flour, palm jaggery and cooked in a thick bottomed brass degchi.

GUJARAT

HISTORY AND GEOGRAPHY: Gujarat is a state which lies in the western part of India. Neighbored by states like Rajasthan, Madhya Pradesh, Maharashtra, the west side of Gujarat faces the Arabian sea.

Gujarat is the only state in India where two third people are vegetarian. The abstinence from meat was due to two movements: first was the strong influence of *Jainism* and other was the impact of *vaishnavism*. The only meat eating community of Gujarat is the *Bhoris*, one of the oldest Muslim communities.

The *Parsis* have also attributed much to the cuisine of Gujarat. They avoid eating beef due to Jains.

SALIENT FEATURES

- **Vegetarianism is more dominant:**

As mentioned, 90% of the dishes are vegetarian.

Cooked vegetables are collectively called 'Shaaks'. Some examples are Doodhi nu shaak, Guvar nu Shaak, Mogri nu shaak, Chauli nu shaak.

The well known "undhiyu" is a veg. stew served with Fenugreek leaves and besan dumplings - "Muthia". Pickles include "athanu" made from goose berry, kachikeri made from raw mangoes and many more!

- **Staple comprises of cereals and lentils.** The staple diet of Gujarat includes Bhaat, Mugni dal ni Khakhras and other veg Pulaos, they also enjoy breads like Rotlis, Rotlas, Khakhras, Tadeli Rotli, theplas etc.
- **"Farsaan": Treat with variety savouries.** The snacks of Gujarat are collectively known as 'Farsaan'. Snacks are normally consumed for 'Nasta' (breakfast) as well. These may be fried, griddled or steamed. Popular Nastas are:
 1. Tikha Ganghia (besan fritters)
 2. Chevado (Tempered rice flakes, cornflakes etc.)
 3. Khakhra (very thin and hard rotis)
 4. Chakar (made from atta, turmeric, red chilly, sesame seed, pepper and fried.)
 5. Bhakarvadi (Chick pea flour, dry coconut powder, sesame powder, ginger, lime, sugar and red chilly powder).
 6. Dhokla: (made from besan and steamed)
 7. Mugnidal ni Kachori
 8. Handavo (cake made from moong dal flour, besan, used dal flour, cumin seeds, red chilly powder and other masala steamed)
 9. Khandavi (Chick pea flour, milk, salt etc. poured into saucepan and cooked.)
 10. Bhajias: (Fritters of cucumber, potato, onion etc.)
 11. Samosa: (Maida dough, filled with potatoes, peas etc. deep fat filled.)

12. Dahi vada (Dumplings from moong and urad dal, fried and served with curd).

Other nastas : Muthia, Fafada, Ghooghra, Khasta Kachori, papdi etc.

There are lots of nastas eaten as breakfast along with the authentic tea 'cha'

- **Dishes mostly sweet and sour in taste:** All the dishes have a distinctive sweet and sour taste due to the addition of sweetening agents like jaggery, coconut and souring agents like tamarind and lime juice.
- **Mitai:** Gujaratis have a sweet tooth: Distinctive sweets are Doodhpak, Basundi, Mohanthal, Sheera, Lapsi etc.

FESTIVALS OF GUJARAT:

MAKAR SANKRANTI: Makar sankranti celebrated on 14th of January every year. On this day people exchange til Laddoo or chikki made from til. The elder of the family give gifts to the younger member of the family. Til ni chikki is made on this day.

NAVRATRI /DUSSEHRA: The Gujarat Hindus celebrate Navaratri and Dussera with lots of enthusiasm. The ladies of the house keep fast for nine days. On the day of Dussera, (tenth day) sweets like mohanthal, peda tal na kachariyoo etc. are prepared. Dussera special is fafda and Jalebi combination.

JANMASHTMI: This is the birthday of Lord Krishna. Bhajans, Kirtans are sung at night and places are illuminated with lights. Pooran poli, basundi, Lapsi etc. are made.

HOLI: Holi, the festival of colour is also celebrated by Gujaratis, Malpua, churma no ladu etc. are made on this day.

LUNCH: Gujaratis have an elaborate lunch which includes breads, rice, vegetables, desserts etc.

Some of the breads are: Roti , Rotla, Bhakri, Thepla, Moola na thepla, Poories

Rice dishes are: Bhaat, Ghee Bhaat, Vaghareloi Bhaat, Vatana no Pulao, Jeera Bhaat, Khichadi

DINNER: Most of the items eaten for lunch are also eaten for dinner but most of the Gujaratis eat only one dish in the night .

1. Bhakri and shaak
2. Khichadi and Kadi
3. Dhodla and chutney
4. Bateta poha
5. Bhajia and chutney

A GUJARATI MENU

POORI/ROTLI

UNDHIYOO/TOOVER RIGNAN NU SHAAK

RAWA WALA CHANA

DAHI VADA

GHEE BHAAT/VATANA NU PULAO

TOOVAR NI DAL

MASALA PAPAD/CHHUNDO

SALAD/KUKUMBER

BASUNDI/SRIKHAND

ROTLI

TOOVAR NI DAL

BHARELA BHINDA NU SHAAK

BHAAT

ATHANU

SAMOSA

CHUTNEY

PAPAD

LAPSI

HYDERABADI CUISINE

Hyderabad, the capital of Andhra Pradesh is a city with rich heritage in culture and food. The city was the capital of great dynasties like Qutub Shahi and Nizams. It was Sultan Mohammed Quli who created the city of Hyderabad. He married a Hindu woman, Bhagmati and named the city Bhag Nagar. Later when Bhagmati was given the honorific of Queen Hyder Mahal, the city too was named Hyderabad. The city is on the banks of river 'Musri' and Hussain Sagar Lake. Hyderabad was ruled by Qutub Shahis from 1518 and 1687 and then the dynasty was extinguished by the Mughals. The Qutub Shahi Kings were devoted Shia Muslims but with a secular outlook. They patronized art, poetry and food. After capturing Hyderabad, the Moghuls appointed a Nizam (governor) for South India. The Nizams established the Asaf Jahi Dynasty. They ruled Hyderabad from 1724 to 1948. The last Nizam was considered to be one of the richest persons in the world. The city is famous for Charminar, Golconda fort, the pearls, Hussain Sagar Lake, Birla temple, Choodi Bazar etc. as well. And of late it is often called the 'Cyber capital' of India.

The Nizams were great lovers of food. It is said that the last Nizam Osman Ali Khan used to personally write the daily menu for himself and the entire palace. Nizams were also famous for hosting great state banquets. Hyderabad may be truly regarded as north of the South. There is of course a Mughal imprint in plenty as far as Hyderabad food is concerned. This is because both Qutub Shahi and Asaf Jahi dynasty were Persians, Arabs or even Turks (Nizams had nuptial relatives in Turkish royal family). The cuisine has got many other influences like that of the local spicy Andhra food, the continental food (due to the British rule), and South Indian food. The foreigners brought in some spices of their own into Hyderabad cuisine and hence a great influence of Middle Eastern countries. Many of Nizam's advisors and chefs were from Delhi and Lucknow, and they brought with them their rich culture and food.

Hyderabad cuisine is known to be sumptuous with a richness of taste that is difficult to find elsewhere in India. Day in and day out rich food is taken. The

food can be chilli hot with spices floating on top. They have some special garam masala and 'Potli ka masala' (which has got sandalwood, Pathar ke phool, cassia buds, dried rosepetal etc. in it) of their own. Staple cereal is rice. Wheat also is common. Meat is consumed from the breakfast to dinner.

Hyderabad cuisine is admittedly more non-veg than vegetarian. But vegetarianism is not entirely alien to the city, the Hyderabadi Hindus prefer to be veg on festival days, and orthodox Shia Muslims refrains from eating meat on Moharam day. The meat consumed most is Lamb, as kebabs, curries or in Biryani. They relish almost all parts of lamb viz tongue, liver, kidney, trotters etc. Vegetables are added in most meat dishes except in biriyani and kebabs. Hyderabadi are proud of the 'dal' variety they have got.

They have khatti dals (sour), meeti dal (sweet), dalcha (dal with mutton), the rare Chironji dal. Call it the triumph of South over North, the Hyderabadi is more into rice than bread. A variety of pulaos, Biryani and Khichris are there. The curries of Hyderabad can be a Shorva (thin soupy curry with dumplings of meat and vegetables), Khorma (creamy yoghurt based), Khalia (thicker curries), Salan (thin gravy: from Arabic term 'salona' for gravy) Bhuna (with very little sauce) and a group without a specific name, are those that are flavored with baghar, or seasoning. They boast of some special baked dishes like Tootak (semolina and minced meat). The Arab influence is very specific in Muzhi (goat stuffed with pulao, chicken, boiled eggs, nuts and cooked). Then they have Marag (A broth of mutton and marrow) and Nehari (fine broth of tongue and trotters). Another area of non-veg sector is mince meat (Kheema) which is used for kebabs, kofta, pulaos etc. the dessert section is slightly lesser in number but the ones they have are very famous like double ka meeta, khubani ka meeta, Phirni. No meal in Hyderabad is complete without pickles. Pickles are made of green mango, lemon, tamarind, green chilli, gongura leaves, kamrak (star fruit) etc. The well known flaming red Andhra pickle called the 'Aavakai' is very popular. They have a lot of home made 'paans' as well. As they say in Hyderabad, the best food comes when it is made with 'fursat' (leisure) and 'Mohabbat' (love).

GENERAL COURSE OF HYDERABADI FOOD:

GAZAK- STARTER

KHEEMA- MINCED MEAT

SHORVA- CURRY OF **MURG-** CHICKEN
MEAT

MACHALI- FISH

PILAF- PULAO AND BIRIYANI

CHAVAL- RICE

SUBZI/TARKARIYAN- VEGETABLE
CURRIES

DAL- LENTILS

ROTIYAN- BREAD

MEETHA-

SWEETS/DESSERT

FAMOUS DISHES:

GAZAKS:

Lukmi – Rectangular/triangular dough casing filled with minced meat/veg and fried dough made with maida and curd.

Pathar ke Gosht: Marinated mutton pasandas (flattened pieces) cooked on a stone

Tootak: minced meat patties baked in a semolina cone.

Shikampur: Derived from the terms ‘Shikam’ means a slave to ones belly or an epicure and ‘parwar’= nourish. So it is a dish that pampers Epicurean taste. A moist kebab with a relish filling and shallow fried.

CURRIES:

Bhindi ka Shorva: Mutton and okra curry

Gawar phalli ka Khalia: dry/semi dry meat preparation with gypsy/cluster beans

Nalli ka Khorma: Bone marrow curry

Nehari: Broth of goat’s tongue and trotters

Haleem : a savory porridge of ground meat and broken wheat

Saalim Raan: Whole leg of lamb fried and cooked with masalas.

PILAFS:

Kachi Biriyani: Meat cooked with raw rice

Paye ka Pulao : Pilaf of trotters

TARKARIYAN

Bagare Baingan: slit aubergines browned and cooked in a nutty sauce of sesame, ground nut, coconut and tamarind.

Mirchi ka salan: Made with stuffed chilles

Dum ke Boote: Simmered green gram curry

Dals:

Keoti Dal: A medley of four lentils (channa, dhuli mong, masur dal-dhuli, and red gram lentil/arhar dal)

Dalcha: Mutton and Dal (Masur and or arhar) curry

ROTIS:

Sheermal: Soft bread made with milk, butter, yeast and sugar.

Accompaniment for Haleem.

MEETA:Khubani ka meeta: Stewed apricot with cream. Gille firdouse:

Double ka meeta.

FESTIVALS: Idul-fitr (Ramzan) and Bakri Id are the most important. During Ramzan fasting is observed during day and to break it they have 'iftar' which will have Haleem and Sheermal. Id-ul-zuha (Bakri Id) is celebrated in memory of the sacrifice by Prophet Ibrahim. A goat is sacrificed to 'Allah' and the meat is distributed for the poor.

KARNATAKA

HISTORY / GEOGRAPHY

Karnataka, 'the heavenly tourist paradise' is strategically located on the southern side of Deccan plateau. She is known for great architecture, palaces, temples, beaches, spices, coffee and many more.

Karnataka is divided into 3 distinct regions. A narrow coastal strip along Arabian sea, the hills of western ghats and sprawling plains of the east. Rightly called the 'coffee bowl of India', it witnessed the great rulers like Krishna Deva Raya, Hyder Ali and Tippu Sultan. Naturally the cuisine is

mainly influenced by Muslims and Christians. The population includes Kannadigas(the general people of Karnataka), Raos (Brahmins), Shettys and Reddys(Land lords) and Muslims.

SALIENT FEATURES

- **Blending influence of sister states**

Karnataka shares her border with Kerala, Tamilnadu, Andhra Pradesh, Goa and Maharashtra and all these states have their effect in Kannada Cuisine. As one goes to the north of state, the food has got a Marathi influence wherein the coastal food resemble the Kerala food. As a whole the food is less spicy than in Andhra Pradesh and the Kannada homemaker uses more of lentils and coconut than her Tamil sister. Its first class vegetarian food includes a variety of rice dishes, sambar, bondas and dosas topped with ghee.

- **Vivid variety of staples**

The culinary culture revolves around three staple items - Rice, jowar and ragi. The people of north eat jowar rotis, in rural Karnataka ragi is widely used. The main cultivation includes Rice, Coffee, cardamom, betel nut, bamboo etc. The traditional Kannada meal is served on a patravali (banana leaf) leaves stitched together. The festive/guest meal is divided into two parts. It begins with servings of pickle, sliced lemon, raitha, dry vegetable and a bowl of spiced dal. Rice is served with plain yellow dal, pappad, puris and curd. Often the hostess ceremonially serves fragrant home made desi ghee as a signal for guests to start the meal. For everyday meals Huli (sambar)begins the meal and then comes saaru which is followed by chitranna and then a sweet dish is served.

