

**Yashwantrao Chavan
Maharashtra Open University**



V102: B.Sc. (Hospitality Studies and Catering Services)

HTS 514: QUANTITY FOOD PRODUCTION



**YASHWANTRAO
CHAVAN
MAHARASHTRA
OPEN
UNIVERSITY**

HTS 514

QUANTITY FOOD PRODUCTION

**V102:B.Sc. in Hospitality Studies and Catering Services
[B.Sc. (HSCS)] 2016 Pattern**

QUANTITY FOOD PRODUCTION

YASHWANTRAO CHAVAN MAHARASHTRA OPEN UNIVERSITY

Dnyangangotri, Near Gangapur Dam, Nashik 422 222, Maharashtra

YASHWANTRAO CHAVAN MAHARASHTRA OPEN UNIVERSITY

Vice-Chancellor : Prof. (Dr.) E. Vayunandan

School of Continuing Education School Council

Dr Rajendra Vadnere,

Chairman, Director

School of Continuing Education

YCMOU, Nashik

Dr Jaydeep Nikam

Professor

School of Continuing Education

YCMOU, Nashik

Dr Rucha Gujar

Assistant Professor

School of Continuing Education

YCMOU, Nashik

Shri Ram Thakar

Assistant Professor

School of Continuing Education

YCMOU, Nashik

Dr Prakash Atkare

Professor & Director (Acting)

Student Services Division

YCMOU, Nashik

Dr Sunanda More

Acting Director

School of Arch. Science & Tech.

YCMOU, Nashik

Dr Suresh Patil

Associate Professor

School of Commerce & Mgt

YCMOU, Nashik

Shri Madhav Palshikar

Associate Professor

School of Computer Sciences

YCMOU, Nashik

Smt Rajkunwar Rane

BVG India Training Institute

Chinchwad (E) Pune

Prin Nitin Jadhav

Mahatma Gandhi Vidya Mandir

Hotel Mgt & Tech. College

Nashik

Shri Ravi H Tikate

PAI Foundation's VEDA

Azam Campus Pune

Ms Monica Thakkar

Asso Professor,

Lalit Kala Academy, Churchgate,

Mumabi

Shri Sanket Bajpei

Rustamjee Academy for Global

Carreers, Dahanu Road (E)

Dist Palghar

Developed by

Dr Rajendra Vadnere

Director, School of Continuing Education

YCMOU, Nashik

Production

Shri. Anand Yadav

Manager, Print Production Centre, YCMOU, Nashik

© 2018, Yashwantrao Chavan Maharashtra Open Univesity, Nashik

639 **First Publication** : June 2018

639 **Publication No.** :

639 **Typesetting** :

639 **Printer** :

639 **Published by** : Dr. Dinesh Bhonde, Registrar, Y. C. M. Open University, Nashik - 422 222.

CONTENTS

UNIT 1 : QUANTITY FOOD PRODUCTION IN NORTH INDIA	10
1.00 BEFORE WE BEGIN	10
1.01 UNIT OBJECTIVES	10
1.02 NORTH INDIAN CUISINE	12
1.03 NORTH INDIAN DELICACIES AND DISHES.....	13
1.04 AWADHI CUISINE	15
Early history.....	15
Kababs of Awadh.....	15
List of popular Kababs.....	15
Curry preparations	18
Korma.....	18
Rice preparations.....	18
Bread preparations	21
Desserts	21
Chaat.....	21
1.05 BHOJPURI CUISINE	22
Staple diet	22
Breakfast	22
Lunch.....	25
Snacks	25
Dinner	25
Sativik Khana.....	25
Non Vegetarianism	25
Essentials.....	28
Spices & condiments.....	28
Herbs, oils & nuts.....	29
Tools & techniques	29
Common vegetables	31
Festival delicacies.....	31
Khichdi/Sekraat.....	31
Vasant Panchmi	31
Holi/Hori/Paguwa	31
Shivraatri.....	32
Ramnavami	32
Janmashtami	32
Eid ul fitr.....	32
Teej	32
Navami/Navraatar and Dassahara.....	32
Bakrid	32
Diwali	32
Chhath Puja.....	32

Dishes	34
Bread.....	35
Desserts	35
Drinks	37
Snacks	37
Pickle.....	39
Dips, chutneys and raita.....	39
Raita	39
Chutney.....	39
1.06 PUNJABI CUISINE	41
Style of cooking.....	41
Staple foods	41
Dairy products.....	41
Food additives and condiments	41
Common dishes.....	41
Breakfast	41
Meat.....	42
Fish	42
Vegetarian	42
Snacks	43
Raita and chutney	43
Sweets and desserts	43
Bread.....	43
Herbs and spices	45
Beverages	45
Fermented foods.....	45
Canning, bottling and smoking	45
Cooking methods	45
Chulla, Punjabi bhathi and tandoor	45
Modern methods	45
Etiquette of Punjabi dining.....	46
Major features of etiquette	46
Invitation to dine.....	46
Table manners	46
Eating utensil etiquette.....	46
Punjabi dhaba	46
1.07 KASHMIRI CUISINE	48
Other foods.....	49
Wazwan	49
Beverages	50
Kashmiri Chai, Noon Chai, or Sheer Chai	50
Kahwah	50
1.08 RAJASTHANI CUISINE	51
Rajput cuisine.....	51
Sweet dishes	51
Typical Rajasthani Dishes.....	52

1.09 CUISINE OF UTTAR PRADESH.....	53
Bread.....	53
Common dishes	53
Traditional desserts	56
Common beverages	56
1.10 BIHARI CUISINE	58
Bihari thali	58
Traditional cuisine	58
Vegetarian cuisine	59
Non-vegetarian cuisine	59
Breads	60
Appetizers	60
Saags	60
Bihari fast food	61
Sweets	61
1.11 MUGHLAI CUISINE.....	63
List of Mughlai dishes	63
Desserts	63
1.12 END QUESTIONS.....	64
1.13 REFERENCES	65
UNIT 2 : CUISINE OF EAST INDIA	66
2.00 BEFORE WE BEGIN	66
2.01 UNIT OBJECTIVES	66
2.02 CUISINE OF JHARKHAND	68
Foods and dishes[edit]	68
2.03 CUISINE OF ODISHA.....	70
Ingredients and seasoning	70
Local variation	70
Temple food.....	70
Fish and seafood	70
List of dishes	71
Rice dishes and rotis	71
Dal	71
Curries.....	71
Khattas and chutneys.....	72
Saaga (salad greens)	72
Pithas (sweet cakes).....	74
Egg, chicken and mutton.....	74
Fish and other sea food	74
Fritters and fries.....	77
Snacks	77
Desserts and sweets	77

2.04 CUISINE OF BENGAL	78
The influence of the widows.....	80
Characteristics of Bengali cuisine.....	80
Fish.....	82
Meat.....	82
Special dishes of Dhaka.....	84
Specialities of Kolkata and suburbs	84
Vegetables	86
Cereals	86
Cooking medium with spices	86
Instruments and utensils	88
Preparation and cutting.....	88
Cooking styles.....	88
Common Bengali recipe styles.....	90
Culinary influences.....	96
Mughal influence	96
Anglo-Indian or Raj influence.....	96
Chinese influence.....	98
Bengali meals	98
The daily meal	100
First course or starter	100
Shak.....	100
Dal.....	101
Main course	101
Additional main course	102
Chutney.....	102
Desserts	102
Mishti (sweets).....	102
Snacks	104
Glossary.....	105
2.05 CUISINE OF SIKKIM.....	109
Dishes	109
Dhindo.....	109
Method of Preparation	109
How to eat	110
2.06 CUISINE OF MEGHALAYA.....	111
2.07 CUISINE OF ASSAM	111
Ingredients	111
Preparations.....	115
Some other preparations.....	118
2.08 CUISINE OF ARUNACHAL PRADESH	120
2.09 CUISINE OF NAGALAND.....	121
Overview	121
2.10 CUISINE OF MANIPUR	121

Basic Diet	122
List of Aromatic Herbs and Roots used by the Manipuris.....	122
Simple dishes	124
2.11 CUISINE OF TRIPURA	125
Traditional food.....	125
Tripuri rice.....	125
Chakhwi	125
Muitru	125
Mwkhwi (dessert)	125
Non-Veg Food Items	126
Tripuri Fruits.....	126
Tripuri Vegetables and Seasonings	126
Drinks	126
2.12 END QUESTIONS.....	127
2.13 REFERENCES	128
UNIT 3 : QUANTITY FOOD PRODUCTION IN WESTERN INDIA	129
3.00 BEFORE WE BEGIN	129
3.01 UNIT OBJECTIVES	129
3.02 WESTERN INDIAN CUISINE	131
3.03 MAHARASHTRIAN CUISINE	132
Regular meals and staple dishes	132
Grains	133
Millets	133
Wheat	133
Rice.....	134
Dairy.....	134
Vegetables	134
Legumes.....	135
Oil.....	135
Spices and herbs	136
Meat and poultry	136
Seafood	136
Miscellaneous ingredients	136
Typical menus.....	136
Urban lunch and dinner menus	136
Rural lunch and dinner menus	137
Methods and equipment	138
Special dishes	139
Meat and poultry	139
Seafood dishes	140
Curries and gravies served with rice	140
Pickles and condiments.....	141