- **Varietal and versatile use of vegetables**

The different ways of cooking variety of brinjals, bitter gourd (de bittered with salt water, washed and cooked) etc are unique to this region. It could be stuffed with a masala; ghee fried, cooked with jaggery syrup, cut into rounds and cooked with salt or may be cooked whole. The Balaka are fried chillies which are soaked in salted water and dried before frying. Different Happalas

(pappads) and Uppinkayi (pickle) can be found. Curd based relishes like pachadi, kasara -kacchida (milk and curd) are also found. Kosumali is uncooked relishes made of channa and moong soaked in salted water. No kannada meal is complete without saaru (a clear pepper broth), Gojju (a veg mostly bittergourd cooked in jaggery and tamarind juice), Chitranna (rice with lime, greenchilly, turmeric, groundnuts and coriander leaves) and maajjige Hule (veg in buttermilk base).

- **Diverse cuisines and cultural mosaic**

1.The Kodavas -Coorgi Cuisine:

In the highlands of Karnataka are a warlike and distinctive people with a unique cuisine. Known for the fairness and handsome physical features, they are perhaps the only Hindus who serve non-veg food and alcoholic drinks for marriage ceremonies and traditional festivals. House wives are reputed for making delightful wines.Coorgi cuisine is noted for their flavor and taste, coconut based, lightly spiced and moderately sour(due to kachinumpulli or cocum concentrate) .River fish used commonly are sardine and tiny white bait.

SOME OF THEIR NOTED DISHES:

- PANDI CURRY :famous wild pork curry had with corgi breads.
- AKKIOTI: griddled rice chappathies
- MANGAI PAJJI:spicy stew of mango and jaggery
- NUPUTTU.string hoppers
- THALIYA PUTTU, steamed batter of broken rice (thari) cooked in thali
- PAPUTTU steamed batter of broken rice (thari) with fresh coconut which is eaten with ghee and honey

2. Gowda saraswaths-Mangalorean Cuisine:

Fish and seafood are in abundance and the cuisine is simple yet flavorsome. May be this explains the reason why the GSB is the only community. Coconut is widely used in Mangalorean cuisine as oil and gratings. Meat cooked in coconut milk lends a special taste typical to Mangalorean cuisine.Vegetables and skins of vegetables are used.

SOME OF THEIR NOTED DISHES:

- GASSI:gravy dishes with freshly pasted masalas .
- KORI ROTI:dry broken pieces of dosai
- NEERDOSAI:made of unfermented watery batter
- SANNA IDLIS: fermented in toddy are yet another accompaniment for most of gravy items.

3.Bangalore:

Bangalore has a mixed cuisine due to its' cosmopolitan population.

For making curd rice and preserving it for days, the water in which rice is to be cooked is boiled along with leaves of tulsi or madala (citrus medica). The most famous rice preparation is Bisibele Bhat which is a spicy preparation of dal and rice . Bisi means hot, bele is dal and bhat, rice. This is very common in marriages.

SOME IMPORTANT DISHES

- MUCCHALA ROTI: Roti baked between plates with live coals above and below
- KIVIDHU ROTI: Made on a kavali (thava)with little ghee
- MANDIGE: A delicate baked product. When baked on heated tile (kenchu) it is called white-mandige
- SANDIGE: regular lumps of rice-used batter, or sesame powder, or onion, or even vegetable skin like of ashgourd all deep dried to crispness in very hot fat.
- KRASARA-KACCHADI- Preparation with curd and milk.
- THAMBULI: curd preparation with greens and coconut gratings.
- KAJAYYA: Deep fried delicacies of rice flour and jaggery.
- SHALIANNA: Kesari bhat
- HULI: sambar
- AMVADI: A vada of mixed dals.
- CHITRANNA: lime rice
- UPPITTU/ KHARA BHAAT: Upma
- LADDUGE: Laddu

- MYSORE PAV: Crunchy and smooth sweet-meat made of chickpea flour, sugar and ghee.

KASHMIR

Kashmir, the most enchanting state, with its' snowcapped Himalayan rangers, beautiful lakes and houseboats is often called the Switzerland in India. This beautiful valley has a population of both Hindus and Muslims. Every year, on a certain full moon night, the loan locked of Jammu and Kashmir can catch a glimpse of the sea. While the Sun sets over the village of Pampur, they picnic on minced meat kebabs wrapped in thin lavasa bread or on lamb stewed with dried ginger and fennelseeds which they eat with scoops of rice and pickled 'Kholrabi'. The sip 'noonchai' the salted mountain tea from handleless cups, puffs on their hookahs and wait for the spring season.

Kashmiris cultivate an ancient crop called saffron. Each thread like 'stigma' will be worth almost its' weight in Gold. The local people use saffron, sparingly of course, to flavor rice and meat dishes. They will float it in their tea-filled samovars if an honored guest is to drop in. They also sprinkle it over the bowl of Yogurt that is sent out ritually with the dowry of every Hindu bride.

CUISINE: Kashmiri food is a blend or a cultural mix of Indian, Iranian and Afghani cuisine which in turn gave rise to the traditional 'wazwan' style of cooking which is mostly non-vegetarian and is cooked in a lot of spices. The population mainly consists of Muslims and Kashmiri Pandits (Brahmins who eat meat but surprisingly do not include onion and garlic in their food. Curd is a very important ingredient that is used extensively and of course saffron for coloring. The upland forests of Kashmir are carpeted with fat, juicy, spongy morels. Other mushroom grows everywhere.

Many precious terraces are reserved for their staple, Rice. Kashmiris love their rice which the cold dew penetrating through the husk to the grain makes hard

and sweet. Wheat too is grown, to make superb breads such as, flaky, bun-shaped 'Kulcha' and the sesame crusted 'tsachvaru' both very popular accompaniments for tea.

The blue lakes are filled with the rhizomes of the lakes, often called lotus roots. These resemble linked sausages and tastes of artichoke hearts. They are cooked with fish, with wastahaak (a popular spring beans) and also with lamb. They can be made into meatballs cooked in yoghurt as a Yakhni, dipped into rice batter and made into fritters, or the best of them all: fried in mustard oil to make yummy, crunchy chips. The abundance of dry fruits -walnuts, dried dates, apricots also inspire the Kashmiri connoisseur to use them lavishly in puddings, curries and snacks.

The Kashmiri day begins at the crack of dawn while a delicate mist still hovers over the lakes. The first order of business in most homes is the setting of the samovars. Water is poured in and some live charcoal thrown into its chimney. Once the water is boiling loose green tea (called 'Bombay tea' for some reason, even though it's like tea drunk in China and Tibet) is sprinkled in and a little sugar, if the family needs it. Those who can afford it, put some crushed cardamom and almonds as well. This is called Kahwa. It is drunk for breakfast and sipped all through the day.

For the breakfast, handless cups make their appearance neatly stacked in special cage, a 'Pyabnoor' or cup holder which also has loops for spoons. Kohwa is in the cups. They get so ferociously hot that they can have only with towels. Breads from baskets are nibbled with the tea.

Kashmiri breads are more related to the breads of Afghanistan, Central Asia and the Middle East than to the chappathis, pooris and parathas of the rest of the subcontinent, they are generally baked by professional bakers in clay or brick ovens and bought fresh every day. They range from shortbread-like buns, to discs of flaky pastry, to spongy chewy creations that are crosses between bagels and doughnuts. Most breads like buns, are sized for single individuals, though more than one may be eaten. They can be sweet with sesame seeds. Some breads last for a day only while others wrapped in towels

and placed in baskets, can last for a week. There is nothing quite as satisfying as a chewy 'girda', still warm from the bakery, smoothed with a mound of clotted cream; or for that matter, a crumbly 'kuthca' from Bandipura, the soft 'Bakrikhani' from sapore with a hole in its center; or the delicate 'krep' and the biscuit - like 'sheermal' from Pampur.

At about 9.30 a.m, before everyone leaves for work, lunch is served. Dinner will not be eaten until a good ten or eleven hours later, with only bread and tea again around 4.00 p m. What is served at the two main meals depend to a large extent on whether the family is Hindu or Muslim. Two dishes are almost always present, rice and either 'Kolharabi' or a green of the cabbage family that is similar to spring greens in Britain and collard greens in the U.S. These vegetables and many other seasonal greens that go under names like oinja haak, vappal baak, wastahaak, hernj haak and 'aaram haak' are considered staples and are invariably cooked in mustard oil and water with the addition of red and green chillies. For extra flavoring Hindus use asafoetida and Muslims use garlic and sometimes cloves and cinnamon as well.

Many of the Hindus in Kashmir are Brahmins and while the rest of Brahmins of India abhor meat, Kashmiri Pandits eat meat with great gusto-lamb cooked with yogurt (yakhni), lamb cooked in milk (aabgosht), lamb cook with asafoetida, dried ginger, fennel and lots of ground redchillies (roganjosh) but frown upon onion and garlic, which they say, encourage base passions.

Kashmiri Muslims eat many of the same meat dishes, but just spice them somewhat differently, using lots of Garlic, dried red cockscomb flowers (maval) for food coloring, and onion. But the onion is called 'praan', the onion of Kashmir, a strange cross between a spring onion (scallion) and a shallot)

Hindus tend to eat many more vegetables than Muslims such as aborigines cooked with greens, aubergines cooked with apples, and cabbage cooked with tomatoes. But all these vegetables they have to cut in a predetermined style, a style that has to be taught to women when they are quite young. For eg., lotus roots have to be cut into 1/4 inch rounds if they are to be cooked with spinach, into 1/4 inch thick diagonals if they are to be cooked with wastahaak.

'Ver' is a spice mixture used in foods to give them a Kashmiri flavor. But the recipe of 'Ver' is kept as a family secret. It contains garlic and praan for Muslims, asafoetida and fenugreek for Hindus as well as lots of freshly ground red chillies, cumin, coriander, dried ginger, cloves, cardamom and turmeric. All spices are ground, then made into a patty with the help of some mustard oil. A hole is made in the patty and left to dry on wooden planks on shade.

Among Kashmiris there is consistent awareness of the inevitability of winter. Each vegetable will be cut and dried and kept. Also they will keep dried fish (higaad) for use in winter.

The first snowfall is celebrated by the Muslims with a dish of 'harissa', a kind of porridge made by meat and grains that is eaten with delicious 'girida' bread. Hindus will enjoy hearty bowls of 'razma gogji' - red kidney beans simmered with turnips.

A typical Kashmiri menu starts with soup, some pale, weak, tasteless lamb broth, thickened with flour. The next course will be 'timatar goli', - meat balls cooked with tomatoes and Yoghurt. 'Dhaniwal korma' - lamb cooked with the strained red puree of Kashmiri chillies, and perhaps a chutney of some kind, using either walnuts or cherries, or yellow pumpkin or white radishes. There will of course, be lots of rice and, if you request it, some kind of greens, 'heddar' (mushrooms cooked with tomatoes dry ginger and fennel), 'shikar' (slightly vinegared) duck cooked with garlic and redchillies and 'ard' muj' (fish cooked with white radish). The fish will be at room temperature, Kashmiris do not believe in reheating fish dishes as they say disintegrates them. The meal will probably end with a 'thud' as some heavy English steamed pudding is grandly passed around.

The Kashmiri Muslim Banquet, 'waazwaan', named for the 'waaza' or professional cooks, who prepare it, begins with the appearance of an unlikely procession. A team of about twenty or thirty chefs and assistants enter, all carrying gargantuan cauldrons and herding before them goat and sheep of varying age. All the meat that 'waaza' intends to cook is on the hoof. Their recipes are kept secret, locked away in their heads.

The animals are slaughtered according to the Muslim custom and then butchered expertly on the spot. According to 'waaza' there are seventy two parts of an animal and a most of them are cooked. Organ meats such as Kidneys, hearts, liver will be served for the host family for lunch.

Tents are set up, one as the kitchen and one as the dining pavilion. Earnest young men will cut meat into cubes, mince it and pound it repeatedly into a smooth paste. All of this is done with mallets and cleavers over several hours. When cooking is finished, long white sheets called 'dastarkhans', are spread on the carpeted floor of dining pavilion. Guests come in quietly and take their places, the men segregated from women. Jugs of water and basins are brought in so hands may be washed.

It is time for food. This comes in covered 'trams' plates that are large enough to seat four people around them. The cover (sarposh) is removed; the name of God invoked with the cry of 'bismillah' and the eating begins. In the center of the tram, is a huge mound of rice on top of which are placed 'dry', unsaved meats - roasted chicken halves, skewered, mincemeat, seekh, kababs, the much priced muscle from a shank and the Kashmiri specialty, tabakmaaz. To make the last, rib chops are braised in an aromatic broth and then shallow fried until they are nice and crisp. Yogurt is served in large clay bowls and sweet pumpkin chutney in saucers.

Once the dry course is eaten, the wetter dishes begin to arrive. Etiquette demands that, even though the food in a trami is communal, you must neatly with your fingertips, burrow your own private tunnel be it 'rista' - spongy meatballs, 'raganjosh' - meatcubes cooked with yoghurt redchillies and saffron, 'palag khorma' - tiny meatballs in a spinach sauce, 'ruangan tsaman' - fresh cheese chunks cooked with tomatoes, or goshtaba - large silky meatballs.

FESTIVE MENU

During the first snowfall: By Hindus

Harissa (traditional Kashmiri Porridge)

Girda

Razma Gogi (Rajma with turnips)

Nedr Moinj (meat balls with curd dipped in rice flour, butter and deep fat fried)

WAAZWAAN OF MUSLIMS

Seekh Kebabs

Tabak maaz

(Rib chops of Lamb braised in an aromatic broth and shallow fried)

Yoghurt

Sweet Pumpkin chutney

Rista (Spongy meat balls)

Palak Korma (Tiny meat balls in Spinach sauce)

Ruangan Isman (Fresh cheese chunks with tomatoes)

Goshtaba (Large Silky meat balls)

Rogan Josh

Plain Rice

Steamed Pudding

The function is like a banquet where the food is served in 'Tramis' - a large thali with a mound of rice in the middle, around it, four or five people sit around the thali and make hole in the rice and eat with the other items.

KERALA

HISTORY AND GEOGRAPHY

Kerala 'The God's Own Country' is the land of green magic, spread like a narrow festive strip on the south West coast and bordered by Western Ghats. The state experiences a moderate climate all around the year and the rainy season prevails 50 % of the season. Naturally the soil is fertile and facilitates production of most of the crops.