Beverages.....	141
Sweets and desserts	142
Street food, restaurant and homemade snacks	144
Special occasions and festivals.....	147
Makar Sankrant.....	147
Mahashivratri.....	148
Holi.....	148
Ganesh Chaturthi	148
Diwali	148
Champa Sashthi	149
Traditional wedding menu	149
Hindu fasting cuisine.....	149
Christmas	149
3.04 MALVANI CUISINE	150
Important Dishes.....	151
Main course	151
Breads and cakes	151
3.05 GOAN CUISINE	152
Seafood	153
Introduction of new edibles to Goan cuisine.....	153
Hindu cuisine.....	153
Catholic cuisine	154
3.06 GUJARATI CUISINE	156
Staple foods.....	157
List of Gujarati dishes	158
Breads	158
Rice.....	158
Side dishes (Farsan)	161
Snacks (Nasta).....	163
Dal (pulses).....	163
Mithai (sweets)	163
Condiments.....	165
Spices and seasonings.....	165
3.07 PARASI CUISINE.....	166
Primary meals	166
Desserts	167
Snacks	167
3.08 SINDHI CUISINE	167
Historical influences	167
Food for special occasions.....	169
Meals.....	169
Drinks	169
Translations.....	171
Herbs.....	171
Fruit, Vegetable and Pulses.....	172

Nuts.....	173
Other.....	173
Vegetarian cuisine.....	173
3.09 END QUESTIONS.....	174
3.10 REFERENCES.....	175
UNIT 4 : QUANTITY FOOD PRODUCTION IN SOUTH INDIA.....	176
4.00 BEFORE WE BEGIN.....	176
4.01 UNIT OBJECTIVES.....	176
4.02 South INDIAN CUISINE.....	178
Similarities and differences among cuisines.....	178
Andhra food.....	179
Regional variations.....	179
Popular Andhra/Telangana dishes.....	179
Vegetarian.....	179
Karnataka food.....	181
Regional Karnataka cuisine.....	181
North Karnataka cuisine.....	181
Coastal Karnataka cuisine.....	181
Coorgi cuisine.....	183
South Karnataka cuisine.....	183
Udupi hotels.....	183
Karnataka dishes.....	183
Kerala food.....	185
Tamil Nadu food.....	185
Gravy dishes to be mixed in rice.....	187
Accompaniments.....	187
Standalone snacks.....	187
Dessert.....	187
Fast foods, or light meals.....	187
Chettinad cuisine.....	190
4.03 SARASWAT CUISINE.....	191
Lacto-vegetarian Saraswat cuisine.....	191
Various Saraswat cuisine.....	191
Rajapur Saraswat cuisine.....	191
Chitrapur Saraswat cuisine.....	192
Pesco-vegetarian cuisine.....	192
4.04 CUISINE OF KARNATAKA.....	193
North Karnataka cuisine.....	193
South Karnataka cuisine.....	195
Karnataka cuisine - common to all regions.....	197
Malenadu cuisine.....	205
Kodagu cuisine.....	207

North Canara (Coastal/Malenadu Karnataka) cuisine	207
4.05 UDUPI CUISINE.....	209
Typical dishes	209
Dishes served in a full course Udupi meal.....	209
Popular dishes of Udupi cuisines.....	210
Udupi restaurants and hotels.....	211
4.06 MANGALOREAN CATHOLIC CUISINE.....	211
Meat Based Cuisine.....	211
Vegetarian cuisine.....	213
Kuswar	213
4.07 MANGALOREAN CUISINE	214
Meat-based cuisine	214
4.08 TELANGANA CUISINE.....	215
Style of cooking.....	215
Staple food	215
Ingredients.....	215
Vegetarian food	215
Pickles	216
Non-vegetarian food.....	216
Sweets, Snacks & Savories	217
4.09 TELUGU CUISINE	217
Regional variations.....	218
Coastal Andhra.....	218
Uttarandhra	218
Rayalaseema	220
Andhra breakfast (tiffin)	220
Andhra lunch and dinner	221
Vegetarian.....	221
Course and servings	223
Non-vegetarian	226
Evening snacks (tiffin)	227
Sweets and savories	229
Rural cuisine	230
4.10 HYDERABADI CUISINE	231
History	231
Medieval period.....	231
Modern period.....	232
Course	232
Starters.....	232
Desserts	233
4.11 CUISINE OF KERALA.....	234
Historical and cultural influences	234
Overview	234

Hindu cuisine	235
Sadya	235
Cooking as sacred ritual	235
Cuisine of the Christians.....	237
4.12 TAMIL CUISINE	237
Typical meal.....	238
Dishes.....	238
Breakfast dishes	238
Main dishes	238
Side dishes	240
Drinks	240
Lunch and dinner dishes.....	241
Main dishes	241
Side dishes	241
Desserts	243
Regional cuisine.....	243
4.12 END QUESTIONS.....	244
4.13 REFERENCES	246

UNIT 1 : QUANTITY FOOD PRODUCTION IN NORTH INDIA

1.00 BEFORE WE BEGIN

In this course we will be studying the quantity food production from the various parts of our great nation. Our nation has a diverse culture with a rainbow of languages, cultural practices, traditions, festivals, cities, villages, art, dances and of course, cuisines. You will be studying the cuisines of our nation in the four Units which make up this course. We have divided our Units by abbreviation: NEWS which is short form of North (Unit 1), East (Unit 2), South (Unit 3) and West (Unit 4).

We have studied various issues in the quantity food productions like equipments used in kitchen, menu planning, etc in various courses on Food Production. We would be studying the various dishes in the present course. We have chosen Indian Cuisine as our focus. India is a culturally diverse nation. Our cuisines can be divided into four parts according to the cardinal direction. The cuisines of one part has quite a few dishes which are common to various state or regional cuisines. For example, samosa is a preferred dish of snacks in most regional cuisines (like UP or Bihar) in the North India.

In the first Unit we will learn the cuisine of the Northern India. The north Indian cuisine has influence of Awadhi, Bhojpuri, Bihari, UP, Kashmir, Mughlai, Punjabi and Rajasthani culture, geography and agricultural factors.

1.01 UNIT OBJECTIVES

After studying this unit you will be able to

- Explain the concept of North Indian cuisine
- Discuss the various types of Northern Indian cuisines
- List at least five north Indian delicacies. .
- List at least five vegetarian North Indian dishes
- List at least five non-vegetarian North Indian dishes.
- Which states of India contribute to the North Indian cuisines
-
- Discuss the concept of Awadhi cuisine.
- Explain the history of Awadhi cuisine.
- Describe the kababs of Awadh.
- Elaborate the concept of Tunde ke kabab.
- Elaborate the Shami Kebab of Awadh.
- Describe the various kebabs of Awadh.
- Discuss the concept of Korma.
- Explain the concept of Pullao as a speciality of Awadh.
- Discuss the various types of breads in Awadh cuisine.
- Explain the various types of desserts in Awadh Cuisine.
- Describe the importance of chat in Awadh cuisine.
- Explain the concept of Bhojpuri cuisine
- Discuss the staple diet of Bhojpuri people.