The state got its' name from 'Kera' or coconut which is plenty out there. The land is mainly divided to:

MALABAR (slope down from Western Ghats)

COCHIN (Line between high and low land)

TRAVANCORE (the coastal strip)

The major religions are Hindus, Muslims and Christians. A few families who believe in Judaism and Buddhism also are there in some provinces. All the religions have contributed a great deal in Kerala's cuisine.

SALIENT FEATURES:

- **Abundance of variety of spices and tropical fruits and vegetables.**

Kerala is a land of coconut and rice and famous for spices like cardamom, pepper, cloves, allspice etc. Tapioca (kappa) is common man's diet. Fruits like pineapple, banana and Jackfruit are cultivated. Various vegetables include bitter melon, ladies finger, tomato, ginger etc.

- **Fish and sea food: An inevitable part of the meals**

Rice (Matta variety) and Fish forms the staple of keralites. Being the land of rivers and backwaters and surrounded by ocean, fish, mollusks, crustaceans, cephalopods, etc., are in abundance and used in homes in a versatile manner.

- **Diversity of cuisines**

The Kerala cuisine can be mainly divided into the cuisine of

Hindu community/ Christian community/ Muslim community

Hindu Cuisine: The major division of Hindu community is into Brahmins, Nair and Yeshivas. The Brahmins have a unique food habit which is followed in a liberal way by other castes in Hindus. *Namboodiri cuisine* is religiously deep rooted. The food habits are very much influenced by Vedas and naturally no non-veg is taken. The community performs rituals and the food is always 'Satwik food'.

The food is taken on Banana leaves, squatting on the floor. The tapering end of the leaf should face the left of the person sitting to eat. The water is sprinkled from a kindi (a brass jug) to purify the leaf, and served into tumbler for drinking. Rice is served first into the centre of the leaf and banana chips on the bottom left hand. A little malted ghee is served on the rice. Kalam or Sambar follows this. Then side dishes such as Erusseri, olan, Avial are served, followed by chips, inji curry, pickle, pappads and poovan pazham (yellow

plantain) all of which have precise positions on the leaf. After that a sweet dish is served (Pradhaman or payasam) followed by rice again with rasam. Then comes puliserry and buttermilk. Cooking vessels are to be brass and no tasting is done during cooking to keep it pure. Judgment is by flavor and use of correct quantity of ingredient. The snacks called unniyappan are offered as prasad at some temples.

However the dishes and service sequences may vary from Sadya of different occasions and according to regions.

Muslim cuisine: Islam was introduced into Kerala in 9CAD. The Muslims of Kerala are of Aryan -Dravidian culture, so also their food. However their food habits have been influenced very much by Islam and Arab traders. Food is the centre stage of Muslim social life. Eating is a celebration. Islam stresses on *ZAKAT* - the necessity to share food with others. There are forbidden food, which is called *HARAM* and permitted food is called *HALAL*. The Muslim forbids predators (both animals and birds). Animals and birds that die spontaneously excepting fish are also forbidden. They have to be offered and then killed.

The Koran recommends food like dates, Honey, Figs, Olives, Milk and Buttermilk. Ramzan is the month of fasting with a meal just before sunrise and just after sunset. Other festivals like Bakrid, Moharrum and Id are associated with feasting. In kerala the Muslims use abundant quantity of rice, coconut and jaggery. They make excellent Biryani, and a porridge called Aleesa made of ground wheat and meat. The roti is distinctive Podipattiri - a flat rice chappati, soaked in coconut milk. The aripattiri is a thicken version, flattened with a banana leaf. Neypattiri is deep fried (pooris). Steamed puttu with mutton curry may be had for breakfast. A wedding eve feast could include Neychoru. A distinctive sweet is Muttamala, egg yolks cooked in sugar syrup served with pinnenathappam - egg whites whisked with the remaining sugar syrup, steamed and cut into diamonds.

Other Specialities are Madakkappam, Chattipathiri, Barotta, Noolputtu, Rice Orotti, Mutton curry, Halluva (Kozhikode's treat!), chakka podi (steamed jack fruit, jaggery, rice cakes in plantain leaf)

Syrian Christians: The first Christian was believed to have converted by St. Thomas, the apostle. Later the Portuguese, Dutch and British have done their share of conversions. The influence is the introduction of cashews, raisins, wines, yeast etc. Cooking techniques like baking and stewing are two methods adopted from Europeans. More spices and vegetables were introduced from New Land and most importantly vegetarianism got diluted.

The Hoppers or appam also called vellayappam, famous all over Kerala is eaten with a meat stew and kallappam cooked on a stone griddle are some speciality breads. 'Kuzhal appam' is a crisp snack, curled up like a tube and deep-fried. Other common breakfast items are idiyappam (string hoppers) and puttu (steamed rice cake in a bamboo tube). Snacks include Achappam, Neyyappam) etc. Another rice coconut combination is avalose (rice flour roasted and mixed with coconut)

Matta Rice usually used is parboiled rice for its' nutritional quality. The vegetables are cooked with very less of water or oil.

Fish plays an integral part in the cuisine. Special mention should be given to 'Kodampuli' the rind of a sore fruit (cocum), sun dried and smoked. They eat beef and erachi ularthiyathu as wedding special.

Kappa is eaten with meen vevichathu (red hot and sour fish curry). In Kottayam, kodampuli is the main souring agent. Other regions, even use raw mango, elumpan puli is used for the purpose. Meen pattichathu will have small fishes (sardines, anchovies or even squid) with coconut gratings. 'Wild duck' may be cooked as mappas or roasted with stuffing.

For pouring on dishes, buttermilk mixed with turmeric and spices called 'Kachia moru' is used. Pickles may be from mangoes, limes to ilumbanpuli and variety of gooseberries. The feast resembles Hindu sadyas with dishes like parippu, erusseri, pacahadi etc.

1. Varathathu (crisp fried)

2. pollichu varuthathu(par boiled and fried)
3. Pollichu Olarthiathu(par boiled and sautéed)
4. Pollichu wattichathu(dried with use of little water)
5. Vevichathu (cooked in red gravy)
6. Moilee(coconut stew)
7. Pollichethu(broiled)
8. Perelan(coated with thick gravy)
9. Keachiath (warned curries)
- 10.Puzhungizthu(boiled)
- 11.Maavu Kuzhachathu(well knead dough)
- 12.Achar

CHRISTIAN WEDDING MENU

RICE

CHICKEN ROAST

MEEN VEVICHATHU/MOILEE

PORK PERALAN

DUCK MAPPAS

VELLAYAPPAM /STEW

KALAN

THORAN

PICKLE

BANANA (POOVAN)/THAIRU PAANI

FESTIVALS:

- ONAM:

The harvest festival denotes the starting of Malayalam New Year. Celebrated all over the state with no barrier of religion and region. It is the main festival, Celebrated over 10 days. The festival has got the story of King "Mahabali", the Asura King. Malayalis believe that the King comes back to Earth to see his subjects during Onam. He is welcomed by putting 'Pookkalam' (floral designs) in front of all malayali houses. New clothes (onakkodi) is worn by people and

onasadya (feast) is eaten which is strictly vegetarian. The typical Onam Lunch will have dishes li

ONAM SADYA

SHARKARA PURATTI

KAYA VARUTHATHU

POOVAM PAZHAM

PAPPADAM

PULI INCHI

PICKLE (Mango/Lemon)

AVIAL

THORAN

ERUSSERY

KAALAN

OLAN

PACHADI

MATTA RICE

PARIPPU

GHEE

SAMBAR

PRADHAMAN

PAAYASAM

PULLISSERY

RASAM

SAMBHARAM

- VISHU: On April 14th Kanikonal is the ritual followed by vishu-kaineetam (offerings or presents given to younger in the family by the family head). 'Vishukodi' is new festive clothes and followed by a sadya. RAMZAN, ID, CHRISTMAS, BAKRID.

LUCKNOWI / AWADHI CUISINE

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 music. He invented Dimpukth, the 'innovative Awadhi Cuisine", poetry and food. 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 favorite pastime of Nawabs of Awadh being perfecting the art of cooking. Awadh region constitutes the area of old Lucknow and Kanpur in U.P. In olden days, three classes of people were employed in preparing food. The *scullions* who cleaned enormous pots and dishes worked under *bavarchi*(cook) , who cooked food in large quantities. The '*rakabdar*', the most expert chef, usually cooked food in small gourmet quantities for the nobility.

People living in Awadh region are basically Muslims who have a great affinity towards rich and heavy dishes, which makes Awadhi food altogether a different affair. Awadhi food is rich in spices and oils. There is more emphasis on finesse of gravies (some are strained to make finer).

AWADHI MEALS:

Breakfast: Generally slightly heavy as compared to other meals. The items may include stuffed parathas, sauted offals etc.

Lunch: Constitutes rice, non-veg gravy, a bread, a vegetable and a dessert.

Dinner: Traditionally starts with a Kebab, (starter) followed by normal courses.

The Bawarchies and Rakabdars by their expertise of blending spices, achieved a high degree of finnese in cooking. This gave birth to Dum style of cooking or the art of cooking over a slow flame, within sealed containers and preferably heated from the top as well(by live coal)

The Lucknow 'Dastarkhwan' would not be complete unless it had

1. Korma: Braised meat in thick gravy.
2. Salan: A gravy dish of meat and vegetables
3. Kheema: Minced meat
4. Kebabs: Pounded meat cooked over coal fire.
5. Bhujia: well cooked vegetables
6. Dal:
7. Pasinda: Fried slices of tender meat in gravy.
8. Pulao:
9. Rotis: Warqi parathas, roomali, sheermal etc
10. Gullatti: Rice pudding
11. Kheer
12. Mazaffar: Vermicelli fried in ghee, sweetened and garnished with nuts.
13. Halwas : garnished with balai / malai
14. kulfi :Indian version of icecream

Nahari is a hot favorite of Awadhi ;and is a meat preparation with thick spicy gravy. In 'paye ki Nahari' bones are cooked and bone juices is mixed with the gravy. It is eaten traditionally with Kulchas.

Lucknowis have an affinity to pulao than to Biriyanis. There are some unique techniques in making Lucknowi pulaos. In 'Yakhni pulao', a thick meat broth (yakhni) is prepared in which whole spices are not added directly but wrapped and tied in a muslin cloth and dropped in to the broth. Afterwards, it is taken

out. The rice is then cooked in this broth. And the vessel is sealed to retaining the flavour.

The Lucknowi menu changes with season. The severity of winter is fought with rich food. Paya (trotters) are cooked overnight over slow fire and shorba (thick gravy) eaten with naans. They prefer fish usually 'rohu' (fresh water). For winter, fish Kebabs cooked in mustard oil are consumed. Peas are the most sought after vegetables. Sawan (spring) is celebrated with pakwan (wisp snacks) phulkis (besan pakoras in salan) curamba (A dessert with raw mangoes cooked in semolina and jaggery/sugar) is eaten in summer, come from rural Hindu community.

Festival: The main festivals are Ramzan (Id ul Fitr), Id ul Zuha, Holi, Dussera, Shab e Barat. During Ramzan, the houses are busy cooking throughout the day for iftari (feast to end the day's fasting) for family friends, and the poor. Id ul zuha is celebrated with mutton dishes and varieties of siwaiyan (vermicelli) mazaffir. Shab e barat with various halwas particularly with semolina and gram flour. During Muharam 'haleem' or 'khichra' ;is the favourite. The breads are very popular throughout Awadh. The test of a good chapathi is that you should be able to see the sky through it. The dough should be very loose and left in a lagar (deep broad vessel) filled with water half an hour before chapathis are made. Sheermals invented by Mamdoo Bawarchi. No festival is complete without sheermal.

SOME AWADHI COOKERY TERMS AND TECHNIQUES:

Dum dena: Cook in a sealed container over slow flame. Live charcoal is put on the lid as well.

Ghee durusth Karna: heating ghee till smoking and flavour with garlic water, etc.

Lauba jana: Letting the oil flout on top of gravy.

Bhaghar dena: To temper

Dhungar dena: Adding extra flavour to meat /vegetable by putting coal and smoking.

Galawt: Kebab using chikna kheema. Means melting or raw papaya. Done on Mahi tawa.

Kakkori: Done on seeth. Sookha kheema used.

Moin dena: Incorporate fat (as in puffs) Eg: Warqui, parathas

Ittr /Attar: Flavourings

Kalai: Tin lining given to copper utensils to avert toxicity.

Dastarkhwan: Dining area.

Diwan -e-khar - Assembly/dining room for nobles

Diwan-e- am - Assembly of subjects

Lohe ka Tandoor: Made of copper with kalai. Used traditionally for making sheermal roti..

SOME IMPORTANT DISHES:

Shahi Khorma: White, rich and smooth gravy. Yellow chilly powder, an unique Awadhi ingredient, may be used.

Galawat ke kebab: Made of minced mutton /beef. Maintained with raw papaya and cooked on a moti tawa . **Literally means kebab that melts.**

Shammi kebabs: fried mutton kebabs

Kakori kebab: Cooked on seekh. Lambmeat flavoured with rose petals and sweet spices.

Pasanda kebab: Made of big flat pieces of mutton taken preferably from 'thigh'

Murg Mussalam: Chicken stuffed with mince and eggs.

Kundan Kaliyan: Thin fine gravy in which mutton is cooked. Yellow chilli powder (Kashipura mircha) used. Meat garnished with sone ki waraq.

Badal jam: Brinjal and tomato preparation. Dry in consistency.

Tangdi kebabs:Made of chicken drumstick.

Noor Mahal pulao: With yakhni, nuts, saffron, milk, kewra jal and malai.

Mazaffir: Made with sevaiyan.

Kheer: Sweet made of rice, vermicelli etc.

Pumpkin Halwa, sooji Halwa, Aloo Halwa etc

Some additional information about Lucknow: Lucknowis like mangoes very much. Maliabad is famous for its' mangos. And they enjoy the ancient dance form called 'mujrahs' . A special potli masala is used in some of the Awadhi, dishes which is called 'Lazzat e team'. Though the traditional combination is a secret it is said to be made with sweet spices (mace, cardamom, cinnamon). Baobeer, jarakush(medicinal herbs), chandan powder, corriander powder etc.



IHM NOTES

MAHARASHTRA

Facing the Arabian sea in the west, the vast state of Maharashtra came into existence of 1st May 1960. The total area is about 3 lakh sq...cm and population about 8 crores. For administrative purposes, the state of Maharashtra is divided into six divisions, viz., Konkan, Pune, Nasik, Aurangabad, Amravati and Nagpur. Mumbai is the headquarters of Konkan division. Aurangabad division is also called Marathwada and Amravati and Nagpur together is called Vidharbha. Western Maharashtra is constituted by Pune and Nasik.

History: The history has not influenced Maharashtrian cuisine except for old Mumbai. Maharashtra was ruled by Chatrapathi Shivajis army for a long time. The cuisine did not enhance its' power nor deteriorated during his period. The Peshwas, the Kokanastha Brahmins who ruled Pune and major parts of Maharashtra after Shivaji enhanced vegetarian cookery.

According to physical features the state is divided to

1) Konkan coastal strip 2) Western ghats 3) Maharashtra Plateau.

The Konkan Coastal Strip, is the narrow strip of land between the Arabian Sea and the Sahyadri ranges. The coastal strip is wider in the north

and narrows down to the south. Rivers in this region flow with great speed. The important rivers are Savitri, Shastri, Vashishti. The climate here is generally hot and humid. Konkan receives between 200 cm and 250 cm of rainfall.

The Western Ghats or the Sahyadris: The Sahyadri ranges run parallel to the sea coast with an altitude, ranging from 900 – 1200 mts. Many rivers of Maharashtra have their sources in this mountain range. This mountain range also has some important ghats – Thal Ghat, Bor Ghat and Amba Ghat.

Maharashtra Plateau lies to the east of the Sahyadri mountain ranges. The rivers which have their source in the Sahyadris, flow eastwards along with their tributaries through this plateau forming many river basins. This has made the plateau soil very rich and fertile, hence agriculture has flourished.

THE MAJOR FOOD REGIONS

KONKAN, the narrow coastal strip running along the sea, gets heavy rainfall during the monsoons. The traditional crops of this area are coconut, mango, cashewnut, rice and a variety of pulses. This region also grows a great quantity of Kokum, a sweet, sour fruit whose dried skin is used for adding a gentle sourness to Konkani curries. Kokum seeds are used for making a delicious sherbet which is called “Kokum Sherbet”. Fish is abundant and vast varieties of seafood are available.

The cuisine of Konkan is naturally reminiscent of the landscape, the people and the food they grow. A journey down the coast brings you across the most milk, naturally fragrant vegetable mixtures served with local breads or spicy hot fish and meat curries whose base is coconut milk spiced with innumerable exotic spices and herbs. Moving southwards along the coast, reveals the use of certain ingredients of cooking typical to this area such as kokum, curryleaves, asafetida. The Konkani curries are based on two basic masala pastes, first in the “Rasgoli” mixture made from fresh coconut and a variety of spices and second is the “Bhajana” mixture which is a paste of

stronger spices with roasted coconut and onion. The former is used for fish curries and the latter for meat or chicken curries, but both masala mixes can be used equally effectively for vegetable curries.

The Saraswat community is spread over the coastal parts of the South and in towns as Sawantwadi, Ratnagiri, Vengurla in the Konkan. These are conventionally vegetarian but the Saraswats from the coast of Konkan, relish fish.

WESTERN MAHARASHTRA: While the food of certain Brahmin communities around Poona is vegetarian, the diet of the Marathas, headquartered in Kolhapur is rich and extravagant, as well as spicy. The Marathas, belonging to a class of working agriculturists, were once Hindu India's best warriors. During their campaigns, they ate and enjoyed whatever came their way, from baked quails to spicy hare shredded and cooked in red hot chillies. The villagers around Kolhapur are known to drink and enjoy the red hot fat floating on the surface of their delicious mouth watering hot meat curries.

A city of palaces and gardens, set along the Panchganga river, Kolhapur is a historic Maratha city. The temple of Mahalakshmi is its central point. Most Kolhapuri people are in the farming business – with sugarcane, rice, pulse and fruit and vegetables being marketed from the city. The people of this region show a preference for heavily spiced foods with lots of chillies. Kolhapur is famous for meat curries which make one's ears sing. Called rassa, this red hot meat curry is served with chappaties a 'Pandhara Rassa' – white gravy to dilute its pungency or a chilli gravy for those who are brave enough to want more adventurous eating. Kolhapur is also famous for tambda rassa, kombdicha rassa. This region is famous for its local dry meat preparation sukha mutton. The famous mutton kolhapuri originated here. The other famous dish is Ravanpithli which has equal amount of besan and chilli powder.

Home to the Peshwas and many Brahmin communities, Pune is a historical city of monuments, institutions of learning, ancient colleges, libraries and theatres. The food of these communities is delicate, sparsely designed and

entirely vegetarian. Punneri Misal, Puri Bhaji, Thali Peeth, Dalimbi Usal and fasting food is not only tasty but also nutritious and inexpensive. There are traditional Brahmin restaurants like Chitale, Tambes, Panshikars which sell sweets and savouries which are special to this city.

Watered by rivers like Koyna, Krishna and their tributaries, South Maharashtra is the sugar bowl of the state. Especially in the misty winter months, South Maharashtra becomes a crucible of bubbling sugarcane juice being heated to make jaggery and sugar. This season offers a feast of coconut kernels cooked in this syrup and eaten with peanuts and fresh green channas. Winter also means plenty of typical milk sweets like basundi, masala milk, shreekhand and kheer. It is a social event in these areas to go to river banks for picnics or row down the many rivers to eat young roasted corn cobs called 'hurds' with pungent chillies and green garlic ground to make a tongue scorching chutney. Milk nuts, rough bhakris of jowar or bajra, hot meat curries, chilli spiked snaks – these are favourites of the people here.

Marathawada: The people of this region again show a preference to very spicy food with lots of chillies and garlic. A variety of pickles and chutneys have their own origin here. The food in marathwada is similar to that in Kolhapur in the extent that they both tends towards the spicy. But like all Maharashtrian cuisine, they believe in the principle of original ingredients being fresh and they never mask the taste of any ingredients used in the cookery.

Vidarbha: Though the Konkan and west Maharashtra have their own excellent cuisines, nothing can beat the exoticism and variety of the food offered by the north of Maharashtra – an area which is called Vidarbha and Khandesh. The central Indian Pleateau is not as lush as the coast. A totally different environment and land scape determine the flavours of the cuisine here. Vidarbha is rich in peanuts, rice and most of all citrus fruits like oranges and sweetlimes. Vidarbha cuisine is spicy and the ingredients commonly used are besan or chickpea flour and ground peanuts.

Khandesh: At the north of Maharashtra, Khandesh includes the districts of dhule, Jalgoan and Nandurbar. This division of Maharashtra is surrounded by Madhya Pradesh, the local language is “Ahirani” which is a mixture of Marathis, gujarati and Hindi.

The Tapi river and its tributaries flow through this region, making agriculture the main occupation of the people. The main crops cultivated are jowan and bajra, besides groundnut, Bengal gram (channa), moong, cotton, sugarcane and fruits such as banana and spices such as chillies.

Bhakris made of jowar are popularly eaten with every meal, along with zunka made of Bengal gram flour or besan, matki, moong or chawli usal. Jowar is used in more than one way, Jowar is ground alongwith urad dal to make a different variety of bhakri called `Kainachi Bhakri`. On special occasions, Methi Bhakri and chutney made of groundnut, garlic, green coriander is prepared. Faujdari Dal, a special dal preparation made of urad dal with skin is eaten with the bhakri.

Marriage ceremonies are followed by a `Gavjewan` or `lunch for entire village`. A special preparation of jowar made by soaking jowar, pounding it to remove the skin and cooked until very soft called `Ambola Bhaat` is a must for all special occasions. This bhat is served with kadhi which is thickened with a special combination of Tovar dal, channadal and jowar flour.

Freshly harvested moong is ground along with the skin to prepare dosas flavored with ginger and garlic and these are called `Moongachi Idani`. Vadas are made of ground urad dal, coated with green coriander and deep fried, served along with milk.

Sheng `gole` is a special sweet prepared on the occasion of `Pola` where bullocks are worshipped. For this preparation, jowar and wheat are ground coarsely, formed into a dough, shaped like this O O fried, dipped in jaggery syrup coated with poppy seeds and til seeds. Batti and puranpolis which are prepared, distinctly show the influence of Gujarat in the cooking of this area. The puranpolis prepared are small, shallow fried on tawa using plenty of pure ghee.

MUMBAI – THE CAPITAL: Mumbai, the capital of Maharashtra, is on the west coast. It has an excellent harbour. It is a centre of industry and commerce, where irrespective of caste or creed, people from all over India live a noisy life, where barriers of language, food, customs and tradition vanish into thin air. Mumbai feeds its vast population in different ways.

The five star hotels with a large variety of restaurants offer not only Moghlai and tandoori food but French, Chinese, Italian, Mexican, Thai and other delicacies. Innumerable food festivals bring the best of the world's selected cuisine to Mumbai's high class restaurants. The restaurants which cater to the average Mumbaite and his family are far more adventurous. They offer sicy Goan food, Malwani curries and fried fish from Konkan, the cuisine of the southern districts of the state, biryanis from Hyderabad, Thali meals from Gujarat, Sindhi food, Rajasthani delicacies, Bengali sweets, parsee specialities, south Indian snacks, together with European and Chinese dishes adapted to Indian tastes. Yet, smaller lunch and dinner eateries cater to the needs of the huge workforce which lives in Mumbai, leaving the families behind in the villages. These eateries serve simple, inexpensive and spicy food, but enough to sustain a man or woman away from home.

Mumbai's heritage of three kinds of restaurants lives on even today. Early in this century, the Iranis settled in this island city and set-up corner restaurants where food unusual for that age was served. Sugary tea served with bunmaska or hand bread leaves with salted butter, custard puddings, mave cakes, vegetable and mutton flipovers, baked biscuits with almonds and ginger were the snacks offered at tea and breakfast time. Lunch or suppertime at an Irani restaurant meant a gathering of men. Serving such after office crowds, many Irani restaurants became famous for their fluffy omelettes, fried chicken, gravied mutton kheema, varieties of biryanis with flat baked bread and kachinber with pickle.

With the rise of thousands of Moghlai and tandoor food restaurants which were accessible to the middle class, the Irani corner shops went into an eclipse. Ut a few still remain. They are sellers of the Parse-Iraicuisine which is part of Mumbai's rich varied food heritage.

When South Indian first came to Mumbai, in search of jobs or fortunes, they must have missed their standard fare of idlis, dosas and vadas. Their yearning for their native food resulted in chains of Udipi restaurants mostly owned by the Bunt community of South Karnataka. Today, this community owns thousands of idli-dosa joints in downtown Mumbai as well as far away suburbs.

Another category of restaurants – the Gujarati thali clubs, came into existence, when hordes of Gujaratis came to Mumbai in the wake of the cotton exchange auctions. In and around Kalbadevi where their work area was mainly situated, there rose eateries like Thacker's Club, Joshi Club, Surti, Purohits and several others which sold meals as well as seasonal delicacies like Oondhiyo and daldhokli. They continue to prosper even today because of the simplicity and sumptuousness of their food. The floating worker population or 'chakarmanas' from the Konkan coast patronized the Malwani Khanaval or private eateris where they paid monthly subscriptions and ate their native food in the home of a needy family who accepted boarders at their meal times.

But Mumbai is a city with its own personality and many many of the high ranges and peaks of the Sahyadri served as observation posts in the historical times and many important forts are also found here such as Prathapgad, Vishalgad, Raigad, Sinhagad. Many of the high ranges and peaks of the sahyadri served as observation posts in the historical times and many important forts are also found here such as Prathapgad, Vishalgad, Raigad, Sinhagad new varieties of food rather fast food – were automatically created because of the city's hectic work style and the need of its citizens to eat a variety of food at a low cost. Hence, snacks like Pav Bhaji, Wada Pav, Bhajias, Batatawada or Sabundana Khichdi or Wada popularised by fast food

sellers, have become Mumbai's official cuisine together with Maharashtrian fare like thalipeeth, Mizal and other snacks from Pune.

But there is one equalizer in Mumbai to which every one succumbs and that is Bhel poori. The bel poori vendor's cart has all the ingredients for the snacks neatly laid out in an orderly fashion. So that his fingers can move with dizzying speed.

Some puffed rice, wheat flour crispies, chopped onions, chopped boiled potatoes are tossed up alongwith two chutneys – a tart, hot green one made with fresh coriander and green chillies and a thick sweet and sour one made with tamarind and dates. Some sev follows and with final toss, the bel is ready for the waiting customers. Others varieties served from the same cart are sev-poori, pani-poori, ragda pattice.

MAHARASHTRIAN MEAL: The traditional middle class Maharashtrian meal, whether purely vegetarian or non-vegetarian, is a well balanced diet of grains, pulses, vegetables and milk products. Naturally there are regional and economic variations.

People eat their meals sitting on low wooden seats called 'paats'. Food is served in a large plate or 'taat' set in front of the dinner. On special occasions, the ground around the seat and plate is decorated with colourful 'rangoli' designs.

The taat contains a small bowl or vati (often more than one), for gravies or dessert. To one side of the plate is a tumbler or pela for water, that is stored in container called 'tambya'. In the plate, food is arranged according to ritual. Salt-meeti is placed at the top of the circular plate and it has to be placed first on the taat before any other food follows.

To the diner's right, is placed a small quantity of the sweet. Then there are one or two vegetables 'bhaji' and a lentil gravy amti. In the centre of the

taat is the rice on which is poured yellow lentils – varan and clarified butter-toop. To the left of the salt is a wedge of lime-limboo, a condiment like a pickle or chutney and then the salad – Koshimbir or bharit and a side dish called tondi lavna.

After the first serving of rice, the bread-poli, puri or bhakri is served. More rice or poli follows, depending on what the diner prefers and the other dishes are also replenished.