- Explain the breakfast items in a Bhojpuri cuisine.
- Elaborate the Lunch dishes used in Bhojpuri cuisine.
- Explain the snacks used in Bhojpuri cuisine.
- Elaborate the dinner dishes used in Bhojpuri cuisine.
- Discuss the non-vegetarianism in the Bhojpuri cuisine.
- Describe the spices and condiments used in Bhojpuri cuisine.
- List at least five herbs used in Bhojpuri cuisine.
- Discuss at least five oils used in Bhojpuri cuisine.
- Describe at least five nuts used in Bhojpuri cuisine.
- Discuss five tools and techniques used in Bhojpuri cuisine.
- List at least five common vegetables.
- Discuss the delicacies used in at least five of the festivals in Bhojpuri cuisine.
- Discuss at least five dishes in Bhojpuri cuisine.
- List at least five breads in Bhojpuri cuisine.
- Discuss at least five desserts in Bhojpuri cuisine.
- Explain at least five drinks in Bhojpuri cuisine.
- Discuss at least five snacks in Bhojpuri cuisine.
- Elaborate the importance of pickle in the Bhojpuri cuisine.
- Explain at least five raita items in Bhojpuri cuisine.
- Describe the concept of Punjabi cuisine.
- Explain the style of cooking in Punjabi cooking.
- Explain the staple foods in Punjab.
- Elaborate the use of dairy products in Punjabi cuisine.
- Explain at least five breakfast dishes in Punjabi cuisine.
- Discuss at least five non-vegetarian (meat) dishes in Punjabi cuisine.
- List at least five fish dishes in Punjabi cuisine.
- Elaborate at least five vegetarian dishes in main course of Punjabi cuisine.
- Explain at least five snacks dishes in Punjabi cuisine.
- Describe at least five sweets and desserts dishes in Punjabi cuisine.
- Discuss various breads in Punjabi cuisine.
- Explain the various beverages in Punjabi cuisine.
- Elaborate the concept of Kashmiri cuisine.
- Explain at least five Kashmiri Dishes.
- Discuss the concept of Wazwan.
- Elaborate the various Kashmiri beverages.
- Discuss the concept of Rajasthani cuisine.
- Explain at least five sweet dishes in Rajasthani cuisine.
- Discuss at least five Rajasthani dishes in the main course.
- Discuss the features of Cuisine of Uttar Pradesh.
- Discuss at least five common dishes in the main course of Uttar Pradesh cuisine.
- Describe traditional desserts in Uttar Pradesh cuisine.
- Elaborate at least five sharbats used in Uttar Pradesh cuisine.
- Discuss the feature of Bihari cuisine.
- Describe a Bihari thaali.
- Discuss at least five items in the main course of Bihari cuisine.
- Elaborate the non-vegetarian cuisine of Bihar.
- Describe the breads used in Bihari cuisine.
- Discuss the features of Bihari fast food.
- Discuss the concept of Mughali cuisine.

- Discuss at least five Mughali dishes.

1.02 NORTH INDIAN CUISINE

https://en.wikipedia.org/wiki/North_Indian_cuisine

North Indian cuisine is a part of Indian cuisine, from the region of Northern India which includes the Pakistani provinces: Punjab, AJK and Indian states and union territories: Jammu and Kashmir, Punjab, Chandigarh, Haryana, Himachal Pradesh, Rajasthan, Uttarakhand, Delhi and Uttar Pradesh . This is also a major cuisine in the Northern-Eastern regions like western Bihar (especially Bhojpuri cuisine), excluding cuisine of Mithilanchal) as well as central regions like Madhya Pradesh.

North Indian cuisine has influence of the agriculture, geography and traditions of the following cuisines:

- Awadhi cuisine
- Bihari cuisine
- Bhojpuri cuisine
- Himachali cuisine
- Kashmiri cuisine
- Kumauni cuisine
- Mughlai cuisine
- Punjabi cuisine
- Rajasthani cuisine
- Cuisine of Uttar Pradesh



Fig 1.01: Galouti Kabab from Lucknow's Tunday Kabab

https://commons.wikimedia.org/wiki/File:Galouti_Kabab_from_Tunday_Kababi_Lucknow_2009-01-06.jpg#/media/File:Galouti_Kabab_from_Tunday_Kababi_Lucknow_2009-01-06.jpg

CHECK YOUR PROGRESS

- Explain the concept of North Indian cuisine
- Discuss the various types of Northern Indian cuisines
- Which states of India contribute to the North Indian cuisines

1.03 NORTH INDIAN DELICACIES AND DISHES

- Aloo gobi
- Aloo Mutter
- Amritsari Papar Warian
- Baati
- Baingan bartha
- Barfi (Kaju barfi / Kaju katli)
- Bhatara
- Butter chicken
- Chana masala
- Chapati
- Chicken tikka
- Chole bhature
- Churma
- Dum Aloo
- Dal makhani
- Dopiaza
- Egg curry
- Haleem
- Jeera aloo
- Kachori
- Kadai
- Kadai chicken
- Kadhi
- Kahwah
- Keema
- Khichra
- Khichdi
- Kulcha
- Korma
- Kulfi
- Laal maans
- Mattar paneer
- Makki di roti
- Mirchi Bada
- Mutton curry
- Murgh Musallam
- Naan
- Nihari
- Palak Paneer