Once the food is served, the family recites a verse to ask God to bless the food. Honorary morsels of all the food is ritually offered upto God – naivedya.

A typical Maharashtrian Lunch for a special occasion should include:

- Varan-bhath eaten with limbo, toop and meeth
- Spiced rice – Masale bhaat
- Poli/Puri
- Amti
- Batata Bhaaji
- Gravid whole lentil-usal or one other bhajji
- Chutney and pickle
- Koshimbir
- Papd, Bhaji
- Plain or spiced butter milk (taak/mattha)
- Sweet dish – shrikhand, kheer

Ordinary meals conclude with buttermilk, and usually some white rice.

Special meals conclude with a sweet, flavoured betel leaf –vida/masala paan.

CASTE

Brahmins: Brahmins are

- 1) Konkanasthas
- 2) Deshastha
- 3) Saraswat (Gour Saraswat)
- 4) Karhade

Konkanasthas were the Brahmins from the western ghats and dashasthas were from plateau.

Karhade : - The essence of karhade cuisine lies in its simplicity in cooking maximum delicious food with minimum culinary species and masalas. The spices are just enough to enhance and bring out original flavor. Another peculiarity of Karhade cuisine is to bring out the taste of all parts of fruits and vegetables thus preventing wastage, the best eg being chutneys made out of skin /peel of doodhi and red pumpkin.

Chandraseniya Kayastha Prabhu (CKP): Their food reflects their outlook and their profession. They live on fish and mutton and can't do without non-vegetarian food even for a day. CKP's are known to eat on the smell of fish. Their food is such as dried prawns (80 days) and other dried fish. Their food is cooked in a vaatan of coconut, onions, ginger, garlic chillies and garam masala. A lot of vegetables are cooked with fish, a lot of fish is stuffed with chutneys and vegetables.

Marathas: Their foods work on the principle of the fact that if you can not eat a lavangi chilli dipped in red chilli powder, you are not man enough. Only a maratha can cook the same gravy in 10 different ways, each one better than the other. A lot of their food is named because of the appearance like Pandha Rassa (white greasy) lambdi kombdi (brown chicken) etc.

Service: It is important to know that the maharashtrian meal is the only square meal which plays of equal importance to both rice and wheat. The

varan bhat with pure ghee that is ordered earlier is an appetizer and a lubricant for the intestine to prepare stomach juices for the meal to come. The buttermilk washes down all the food that may have been fried or rice spices.

Festivals in Maharashtra: Maharashtrians are religious God fearing people. Their festivals alongwith fun and entertainment involves a lots of 'pujas' and haldi-kumkums an occasion of married ladies.

1) **Sankrant** - (makar sankrant)- The sweet especially prepared for this occasion are effectively heat producing and warm the body. Til-gul a laddoo of gingelly seeds and jaggery is hall mark of the festival. Gulachi poll, kolache bharit and mugachya dalichi khichdi are hall marks of this occasion.

2) **Rangapanchami:** This is commonly known as holi Rangapanchami is symbolized by the very famous puran poli with lots of pure ghee and coconut milk or plain milk.

3) **Gudi Padva:** Maharashtrian celebrates Gudi-Padva by making shrikhand and puffy puris for lunch. Sometimes a neem chutney is added on the mere orthodox menu.

4) **Dusshera** :- The ideal food on Dusshera is sakhar bhat or shrikhand puri. Dusshere is one of the 342 shubmuhurats in the Maharashtrian calender and is on an ideal day for financial investment like gold.

5) **Diwali:** The festival of lights is more than just its name signifies. Diwali is signified by 'pharal'. Only sweets are given importance to in this festival, chaklya, anarase, karanjya, sher etc. Are the foods that one makes days before diwali.

6) **Ganesh Chaturthi:** Ganpatis' sweet - modak is the all time favorite of all Maharashtrians. Besides modak, barali bhyat (coconut rice) karanjia , kanvalya etc are made and eaten with great gusto.

Some speciality dishes:

Zunka-bhakar: Zunka made with gram flour, onions, salt, oil, tempered with chillies and garlic. Bhakar is made from dough or jowar flour and water baked on charcoal.

Muttonache sukhe: Dry mutton preparation gravy made with roasted and powdered dry coconut garam masala, poppy seeds, jeera, chillies.

Tomato che saar: Tomato puree to which coconut milk is added and tempered with oil, mustard seeds, hing, curry leaves and green chillies.

Kolache Bhart (Brinjal): Roast brinjal, remove skin mash add tamarind pulp, coconut milk, jaggery and salt and tempered.

Shankarpale: Short crust pastry made up of maida, sugar, milk, cut into diamond shape and deep fried till crisp.

Pandhara Rassa: Mutton gravy prepared with coconut milk, cashewnuts and garam masala.

Puranpoli: Chappaties stuffed with cooked chanadal, jaggery flavoured with cardamom and nutmeg. Served with ghee or plain milk or coconut milk.

MADHYA PRADESH

Historians believe that modern Bundelkhand represents the entire territory ruled by Chandelas. The Chandelas, who rose to power during the early 10th century A.D. had their capital at Khajuraho, decorated the place with ponds and temples. According to the local tradition there were eighty five temples but now twenty five stands in varying stages of preservation. The palace lost its importance in 1500 A.D.

It is said that Kartraj, a descendent of “Luv” was admired by Pandits to organize a ritual to prevent the evil influence. Through this they came to be

known as “Grahniwar” or “Gaharwar”. These Gaharwars later become famous as “Bundelas”. According to legends the Chandelas originated from the Gaharwar family of Kashi, who were descendents of “Kush” – Lord Ram’s Son.

The temples of Deogarh and Khajuraho depict the marvel of their architectural skill. Immortal musicians like Tansen and Madhur Ali hail from Madhya Bharat. The temples buildings, castles and ponds are the proud examples of their cultural heritage. This history of Bundelkhand is still living by the poem, and will be ever remembered by their famous poets, kings, musicians and freedom fighters.

The people of Madhya Bharat/Bundelkhand have a liking for delicately cooked dishes of various tastes and flavours, both vegetarian and non-vegetarian dishes. The method of cooking varies from stewing, roasting, broiling, braising and frying. The Rajputs were fond of non-vegetarian dishes i.e. mutton, fish and game specially hunted. These were cooked in desi ghee and flavoured with cloves, cinnamon, ilaichee phool, patthar phool, peppercorn, shahi jeera and saffron, and preferred the “Dum” style of cooking. This region is covered by its adjoining area had some influence of cooking style of Uttar Pradesh and Rajasthan also. Some of the popular dishes from this region are

- TEETAR KA RASODAR (Any game bird stew)
- MURAR KE KABAB (Deep fried lotus root patties)
- RAAN KEBAB KESARI (Saffron flavoured roast leg of lamb)
- MURGH CHANDELA (Red gravy of chicken)
- BHAWANI KOFTHA (Named after king Bhawani Singh).
- DAL PANCHMEL
- ADRAKI CHAWAL
- BARSATI CHUTNEY (A green leaf chutney.)
- SEETHAPHAL RAITHA (Mashed pumpkin relish).

- KAITH KI CHUTNEY (Pulped roasted pineapple)
- GOSHT BUNDELA(brown stew of lamb.)
- MAHUA (kheer of mahua berries)

PUNJAB

HISTORY / GEOGRAPHY

The word Punjab is made of two persian words 'Panj'(five) and 'Aab' (water) , as the five rivers Jhelam, Chinab, Ravi, Bias and Sutlej flow through this region. Punjab emerges into history with the coming of Aryans into India, then came the Muslim invaders from Persia and Afghan. During this period, the Punjabi cuisine was also invaded and the 'Tandoor' came into use in Punjabi cuisine.

During the partition, Punjab was cut into two as East and West (Pakistan). The city of Lahore with all its' clamour vitality of Parsis was lost of Pakistan, as where Gujranwala's orchards of gloriously juicy maltas (Blood red oranges), sugar sweet sarda melons, delicate seedless grapes and sultanas all disappeared form the market, still Punjab managed to prosper. The partition brought in a culture of adventurous, outgoing, eat well - drink well Punjabis to Delhi. They brought their exquisite country face to Delhi - the layered stuffed radish or potato paratha, channa Bhatura and the evergreen sarson ka saag and makki ki roti. The dhabas in Punjab and North India are famous worldwide.

SALIENT FEATURES

- **Cuisine is with very little frills**

Punjabis are basically farmers and the cuisine is not highly stylized. The state is blessed with fertile soil and hardworking well built farmers and so all types of vegetables, fruits and spices are grown here.

- **Variety of pickles are consumed**

Carrot ,bandh Gobi, turnips

- **Freshness of vegetables is one key aspect in Punjabi cuisine.**

The winter vegetables include Mooli (Radish), Arbi (colocasia), Lotus root (kakkri), Shalgam (turnip), Methi, Palak, Bandh gobi, carrot, Mutter etc. During summer, the market gets flooded with Brinjal, Karela, Lanki, Kaddu (pumpkin),

Tarbooz (water melon), Bhindi, shimla mirch(capsicum), khumb(mushroom), Hari thorai (ridge gourd) etc. Mushrooms are considered as the 'Queen of vegetables', and are a delight on the best tables in the world. Mushrooms were hand picked from open wild areas in seasons. Guchi, Chingri and button mushrooms are gourmet's delight.

Ginger and garlic are used in lots.

- **Wheat is staple**

Wheat and corn is staple though rice is used for festivals occasionally. Breakfast is had as early as 4.00 A.M; morning begins with stuffed parathas with vegetables and eaten with butter or spicy chanas cooked in a clove and cardamom flavored curry. In villages, they don't use rice even for making 'Khichree', but use a mixture of Bajra and special kind of dal called moth.

- **Versatile use of pulses**

Vivid varieties of pulses are used either split (dal) or whole fashion (saabuth). Mung Saabuth (whole green gram), Arhar (Red Gram), Chana dal (Bengal gram), Kaalechane, Dhullimung, Kabuli channa, Masur sabat (whole black lentil), Masoor dal (split lentil), Urad Sabat (black gram), Rajma, Urad Dal (black gram splitted).

- **Non vegetarianism is not very popular**

Beef is strictly prohibited. Slaughter is performed by cutting the jugular vein of the animal at the throat.

In Punjab, fresh water fish (rivers and lakes) is obtained. 'Rohu' is the popularly eaten fish. For Punjabi style cooking, apply besan batter all over the fish along with other masalas, with dominant flavour of Ajwain and Amchur

- **Unique Tandoori cookery**

In olden days, there was exquisite aroma emanating from the food cooked in Karahi (earthen pot) on chulas and angithis and hot tandoori rotis baked in earthenware tandoor. Even now in villages food is cooked in same old fashion. Tandoor is used in a versatile manner. Cooking done in earthen pots give a distinct flavour and cooks better on slow fire, tastes delicious and is more nutritious. Gas and pressure cookers have brought revolution in cooking methods at the cost of taste and aroma. Dal and saag cooked in degchi or karahi on slow fire have distinct taste and flavour; butter Milk churned in earthenware pot has its own taste. Old devices produce better and original taste and result.

- **Use of milk and milk products .**

It is synonymous with the land of Punjab. Huge tankards of lassy or creamy buttermilk are drunk often having Jalebies dripping with sugar syrup. Some of Punjabi's best food is hearty on good milk, butter milk, ghee and freshly harvested produce. Desi ghee (clarified butter) is the media of cooking, though mustard oil may be used as a substitute. Curds can be set by adding curd culture to warm milk and is allowed to set for a few hours. The proportion of culture and duration of time taken for setting varies with season. Curd set in earthen pots sets and tastes better curds are used in cooking also. They are also used in marinating and thickening agents.

HERBS AND SPICES

Coriander, til, ginger, garlic, mint, fenugreek, cumin, saffron, Kalonji, Ajwain.

SIGNATURE DISHES

- **GAJJAR KANJI:** Summer appetizing carrot juice, called "Red wine of Punjab" ,made with mustard, lime juice and salt . Sweetened butter milk called "Matha" is another cherished drink of jaggery and powdered barley.
- **SNACKS:** Samosa, Tikki(cutlet) , Kachori(Stuffed dumblings.). They are had with tamarind or mint Chutney
- **CHANNA BATURA:** Deep fried maida breads leavened with curds accompanied with a well cooked chick peas gravy, sour taste and coating consistency.
- **BAINGAN BHURTHA:** Baked and mashed flesh of brinjal ,tempered with mustard oil
- **STUFFED PARATTAS:** Atta breads filled with mooli ,aloo ,gobi,etc. ,smeared with ghee.
- **MAKKAI ROTI:** Griddled maize flour breads.
- **DAL MAKHANI:** Blend of three dals (Rajma ,Urud saabuth ,Chenna dal) simmered over night over tandoor .
- **SARSON DA SAAG:** Mustard and palak leaves made into a mashy mixture ,rich with ghee.
- **TANDOORI MURGH**
- **MACHLI AMRITSARI:** Shallow fried fish coated in besan batter.
- **GAJJAR HALWA**
- **LAPSI**
- **JELLABI**

FESTIVALS

- **BAISAKHI** Rice Kheer, Malpoora, Churma

- GURU NANAK JAYANTHI
- HOLI
- LOHRI Rauh Di Kheer (Sugarcane Juice Kheer), Akhrot in Gur
- KARVA CHAOUTH Phenian di kheer, Saada Poora.

BREAKFAST MENU

Aloo Gobi Ki roti
Chola Masaladar
Desi ghee
Jalebi/milk

LUNCH

Gajar kanji
Paneer Pulao
Macchi Amritsari /Kheema Kaleji /Boti Kebab
Naan/ Methi Paratha
Dal Makhani
Palak Raita /Achar
Bhuna Halwa
Lassi
Gajar Pulao
Peshawari Pulao
methi Goshi
shammi Kebab
Baingan Bhurta
Naan
Malai Dal

Kakadi Raita /Achaar

Lapsi

WINTER SPECIALITY

Makki ki roti

Sarson ka saag

DINNER MENU

Adrak ka Shorba

Missi Roti

Peshawari Bharwam Murg

(Mince Stuffed Chicken)

Lohri Chana Dal aur Gosht

Lassan ki Chutney

Pyazi Achar

Paneer ki Kheer

MARRIAGE SPECIAL MENU

Badam Sharbat

Naan /Roomali Roti

Chole Masaladar

Paneer Tikki

Mutton do Pyaza

Murg dilruba

Cabbage Maharaj

Dil Pasand Raita

(diced fruit with beaten curd)

Tomato Shorba

Kabuli Chana Pulao

Murg Maharani

Shami Kebab

Punjabi Thali Machi

Satpura Paratha

Saag Anda

Boondi Raita

Panjiri

(Roasted flour, cooked with sugar and dry fruits.)

RAJASTHAN

HISTORY & GEOGRAPHY

“RAJPUTANA” the old identity of present Rajasthan and the pride of great Rajput kings is not only famous for its hot-blooded courageous kings, but also for its untouched traditions and rare cuisine.

In the royal kitchens of Rajasthan, as well as most other states, food was very serious business and rose to the level of an art form. Hundred of cooks worked in the stately palaces and kept their recipes a closely guarded secret. Some recipes were passed on to their next generation and the rest were lost forever.

SALIENT FEATURES

- **Food adapted to desert life style**

Rajasthani cooking was influenced by the war like lifestyle of its inhabitants and the availability of ingredients in this region. Food that could last for several days and could be eaten without heating was preferred, more out of necessity than choice. Scarcity of water, fresh green vegetables have all had their effect on the cooking. In the Deserts of Jaisalmer, Barmer and Bikaner, cooking in the minimum of water preferred, instead to use more milk, butter milk and clarified Butter.

Bikaner is famous for its namkeen products. The famous Haldiram started his namkeen business from Bikaner. Bikaner bhujias are one of the most appreciated. It is said that the water of Bikaner is most suited of namkeens. Kota is famous for its mouth-watering kachoris, samosas and other savory items. To judge and taste of a kachori one should not drink water for at least half an hour after eating one.

- **Food is spicy and hot!**

“Thari” spicy red oil floats over gravies, which aids preservation and adds appearance.

- **Gravies are of rich nature and finesse:**

Gravies (like LAL MAAS, SAFED MAAS) are given a tadka and dominant with garam masala flavor.

- **Desi Ghee and mustard oil is the media of cooking**

- **Versatile use of lentils.**

Dried lentils, beans from indigenous plants like Sangri, Ker, etc. are liberally used. Gramflour is a major ingredient here and is used to make some of the delicacies like khatta, gutta ki subzi, Pakodi. Powdered lentils are used for mangodi, Papad. Bajra and corn is used all over the state for preparation of rabid, kheechdi and rotis. Various chutneys are made from locally available spices like turmeric, coriander, mint and garlic.

- **Diversity of cuisines**

1. Rajputana Cuisine (The Cuisine of kings)
2. Marwari (The Cuisine of the Business community)

Marwaris are the one who have got their hold on Rajasthani cuisine; Marwaris introduced the thali system. The richer part of Rajasthan as Kota, Bikaner, Jodhpur and Jaipur is affected by the food culture of Marwaris, which is a bit similar to Gujarat. Marwaris are strictly vegetarian and never compromise on the purity and quality of food. Very much away from the hunter Rajput kings, they use all sorts of fats, ghee and oil. The Marwaris have such a sophisticated food habit that they avoid underground vegetables and even those who have underground vegetables avoid carrots.

SIGNATURE DISHES

- **DAL BATI:** Bati, Dumplings of whole-wheat flour, cooked on live coal, dipped in pure ghee and served with a spicy dal. (A Katori of dal along with the same amount of ghee is served),
- **CHURMA BATI:** It is a derivative of bati. Bati is broken into small bits and mixed with ghee, sugar, dry fruits and given a ball shape.
- **GATTE KI SUBZI:** Gram flour rolls boiled and cooked in a rich and mildly spicy gravy.
- **GATTE PULAO:** Rich Pulao made using gattas,
- **MEWA PULAO:** A delicacy made using Basmati Rice, ghee, milk and nuts.
- **BIKANERI KHICHDI:** Made from wheat, rice, ghee.
- **PYAZ KI KACHORI:** A kachori made with a stuffing of spicy onions.
- Similarly dal ki kachori, aloo, mewa, sooji, kikathori are other variations.
- **GHEWAR:** cardamom flavored porous sweet meat dipped in sugar syrup.
- **ROTLAS:** A thick roti made of jawar, bajra, makai on an upside down earthen pot is a dish commonly used by the kalbelias one of the most common tribals.

FESTIVALS OF RAJASTHAN:

GANGAUR: It is a festival celebrated by ladies in which Gauri Puja is done. “Jhulas” are put on the trees. ‘Ghevar’ the traditional sweet associated with this festival is prepared all over the city.

MAKARA SANKRANTI: The festival is celebrated on the 14th January every year. This has now become the festival of kite flying which does not spare the soaring spirits of anyone in Jaipur. The traditional sweet associated with it is til laddoo, Phirni, made in abundance by the halwais of Jaipur.

HOLI: It is very famous in Rajasthan and hence celebrated for five days in Jaipur. Dal Bati and Churma Bati are prepared on live fire. On Holi savories like Kachori, samosas, mathri, sev and sweets like Gujia and halwa is prepared.

DUSSEHRA: Kota and Jaipur are famous for Dussehra celebration and use of mixed cuisine for the feast during Dussehra. The Mavarattas, before dussehara , is a fast for nine days. For these nine days cereals are not used in food.

MARRIAGE MENU

LASSI / AMLANA

MISSI ROTI, POORI, LACHEDAR PARTHAS

MEVA PULAO, GATTA PULAO

SAFED NAANS, LAL NAANS

PANEER PASANDA, KER KI SUBJI

SANGRI

GATTE KI SUBJI

SAUNF KE MASALAEWALA KARELE AUR ALOO

TAMATAR AUR MIRCHI KI SUBJI

PAPAD, RAITA, PICKLE, (MANGO, LEMON, MIXED)

GHEWAR, MOONG DAL HALWA, PHIRNI.

TAMIL NADU

GEOGRAPHY

The culinary tradition has evolved from the community of Chettiyars - essentially consisting of financiers and businessmen hailing from Chettinadu, which is located from 110 km east of Madurai. Chettinadu is situated on the Rail route to Chennai from Rameshwaram and between Tirumaryam and Karaikudi.

The Chettinadu cuisine is not confined to a continuous geographic area. It is a series of pockets spread over Tamil Nadu united by its unique cultural identity. One of their unique cultural identities is their cuisine, which happens to be a mirror of the whole state. As financiers, Chettiars traded overseas

which took them to Ceylon, Burma, Malaysia, China and Singapore. The flavor of all these areas reflects in chettinadu food.

HISTORY

The term chetty is derived from the Sanskrit word Shreshta which means 'important' or 'superior'. They lived as Zamindars. The cuisine reflects the lifestyle of rich generous 'Nattukottain Chettiars' and specializes on vegetarian cookery. The dishes are hot and darkly pungent with fresh ground masalas and a high calorific value. At the same time, there are sundried and salted vegetables which are stored and used by 'Achis' or chettiars's housewives.

SALIENT FEATURES

- **Food considered with high regards**

The Chettinadu is a mirror of Tamilians' culture and taste too. The uniqueness is that they concentrate not only on taste but also on nutritional value. Says Tamil proverb " Unavu Marundhu; Marundhu Unavu" means Food is medicine; Medicine is food.

- **Vegetarianism is more dominant**

Naturally, South Indians take hot food because of tropical climate. The staple food is of rice (gives bulk), sambar with fibrous vegetables and lentils, Rasam (with pepper) and curd which neutralizes and stimulates enzymes for digestion. Desserts like Sakara payasam and Dal payasam are served in the end.

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Rice is cooked in wonderful varieties as Puliogarai (tamarind rice) , ilumicha sadham (lime rice), Dosai, idli, Uttappam etc. Savories like masala vadas, medu vadai, murukku, elladai are also relished

The fishes they use to make Kolambu (gravy) or varuval (fry). Meat are available cheap since they consume less amount of meat (only on Sunday and Wednesday).

- **Gingely oil mainly used.**

Oil used is chiefly derived from till or sesame seeds.

- **Use of authentic utensils and traditional vessels**

Utensils are mainly brass, silver and Aluminium. Cooking is done in brass or Aluminium vessels. For service of food Thukku (Four compartment dish attached together with a handle) is used for side dishes. Gravy dishes like Sambar and Rasam are served in Thooku Kooja (a container fixed with handle and side projection for easy flowing of gravy without spilling. Water is poured in silver tumbler from Mankooja (clay water jug) which is fresh and cool. Food is served on banana leaves or even dried banyan leaves are used as plates.

SPICES AND HERBS

Chettians introduced many spices brought from different parts of the world into their cuisine. Spices are always added wet to gravies ,ground on stones ,to bring out maximum flavor and texture.

Anasipoo: star aniseed

Marathi mukku: dried flower pods

Kalpasi :dried fungus .

Apart from this there is a prominent use of *tamarind, whole red chillies cinnamon, cloves, bayleaf, peppercorn, cuminseeds, fenugreek* etc.

FESTIVALS:

CHITHIRAI : New Year celebration on April 14. Mangai pachadi is made on this day.

POURNAMI: It is the full moon of spring in May. Savory and sweet Kozhukuttai are made.

AIPPASI DIWALI: Non veg is taken on this day.

KARTHIKAI Karthikai deepam is celebrated in this month by lighting oil lamps on the full moon day.

THAI PONGAL: This is the first and clement harvest festival of South India on January 15th. Pongal is celebrated for four days.

BOGI PONGAL: All the old items are burned one day before pongal

THAI PONGAL: To thank sun god

MATTU PONGAL: To Thank cow.

KAANUM PONGAL: To sit with elders. The main items are *Kozhukkatai* ,*Ven pongal*,*Sakari pongal* .

SIGNATURE DISHES

1. TAKKALI RASAM: Pepper base, light, flavored, digestive, tomato soup.
2. MAANGAI VATTAL PACHADI: mangoes cooked along with Thuvaram Parippu (red gram) seasoned and flavored.
3. SADHAM- Rice normally flavoured. Gingelly oil is used.
4. KEERAI MASIYAL: Green leaves has a major part in Tamil cooking. Every week at least two days they will use green, which is an easy and cheap source of nutrition, easy to digest and its fibers will clean the stomach. Mainly used are Drumstick leaves, spinach, small leafed greens, manithakkali which have fruits like very small tomatoes. Masiyal (mashed coconut flavour stew) and poriyal were made from keerai.
5. KOZHUKATTAI: Dumplings of rice flour, finely filled with jaggery mixture.
- 6 VEN PONGAL : Rice cooked with green gram
- 7 SAKARAI PONGAL : Jaggery is added during cooking venpongal.

KALYANA VIRUNDHU (MARRIAGE FEAST):

Serving of Foods holds a typical style. Banana leaves are laid out on the table or floor and on it placed small servings of meats, fried fish (mean varuval), kozhi kozhambu. There are cooked vegetables mixed with second water used for watering rice (MANDI). Many dishes are made from Banana flower, banana roots etc.

THAALI MEAL

BOILED RICE

SAAMBAAR

RASAM

CURD

PORIYAL (KEERAI, CARROT, BEANS)

MEEN VARUVAL

PODALAIGAI KOOTU (STEW)

OURUKAAI (PICKLE)

MANGAAI PACHADI(SALAD)

APPALAM

KUZHI PANIYARAM (DESSERT)

(Rice and jaggery batter fried in oil)

THEME DINNER MENU

NONGU SAARU

(Nature's nectar from palmgrove)

PULI RASAM

(A light, pepper flavoured Tamarind soup)

KOZHI UPPU VARUVAL

(Fried chicken which previously primed)

KARIVEPPILAI MEEN KOZHAMBU

(Fish curry flavoured with smoked curry leaves)

THIRAKAL

(Mixed vegetable delicacy stew)

PODALANGAI KOOTU

(Snake gourd with cooked gram)

VATHA KUZHAMBU

(Reduced curry with and soaked and dried sunndaikkai)

LEMON RICE

COCONUT RICE

SUDNAL

(A tempered Chick pea savoury salad)

THAYIR SAADAM

(Seasoned cured rice)

PANCHAMRUTHAM

(Five types of fruits, mixed with syrup of sugar, jaggery and honey)

SAKARI PONGAL

SOUTH INDIAN COFFEE

INDIAN BREADS AND CEREALS

India is a land of infinite variety of its weather, its scenery, its people. Their languages and food are so varied that knowing this country becomes a very interesting subject. Each part of India has something of its own to offer.

'Roti' the most basic food of India is a fascinating subject. All over India, Roti and Naan are made from same basic ingredients – grains, salt and water, yet they have tremendous individuality. Roti, in fact, became a generic name for bread in India. With more than a thousand years of blending foreign culture with its own, India has developed a unique range of 'Rotis' made of whole wheat flour. These are called by distinctive names such as 'Chapati', 'Phulka', 'Paratha' or 'Puri' etc. Rotis made of other kind of grains have descriptive names only, thus we have 'Makkai-ki-Roti', 'Jowar-ki-Roti', Akki roti. These Rotis have regional popularity.