- Pakora
- Paneer tikka
- Pasanda
- Raita
- Rajma
- Rogan josh
- Rumali roti
- Sai bhaji
- Sarson ka saag
- Shahi paneer
- Shami Kebab
- Tandoori chicken
- Paneer Tikka Masala



Fig 1.02: Shami Kebab

<https://commons.wikimedia.org/wiki/File:Shamikebab.jpg#/media/File:Shamikebab.jpg>



Fig 1.03: Kababs of Awadh

https://commons.wikimedia.org/wiki/File:Machli_Kababs_With_Tomato_Dip.jpg#/media/File:Machli_Kababs_With_Tomato_Dip.jpg

CHECK YOUR PROGRESS

- List at least five north Indian delicacies.
- List at least five vegetarian North Indian dishes
- List at least five non-vegetarian North Indian dishes.

1.04 AWADHI CUISINE

https://en.wikipedia.org/wiki/Awadhi_cuisine

Awadhi cuisine (Hindi: अवधी भोजन) is a cuisine native to the city of Lucknow, which is the capital of the state of Uttar Pradesh in Northern India. It is very closely related to Bhojpuri cuisine of its neighboring region, Bhojpur. The cooking patterns of Lucknow are similar to those of Central Asia, the Middle East, and Northern India with the cuisine comprising both vegetarian and non-vegetarian dishes. The Awadh region has been greatly influenced by Mughal cooking techniques, and the cuisine of Lucknow bears similarities to those of Central Asia, Kashmir, Punjab and Hyderabad. The city is also known for its Nawabi foods.



Fig 1.04: Navratan Korma

https://commons.wikimedia.org/wiki/File:Navratan_Korma.jpg#/media/File:Navratan_Korma.jpg

Early history

The bawarchis (chefs) and rakabdars (gourmet cooks) of Awadh invented the dum style of cooking or the art of cooking over a slow fire, which has become synonymous with Lucknow today. Their spreads consisted of elaborate dishes such as kebabs, kormas, biryanis, kaliyas, nahari-kulchas, zarda, sheermal, roomali rotis, and warqi parathas. The richness of Awadh cuisine lies not only in the variety of cuisine but also in the ingredients used like mutton, paneer, and rich spices, which include cardamom and saffron.

Kababs of Awadh

Kebabs are the integral part of Awadhi. Lucknow is proud of its Kebabs. There are several varieties of popular kebabs in Awadhi cuisine viz. Kakori Kebabs, Galawat ke Kebabs, Shami Kebabs, Boti Kebabs, Patili-ke-Kebabs, Ghutwa Kebabs and Seekh Kebabs are among the known varieties.

The kebabs of Awadhi cuisine are distinct from the kebabs of Punjab insofar as Awadhi kebabs are grilled on a chula and sometimes in a skillet as opposed to grilled in a tandoor in Punjab. Awadhi kebabs are also called "chula" kebabs whereas the kebabs of Punjab are called "tandoori" kebabs.

List of popular Kababs



Fig 1.05: Shahi Korma

https://commons.wikimedia.org/wiki/File:Chicken_Curry.JPG#/media/File:Chicken_Curry.JPG



Fig 1.06: Nawabi Chicken Dum Biryani

https://commons.wikimedia.org/wiki/File:Nawabi_Chicken_Dum_Biryani.jpg#/media/File:Nawabi_Chicken_Dum_Biryani.jpg



Fig 1.07: Sabzi with Paratha

https://commons.wikimedia.org/wiki/File:Avadhi_breakfast_sabji_paratha_1q.jpg#/media/File:Avadhi_breakfast_sabji_paratha_1q.jpg



Fig 1.08: Some assorted halwa including sooji, chana, and gajar halva

<https://commons.wikimedia.org/wiki/File:Halva1.jpg#/media/File:Halva1.jpg>



Fig 1.09: Chat corner

https://commons.wikimedia.org/wiki/File:Awadhi_chaat_corner.jpg#/media/File:Awadhi_chaat_corner.jpg



Fig 1.10: Chat dish

https://commons.wikimedia.org/wiki/File:Awadhi_chaat_2b.jpg#/media/File:Awadhi_chaat_2b.jpg

The Seekh Kebab has long been considered a piece de resistance in the Awadhi dastarkhwan. Introduced by the Mughals it was originally prepared from beef mince on skewers and cooked on charcoal fire. Now lamb mince is preferred for its soft texture.