BREADS FROM NORTH:

1. *PHULKA* : Common roti made from atta flattened and griddled on a hot tava.
2. *MAKKAI KI ROTI*: Slightly thicker than Paratha. This roti is made from Maize and is the size of chappathi.
3. *ROTI* : Atta bread traditionally made in a clay tandoor, griddled or cooked on live charcoal fire. Variations possible are innumerable:
 - LAAL ROTI- with beetroot.
 - ROGANI ROTI- with saffron.
 - PIAZ KI ROTI- contains chopped onions, green chillies and mint leaves.
 - PUDINA ROTI*- Stuffed mint paste.
 - LASSAN ROTI*- Garlic roti.
 - SHEHAD KI ROTI*- Honey roti(honey is added to the dough)
4. *AMRITSAR KA PARATHA*: Each layer of this Paratha, a layer of flour and ghee is applied. The rolling is different from that of a Paratha.
5. *MUGHLAI PARATHA*: The soft dough is shaped into round balls and then flattened ghee is applied and then folded. This is done for a couple more times. It is pressed into a square and brushed with eggs and the corners are turned towards the center. Cooked on a hot griddle.
6. *KHASATA ROTI*: They are Crisp and have a flavor of cumin which is incorporated during the dough making process. They are made just as Parathas.
7. *SHAHI ROTI*: Made all over Northern India, especially U.P. A very rich Roti stuffed with a paste of almonds & ghee
8. *BAIDA PARATHA*: This is stuffed with a mixture of Eggs, salt, paneer, coriander & 1 tsp of Ghee or oil.
9. *BIRAH I PARATHA*: This paratha dough is stuffed with chick pea dough, rolled out to the size of Puri. Cooked in a griddle with little fat.
10. *LACHHA PARATHA*: Here the dough is made into rope. Then rolled into

a circle and rolled out 3 times, half cooked and be rolled and ghee is applied in between every layer while rolling.

11. *KASHMIRI ROTI*: Also called taktaki. Here wheat flour is sifted along with pepper and aniseeds, asafoetida and carum and the liquid used is milk.
12. *NAAN*: Leavened bread of North India. It is mainly from UP. Here soft dough is made with flour, salt, soda, curd and butter. Given the shape of the tear drop and topped with ghee / butter, sesame seeds and poppy seeds and baked in a Tandoor. *KHAMEERA* is naan leavened with yeast.

Variations possible are many, depending on creativity:

- *BADAMI NAAN*: sesame seeds and almonds are sprinkled on top.
 - *ROGHNI NAAN*: Roghni means red. Naan sprinkled with saffron.
 - *SHAHJAHANI NAAN*: Naan stuffed with cooked mixture of garlic, tomato, kheema, parsley, salt and pepper.
 - *KHANDARI NAAN*: Naan stuffed with nuts, dry fruits & paneer.
13. *TAFTAN*: Leavened bread with rice flour, milk, yoghurt and eggs from U.P. It can be made perfectly under hot grills and Tandoor.
 14. *SHEER MAL*: smooth dough with flour, salt, eggs, raisins, khoya, double cream, ghee and yeast mixture. Proven for 8 hours, then flattened, proved again until double in size, brushed with melted ghee/ butter and saffron solution. Sprinkle with poppy seeds.
 15. *ROOMALI ROTI*: Soft dough is made, the rounds are flattened, swung in the air and cooked in a heated inverted griddle. It takes hardly on minute to cook and should be folded like a hand kerchief. (Roomal= handkerchief)
 16. *BAQARKHANI*: It is a richer version of sheer maal. The traditional

method of making Baqarkhani is by DUM cooking.

17. *BHATURA*: Deep fried leavened bread of Punjab made with maida , sour curd, soda bicarb /yeast, ghee and salt.
18. *BANJARA ROTI*: It is a crispy roti made with bajri flour, chopped green chilli, ginger, garlic and yoghurt.
19. *PURI PATIALA* : This is a Patiala style of puri. Here a dough is made with flour, semolina, rice flour, salt, turmeric powder. The dough is rolled thick, coated with a paste of rice flour and ghee, cut into rounds and then deep fried.
20. *AMRITSAR KI LUCHI*: Deep fried crispy bread from Punjab.
21. *BHOPALI ROTI*: Equal quantity of wheat flour and rice flour mixed with ground cumin seeds, green chillies, broken cashew nuts, fresh coriander leaves, saffron, warm milk and water to make a soft dough. This is then rolled and cooked like a chapathi.
22. *SADA KULCHA*: Leavened bread of Punjab, it is made from maida and ghee and can be stuffed with a variety of fillings.
23. *SWEET WARQI ROTI*: It is a sweet Roti, sweetened with caster sugar with the flavor of cardamom. It is rolled and baked in an oven at 140 degrees for 30 mts.
24. *GADAI ROTI*: One of the popular breads of UP. This is stuffed with a mixture of peas, cumin seeds, garlic, green chillies and fresh coriander.
25. *MALAI ROTI*: It is a delicacy of Punjab. The uniqueness of the roti is in its folding. It is cooked like parathas.
26. *PUNJABI LACHA PARATHA*: This is made like paratha with lots and lots of oil.
27. *POORI /PURI*: Deep fried atta bread.

Varieties are:

BERMI PURI: The dough is same as Bermi roti; deep fried.

NARGISI PURI: stuffed with a mixture of mashed eggs, potatoes, coriander, chilli and salt.

PALAK KI PURI: From Indore with the flavor of spinach and spices .

BREADS FROM WEST:

28. *BERMI ROTI* : Seen in Jodhpur Part of Rajasthan. It is stuffed with a mixture of ground moong dal, onions, 1 tsp salt, chilli powder, onion seeds and asafetida.
29. *KHAKRA*: Crispy roti from Gujarat. Here garam masala is added to the dough. This roti is from Gujarat area. When people travel, this roti is carried by them for meals as Khakhra's remain for a long time. Eaten with pickle.
30. *GOBI KA PARATHA*: It is a Bombay speciality. Here cauliflower is grated and mixed with lime juice, chilli, 1 tsp salt, coriander, onions and ginger. This is stuffed into the paratha rolled and shallow fried on a hot griddle until; both the sides are brown.
31. *PHEFRE*: Rajasthani farmers bread. Thick piece of dough is palm flattened round, baked on thava; traditional fuel is 'Kandha' (dried cowdung fire)
32. *DOPPATRI ROTIS*: They are very popular in Malwa area. They are soft and thin like chapaithies. But when pulled apart, two separate roti's can be seen. Two thin breads are sandwiched, griddled to colour & steamed further. Served with nariyal chutney.
33. *METHI NI BHAKRI*: This is a traditional gujarathi roti using bajra flour/ wheat flour, chopped fenugreek leaves, green chillies and turmeric powder. 3" diametre flattened with palm.
34. *ROTLI*: Gujarathi preparation. Rotlees are thinner and softer than Chapathies. It is a unique style of cooking. It is griddled on one side and then cooked on direct flame.
35. *ANDEY KI ROTI* : Also known as Bombay ki roti. It is stuffed with minced meat /vegetable Kheema, green chillies, coriander leaves and mint leaves.
36. *DAL-PURI*: Stuffed with a mixture of cooked dal with cardamom and

cumin seeds. Garam masala rolled into a circle of phulka size and shape. Deep fried.

37. *MASALA ROTI*: Thick roti stuffed with a masala containing chopped tomatoes, chillies, black pepper, onion and coriander..
38. *YEHUDI ROTI*: Jewish roti, gifted by migrants from Baghdad. Refined flour bread , baked and usually served with grilled meat.
39. *PAKWAN*: It is a popular dish of Sindh. Leavened bread. it is flattened to round disc, pricked using a fork and deep fried.
40. *TIKKAR*: Peasants bread of Malwa. It is a thick roti made of wheat and corn flour, mixed with lots of chopped garlic, onions, tomatoes, green chillies and coriander leaves. Cooked, dry in a tava.
41. *METHI THEPLA* : Dough is a mixture of wheat flour and jowar /Bajra flour with fenugreek, coriander powder, chilli powder and turmeric. It is made like chapathi.
42. *AATE KA PURA*: Savoury wheat flour pan cake of Maharashtra.
43. *MAH KI ROTI*: This roti is from MP. Dough is made from Atta, salt, chilli powder, sprouted moong dal and coriander leaves and made like chapathi.
44. *DHOHDHA*: Barley flour bread. A Sindhi speciality with green chilli, coriander leaves and lime juice. Cooked like chapathies.
45. *BARODA DAL DHOKLI*: Baroda style. Here pieces of dough are cut into squares and dropped into cooked dal and re-cooked and given a tadka. It is complete meal.
46. *MASALA BHAATI*: The dough shaped into rounds and dry roasted in a charcoal/dry cowdung fire. When cooked, put into a bowl filled with ghee. Served hot with dal /kadi.
47. *BAFLA*: It is a rotis cooked first in lentil soup and then dry roasted.
48. *MISSIE ROTI*: It is made from wheat four, Bengal gram flour, spinach, onions and cumin seeds. Served mainly with veg. /meat dishes.

BREADS FROM SOUTH:

49. *CEYLONESE ROTI*: This is from Chennai region of India. Here coconut is added along with the dough. It is a leavened bread. Cook in a griddle until brown specks appear on both sides.
50. *DOSAI*: South Indian bread. Fenugreek flavoured batter is made with ground rice, urud dal (3:1). It can be stuffed with kheema or potato. Notable variation is Oothappam which is more thicker and smaller in radius than Dosai.
51. *COORGI ROTI*: Snow white rice flour roti of coorg. Dough is made of rice puree. Cooked like Chapathi.
52. *IDLI*: Traditional breakfast from South India. Served with sambar and coconut chutney. Batter of rice and split black gram, steamed in special moulds.
53. *SEMOLINA IDDLI*: Variation of iddli with rava, curd & soda.
54. *KANCHIPURAM IDDLI*: Famous from Sri Devaraja temple in Kanchipuram. Each iddli, turmeric colored and tempered, is steamed in bamboo mould lined with turmeric leaves, weighs 3 pounds (1.5 kg) and is served as an offering.
55. *ADAI*: Pancake rich with wide variety of cereals (rice, urud, channa, moong) and vegetables (onion, garlic, chilli). Specialty of Tamil Nadu.
56. *PESARAATTU*: Andhra's dosai made out of green gram savoured with chutney.
57. *APPAM or HOPPERS*: Kerala Christian breakfast. Dutch pancakes made with rice, toddy fermented and prepared in special 'chatty' (concave cast iron moulds), often had with mutton stew.
58. *IDDIAPPAM or STRING HOPPERS*: strands of rice noodle, sandwiched, steamed and served with stew. Authentic Kerala breakfast.
59. *OROTTI*: chapatti made from a dough of mashed cooked rice.
60. *NOOLPUTTU*: Coorgi version of IDDIAPPAM.

61. *KADUMPUTTU*: Steamed dumplings of rice grains ('thari') and coconut milk.
62. *THALIYA PUTT*:: Steamed cake of rice grains (thari) and coconut milk.
63. *AKKI ROTI* coorgi version of OROTTI.
64. *PUTTU*: Kerala steamed breakfast preparation sandwiched with fresh coconut. Made from rice, wheat or ragi. Accompaniment could be ripe bananas, chickpea stew, greengram or fish curry.

BREADS FROM EAST:

65. *DHAKAI PARATHA*: It is shallow fried flaky bread of Bengal(Dhakka). Here the way in which it becomes flaky is unique. It is rolled into rounds, dusted with rice flour ,cut along the radius and then folded into a cone and pressed down.
66. *BATHUWAY KI ROTI*: This from Bihar. This uses spinach as a stuffing and uses warm water for kneading. (bathuway= spinach)
67. *PHULKO LUCHI*: It is puffed, deep fried bread of Bengal made with refined flour (with 10% fat incorporated into dough)
68. *RADHABALOBHI LUCHI*: Deep fried of West Bengal made from a dough containing atta, dal flour, aniseeds and ghee is mixed to make dough.
69. *KATHI ROLL OF NIZAM*: Speciality of Calcutta. The roti is rolled with a mixture of shredded chicken, onions, chillies, seasoning and coriander leaves. Also known as '**Frankies**'.

KEBABS

One of the most popular and versatile foods of the east, Kebab cuisine has become fine art and the Kebabi is an artist in his own right. There are several spellings of this word including kabab and kebob. But what does it actually mean? As usual the interpretations are varied and many. According to some it is a corruption of the Persian word “KUM AAB” which means little water (because kebabs are made using very little water and hardly have any gravy or sauce).

Very simply it has come to mean chunks of meat grilled or broiled on skewers over an open flame. Normally all hotels and restaurant serve 8 picks per portion, this can vary depending upon the house policy and the meat used e.g. Prawns.

The skewers are usually made of metal or wood and the meat used is normally lamb, mutton or chicken. The idea is believed to have originated in the Caucasus where the mountain people speared pieces of meat on the point

of their sword and cooked them over open fires. (Shish – kebab comes from the word “shish” which means sword).

The kebab was introduced and popularized in India by the Turkish, Afghan, Mughal and Persian armies who invaded India. For soldiers and hunters, the kebab was one of the easiest and most convenient ways of cooking a meal. The meat was skewered and roasted immediately after the hunt. They left behind them recipes which they had brought from their homeland.

There are basically three ways of cooking kebabs

- 1) Grilling
- 2) Frying
- 3) Roasting (in the Tandoor)

The most popular grilled kebab is the ‘Seekh’ – minced meat wrapped around a skewer and cooked on an open charcoal fire. The fat from the juices of the meat drips on to the coal causing the smoke to rise. This is what gives the distinctive flavour, aroma and taste.

Other kebabs in this way are the boti, tikka, tangri, kakori, gula, barra and pathar ka ghosht.

Kebabs can also be deep fried or fried on a griddle. The most popular is the “Shammi kebab” which gets its name from Shaam, modern day Syria. Other fried kebabs are Galoti (or Galavati), Khatai and malai, Nargisi, Shikampur, Goolar and Kamargarh. Then there are the kebabs that are cooked in the tandoor. Here, because the flavour of charcoal is combined with all around radiated heat, tandoori kebabs get rather special flavour. Although lamb and fish can be cooked in the tandoor, it is chicken that is most suitable. Tandoori chicken is so universally known, it hardly needs any introduction.

Kebabs being a dry cuisine, a range of accompaniments would inevitably develop reflecting regional preferences. Rings of onions and chunks of tomato are eaten raw. With seasonal vegetables like white radish or cucumber are sometimes added. Raitas are also a popular accompaniment. Various types of

chutneys are also served, including a sweet-sour one combining dates and tamarind or a coarsely ground one of coriander leaves, mint leaves and green chillies. Among the breads parathas and naan are the most common, though the ideal is the Roomali roti.

Over the years kebab has adopted countless varieties and guises. Imaginative cooks will continue to adapt and change the basic kebab cuisine. Given below is a list of basic kebabs. Variations and permutations are bound to occur and opinions will differ.