The 100-year-old Tunde ke Kabab in Chowk is the most famous outlet for Kababs even today. Tunde kabab is so named because it was the speciality of a one-armed chef. The tunde kabab claims to be unique because of the zealously guarded family secret recipe for the masala (homemade spices), prepared by women in the family. It is said to incorporate 160 spices.

Kakori kabab is considered blessed since it was originally made in the place by the same name in the dargah of Hazrat Shah Abi Ahder Sahib with divine blessings. The meat used is from the tendon of the leg of mutton, combined with khoya and spices.

Shami Kebab is made from mince meat, usually with chopped onion, coriander, and green chillies added. The kebabs are round patties filled with spicy mix and tangy raw green mango. The best time to have them is May, when mangoes are young. When mangoes are not in season, kamrakh or karonda may be substituted for kairi, as both have a tart flavour reminiscent of raw mango.

A variant made without any admixture or binding agents and comprising just the minced meat and the spices is the Galawat kabab.

An unusual offering is the Pasanda Kebab, piccata of lamb marinated and then sautéed on a griddle.

Boti kebab is lamb marinated in yoghurt and cooked on skewers in a tandoor oven.

Vegetarian kebabs include Dalcha Kebab, Kathal ke Kebab, Arbi ke Kebab, Rajma Galoti Kebab (kidney bean kebab cooked with aromatic herbs), Zamikand ke Kebab (Lucknowi yam kebabs), etc.

Here is the List of some popular Kebabs

- Kakori Kebabs
- Kebabs of Galawat
- Shami Kebabs
- Boti Kebabs
- Patili-ke Kebabs
- Ghutwa Kebabs
- Seekh KebabS

Keemas are the speciality of Awadh and is made with crushing meat

Curry preparations

Korma

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

Rice preparations



Fig 1.11: Paani ke batashe

https://commons.wikimedia.org/wiki/File:Awadhi_chaat.jpg#/media/File:Awadhi_chaat.jpg



Fig 1.12: Aloo Tikki served with chutneys

https://commons.wikimedia.org/wiki/File:Aloo_Tikki_served_with_chutneys.jpg#/media/File:Aloo_Tikki_served_with_chutneys.jpg



Fig 1.13: Awadhi mutton biryani.

https://commons.wikimedia.org/wiki/File:Awadhi_mutton_biryani.jpg#/media/File:Awadhi_mutton_biryani.jpg



Fig 1.14: Awadhi chicken Dum Biryani.

https://commons.wikimedia.org/wiki/File:Dum_Biryani_Plate.jpg#/media/File:Dum_Biryani_Plate.jpg



Fig 1.15: Pulav.

<https://commons.wikimedia.org/wiki/File:Pilav.JPG#/media/File:Pilav.JPG>



Fig 1.16: Chicken Pulav

https://commons.wikimedia.org/wiki/File:Punjabi_pullao.JPG#/media/File:Punjabi_pullao.JPG

Pullao is made by cooking meat in ghee with warm aromatic spices and then layered with meat curry or marinade (depending on the type of biryani), then sealed and cooked over low heat until done. The vegetarian version is called tehri.

Bread preparations

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

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

- Chapati is the most popular roti in India, eaten for breakfast, lunch, or dinner.
- Puri are small and deep fried so they puff up.
- Paratha is a common roti variant stuffed with fillings of vegetables, pulses, cottage cheese, and even mince meat and fried in ghee or clarified butter. This heavy and scrumptious round bread finds its way to the breakfast tables of millions.
- Rumali Roti is a thin bread baked on a convex metal pan. The Urdu/Hindi word rumaali means kerchief.
- Tandoori Roti is thicker bread that is baked in a tandoor, and can be crispy or chewy depending on its thickness.
- Naan is a pan-baked soft thick bread.
- Sheermaal is a sweet baked yeast naan made with flour, milk, sugar, and saffron.
- Baqarkhani is a variation of sheermaal that is cooked on a griddle rather than baked.

Desserts

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

Chaat

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

There are common elements among these variants including dahi, or yogurt; chopped onions and coriander; sev (small dried yellow salty noodles); and chaat masala, a spice mix typically consisting of amchoor (dried mango powder), cumin, Kala Namak (rock salt), coriander, dried ginger, salt, black pepper, and red pepper. The ingredients are combined and served on a small metal plate or a banana leaf, dried and formed into a bowl.