SOME KEBABS

Sheek Kebab: Spicy, cigar shaped, minced meat kebabs, cooked on a skewer in an open fire or tandoor.

Boti Kehab: Boneless pieces of mutton, marinated in seasoned curd mixture along with a tenderizer like papain. Skewered and cooked in an open fire.

Pathar ka Ghosht: The most unusual kebab introduced by Arab missionaries in India in the 12th century. Cooking stones are heated till they are red hot and strips of marinated meat are cooked on them. The flavour is exceptional. The stones are treated as family heirlooms.

Harra Kebab (Burra Kebab): Mutton chops, marinated in a mint and coriander mixture. Cooked on skewers on an open fire. Burra in Arabic means young lamb.

Shammi Kebab: Deep fried patties of well seasoned minced mutton and channa dal (binding agent).

Nargisi Kebab: Gets its name from the nargis or narcissus flower which it is said to resemble. The filling of the nargisi is a hard boiled egg enclosed in a shammi kebab mixture. The kebab is halved lengthwise after cooking. The yolk, surrounded by the white set against a dark background is said to resemble the narcissus flower.

Malai Kebab & Khatai Kebab: Variations of the shammi kebab with special masalas and fillings.

Kakori Kebab: Comes from a village in Lucknow by the same name. They consist of finely pounded meat seasoned with spices like cloves and khus khus wrapped around a skewer and grilled on an open fire.

Sula Kebab: Comes from Rajasthan. It is a venison kebab that could be cooked easily soon after a hunt.

Reshmi Kebab: Minced chicken, seasoned and spiced, wrapped on a skewer and cooked on an open fire.

Afghani Kebab: Boneless pieces of chicken in a curd marinade with white masala, having predominant flavour of kasoori methi.

Chicken Tikkas: Boneless pieces of chicken marinated in a tandoori masala, skewered and grilled on an open fire or tandoor.

INDIAN SWEETS

The cooking of sweets can be called an art and science in itself. The mixing of ingredients, application and withdrawal of heat, technical knowledge all makes it a complex chemical process. In the advanced stages 'creativity'

has got a major role to play. The Indian tradition of celebrating all happy occasions with sweets has given a special place for sweets in Indian Household. Our favorite expression is: "Aao Muh Meetha Karo". We have a wide variety, from North to South from Kulfi to payassam, from East to West, From Rasgolla to Dodol. The sweets can be easily classified according to their origin and popularity in different region.

EASTERN INDIA

The motherland of many 'in demand' sweets, the 'Moiras' in Bengal are masters in this field. Mainly milk sweets are made in this region. Paneer or 'Chenna' is widely used.

Rasagolla: The king of sweets. Spongy, juicy balls made of paneer kneaded and poached in sugar syrup invented by N.C. Das in 1868.

Kamala bhog: Orange coloured/flavoured Rasagolla.

Cham cham: Light brown and brittle curd fritters. Hold little syrup. Garnished with slivered almonds.

Rasamalai: Flattened rasagolla, from which syrup is drained off, dipped in kesar flavoured rabadi. Garnished with nuts and 'warq'.

Chenna payesh: Creamish in colour, smooth in texture with paneer. Garnished with chironji.

Chirer payesh: Brownish in colour. Pressed rice added to jaggery and milk. Served cold and thick.

Mishti Singara: Sweet samosa with a filling of coconut.

Burfi/pedas. Reduced milk (Khoa) sweetened and flavoured accordingly and cut

into desired shapes.

Sandesh: Chenna made into smooth paste added with sugar and flavoured. Given different shapes.

Lady Kenny: Brownish red fritters of Paneer and Semolina served in sugar syrup .

Bhapa Sandesh: Paneer sandesh which is white in colour and coarse in texture. Steamed and garnished with nuts and saffron.

Kala jamun: Black and spongy fritters soaked well, served dry.

Kheer Mohan: Sweetened khoya ,colored and flavored ,sandwiched between two flat

Rasagolla. Garnished with 'warq' and pista.

Misti Doi: Sweetened curd with palm jaggery; served in earthen pots.

NORTHERN INDIA

What paneer or 'chenna' is to Eastern sweets, khoya is to North Indian sweets. The traditional khoya making is time consuming and demands patience.

Zarda pulao: Traditionally prepared for Muharam. A flaky rice preparation with a hearty zafron flavour,from lucknow and garnished with roasted nuts.

Phirni: Mughlai sweet made of rice powder cooked in milk.Coarse texture, yellowish in colour (kesar) garnished with sliced pistas and almonds.

Rabri: Made of cream obtained white boiling milk. Creamish and smooth.

Petha: White, translucent preserve of Ash gourd in sugar syrup.

Angoori petha: cylindrical shaped, coloured and with sugar syrup.

Khoya burfi: Wheatish and brittle. Variations can be chocolate burfi, coconut burfi etc.

Gajjar ka Halwa:Grated carrot cooked in milk and sweetened.served hot/cold.

Karachi Halwa: Jelly dessert with corn flour and sugar. Translucent.

Jalebi: Sweetened fritters of maida and besan batter.

Imarti: Exotic jalebies, less crispy, more reddish made of urad dal & rice.

Rau di kheer: Greenish white kheer from Punjab made of sugarcane juice and rice.

Besan ka Ladoo: Besan balls roasted golden brown held with ghee and sugar & flavoured with cardamom.

Boondi: Small reddish yellow globules made by frying besan batter after passing through perforated spoon. Dipped in sugar syrup and holds the syrup.

Kulfi: Ice-cream like Mughlai sweet with saffron and pistas. Made in special aluminium kulfi moulds. Served over falooda.

Gazac: Crunchy and light brown made of roasted sesame seeds

Falooda: Mughlai delicacy. Made of jelly from straining of boiled wheat and into white noodles and mixed with fruit juice.

Moti choor Ladoo: 'Boondies' held together with sugar and made into balls. Topped with slivered almonds.

Gille-e-Firdouse: A bottle gourd preparation from Hyderabad. The grated bottlegourd cooked in sugar syrup but should not dissolve completely.

Shahi tukda: Fried triangles of bread served with rabadi. Garnish with raisins and chandi ka varak.

Double-ka-Meeta: Derived from the term double roti. Whole loaves of bread cooked in an oven with reduced milk .

SOUTH INDIAN

This part has got a vast variety of rice based sweets. Hyderabad sweets have a mughlai influence .

Reshmi Zulfein: Sevian sweet during id-ul-fitr. Creamish liquid with seviyan and makhana.

Shalli-anna(Kesari bhat): Made with semolina, sugar, ghee and saffron from Karnataka.

Madhumala: Small tube of wheat dough, rice and chana with mashed banana filled with sugar, sealed at both end and deep fried.

Mysore pak: Crumbly confection of besan, sugar and ghee.

Adirasam: Brownish crisp flat balls fried in oil. Made of rice powder and poppy seed, sweetened with jaggery. From Tamilnadu.

Palpayasam: Offered as Prasad in many Krishna temples of Kerala and Tamil nadu. Made of rice ,milk and sugar.

Pongal: Brownish in colour with mashed rice and dal with little syrup which is of jaggery. From Tamil Nadu.

Parippu Pradhaman: Dal cooked in coconut milk and sweetened with jaggery. Garnish nuts, raisins and fried silvers of coconuts.

Pazham pori: Fritters of ripe banana, deep fried. Sometimes stuffed with coconut , cardamom and sugar/jaggery.

WESTERN INDIA

Srikhand: Satin smooth thick curd sweetened, flavoured and garnished with nuts. Fruit pulp (fresh) can be added instead of saffron to flavour it.

Puran Poli: chapathi stuffed with sweetened cooked and mashed dal (channa). Dough made of maida.

Dinde: Like puran poli but dough with Atta.

Ghange: Dough of either wheat or Rice flour to which cooked mashed yellow pumpkin is added. Added with sugar powder, made to poories and deep fried.

Modak: Rice dough preparation stuffed in with finely grated coconut, jaggery and cardamom flavour. Either steamed or deep fried. Offered to Lord Ganesh.

Gulachi Poli: Chapathi made of wheat flour, and gram flour stuffed with a mixture of grated jaggery, powdered roasted poppy, sesame seeds and dry coconut and flavoured with cardamom and nutmeg.

Khajur Bhari: Dessert from Parsi cuisine. Data mixture sandwiched between two short crust pastry, fried to golden brown and crispy.

Lagan nu custard: Baked wedding desert of Parsi weddings. Smooth creamy and firm, golden brown custard having nutmeg and vanilla essence.

Mohanthal: Marathi Delicacy. Dark brown in colour made of fried besan. Smooth and sets once cooled. Added with khoya and garnished with pistachio nuts and almonds.

Koomas: Dark brown cake (baked) made of flour and semolina.

Bibinca: Layered and baked speciality of goa. Made from a batter of Yolk, coconut milk, sugar, maida, ghee and nutmeg. Served at room temperature.

Dodol: Dark coloured jelly dessert with rice flour and palm jaggery.

INDIAN COOKERY: METHODOLOGY FOR PREPARING GRAVY

1. Oil

Kerala - Coconut oil

Tamil Nadu - Gingelly oil

Bengal - Mustard oil

Punjab - Desi ghee

Andhra Pradesh - Ground nut oil

Media of cooking varies from state to state.

2. **Whole garam masala**

It consists of cinnamon, cardamom, cloves, pepper corn, jeera, fennel, mace and bay leaf.

Start at a medium temperature, don't burn it. It will give wrong flavour.

Herb:- It is the green leafy part of the plant.

Spices:- It could be part of a plant other than leaf.

Spices and herbs have volatile oils which give additional flavour to the gravy and acts as a preservative.

3. **Onions**

Onion may be used plain, transparent, brown and dark brown. Onion may be

boiled, fried or sautéed. It forms the base for the gravy. It give taste, colour,

consistency and provide bulk for the gravy.

4. **Ginger and garlic paste**

It provide pungency to the food to improve the palatability and help digestion.

5. **Green chilli**

It can be used as slit, paste, chopped and julienne.

6. **Dry masalas**

There are four basic dry masalas in Indian cookery. They are:

Red chilli powder

Coriander powder

Turmeric powder

Jeera powder

All masala are cooked in the gravy without burning till oil starts leaving the

surface.

7 Tomatoes

It can be used as paste, chopped, canned, dices. It gives colour, sweet and sour

taste to the gravy.

8 Main ingredients

Seasoning: salt, sweet, sour, bitter, pungent.

9. Tempering

BASIC INDIAN GRAVY

INGREDIENTS	QTY	METHOD	DISHES
	(04 pax)		

<u><i>BROWN GRAVY</i></u>				
Oil	- 25ml	Brown onions well.		
Onion	- 150	Add, green masala,	Roganjosh	
Ginger	- gms	powdered masala and	Aloo Baingan	
Garlic	- 5gms	tomatoes fry well.		
Red chilly	- 5gms	Add water and allow		
Corriander	- 5gm	cooking. Finish with		
Turmeric	- 10gms	garam masala powder		
Jeera powder	- 3gms			
Tomatoes	-			
Garam masala powder	- 50gms 2gms			
<u><i>GREEN GRAVY</i></u>				
Spinach	- 450gms	Blanch leaves and	Sag paneer	
Fenugreek laves	- 100gms	puree. Sauté onion in	Hara Gosht	
Oil	- 15gm	oil, add ginger, garlic,	Murgh Hariyali	
Onion	-	coriander powder,	Subz Sag Malai	
Ginger	- 10gms	green chilli and fry		
Garlic	- 5gms	well, Add puree of		
Green chilli	- 5 gms	leaves (to retain		
Coriander powder	- 10gms	color,do not overcook)		
<u><i>RED GRAVY</i></u>				
Oil	- 20ml	Brown onions well.	Macher jhal	
Onion	- 115gms	Add green masala,	Patia	
Ginger	- 10gms	powdered masala and		
Garlic	- 5gms	tomatoes: fry well.		
Coriander powder	- 10gms	Add water and allow		
Kashmirichilli	- 15gms	cooking. Finish with		
Tomatoes	- 115gms	Garammasala powder		

Oil	-	20ml		
Garammasala powder	-	2gms		
<u>WHITE GRAVY</u>				
Onion	-	120gms	Boil onion and puree.	Malai Kofta Shahi Paneer Navaratan Korma Ghosht Pasanda
Ginger paste	-	5gms	Heat ghee and add	
Garlic paste	-	3gms	whole garam masala,	
Green chilli	-	3gms	ginger and garlic,	
cashew nut	-	15gms	green chillies and	
Curd	-	50ml	sauté. Add onion	
Cream	-	20ml	puree, cashew paste	
Cardamom	-	2gms	and cook well. Finish	
Cloves	-	2gms	with cream, curd and	
Cinnamon	-	2gms	lime juice. (Flavour to be enhanced with cardamom powder, methi leaves and kewra water).	
<u>MAKHANI GRAVY</u>				
Onion	-	50gms	Boil onions with	Murgh tikka makhani/butter chicken Murgh hawa mahal Panir tikka masala
Butter	-	100gms	tomatoes, dry masala	
Tomatoes	-	150gms	and whole garam	
Cinnamom.,cardamom	2gm		masala. Make a	
Cloves	-	2gms	velvety fine puree.	
Chilly Powder	-	2gms	Finish with cream,	
Kashmiri chilli	-	2gms	more butter and	
Corriander	-	2gms	kastoori methi.	
Jeera	-	2gms		
Cashew	-	2gms		
Cream	-	50ml		
Kastoor methi	-	2gms		

Honey	-	2gms		
	-			
<u>YELLOW GRAVY</u>				
Onion	-	120gms	Deep fry onions to golden tint with green chillies and puree with curd. Heat ghee and add whole garam masala, ginger and garlic and sauté. Add onion puree, cashew paste and cook well.	Bindi do pyaz Paneer mutter Aloo gobi gravy
Green chilli	-	15gms		
Curd	-	50ml		
Ginger paste	-	5gms		
Garlic paste	-	3gms		
cashew nut	-	3gms		
Turmeric	-	4gms		
Cinnamon	-	2gms		
Cloves	-	2gms		
Cardamom	-	2gms		
Kastoor methi	-	2gms		