CHECK YOUR PROGRESS

- Discuss the concept of Awadhi cuisine.
- Explain the history of Awadhi cuisine.
- Describe the kababs of Awadh.
- Elaborate the concept of Tunde ke kabab.
- Elaborate the Shami Kebab of Awadh.
- Describe the various kebabs of Awadh.
- Discuss the concept of Korma.
- Explain the concept of Pullao as a speciality of Awadh.
- Discuss the various types of breads in Awadh cuisine.
- Explain the various types of desserts in Awadh Cuisine.
- Describe the importance of chat in Awadh cuisine.

1.05 BHOJPURI CUISINE

Bhojpuri cuisine (Hindi: भोजपुरी खाना) is a part of North Indian and Nepalese cuisine and a style of food preparation common amongst the Bhojpuri people living in the Bhojpuri region of Bihar and Uttar Pradesh. Bhojpuri foods are mostly mild and are less hot in term of spices used, but could be hotter and spicier according to individual preference. The food is tailor-made for Bhojpuri lifestyle in which the rural folk burn up a lot of calories in the fields. Bhojpuri people take pride in celebrating various festivals and religious rites with food; as a result, their food resembles the delicacies offered to deities.

Bhojpuri peoples enjoy eating both vegetable and meat dishes. The cuisine is heavily influenced by its neighbouring Awadhi and Mughlai cuisine.

Unlike western perception, in which any Indian gravy dish is called curry, Bhojpuri cuisine traces no history with the use of curry powder or curry leaves. The rich gravy dishes of this region, in fact all of North India where curry leaf is an alien spice, can be considered stews rather than curries.

Staple diet

Wheat and rice are the staple diet of a majority of the peoples. Lentils (daal), beans (lobiya, rajma), meat (mutton, lamb and chicken; beef and pork are avoided), green vegetables (sabzi), leafy vegetables (saag), paneer, freshwater prawns (jhinga) and fish (machhari) are major constituents of the regular diet of the peoples.

Breakfast

Breakfast in the region is roti based and includes a variety of breads made up of whole wheat or refined wheat flour which includes roti, parathas, stuffed parathas and is made with sabzi, dahi (yogurt), or raita.

On special occasions Halwa-Puri, Kheer/sevai-Puri, Pua-Dahi, Chhola-Bhatura or Naan served with any meat dish are commonly served as breakfast. A more common breakfast served as street food includes Puri-Sabzi, Kachori and Jalebi.



Fig 1.17: Alu gobhi

https://commons.wikimedia.org/wiki/File:Aalu_gobhi_avadhi_cuisine.jpg#/media/File:Aalu_gobhi_avadhi_cuisine.jpg



Fig 1.18: Breakfast

https://commons.wikimedia.org/wiki/File:Avadhi_breakfast_sabji_paratha_1q.jpg#/media/File:Avadhi_breakfast_sabji_paratha_1q.jpg



Fig 1.19: Chicken Ginger.

https://commons.wikimedia.org/wiki/File:Chicken_Ginger.JPG#/media/File:Chicken_Ginger.JPG



Fig 1.20: Chicken tikka

https://commons.wikimedia.org/wiki/File:Chicken_Tikka.jpg#/media/File:Chicken_Tikka.jpg



Fig 1.21: Uttar Prasehi thaali

https://commons.wikimedia.org/wiki/File:Vegetarian_Curry.jpeg#/media/File:Vegetarian_Curry.jpeg



1.22: Chicken pakanda avadhi cuisine.

https://commons.wikimedia.org/wiki/File:Chicken_pakanda_avadhi_cuisine_1q.jpg#/media/File:Chicken_pakanda_avadhi_cuisine_1q.jpg

Lunch

Lunch is rice based and includes Dal bhaat (split beans like chana dal, masoor dal, moong dal, urad dal, arhar/tur dal etc. are pressure cooked with water, turmeric powder and salt), sabzi-korma (vegetable or meat cooked in rich but mildly-spicy and balanced gravy), chokha (boiled, roasted and mashed potatoes, eggplants, tomatoes are mixed with several herbs and seasoning), chutney (dhaniya ka chutney or coriander chutney is the most traditional chutney of the region with rich flavour of coriander, green chilli, garlic, lemon and mustard oil), bhujia (pan fried potatoes cut in finger shapes), pickle and may also include rotis for those who prefer it over rice. On special occasions, several rice dishes like pulao, biryani etc. are served and several changes can be observed in the lunch. In fact, it can be completely changed and then it could have many delicious dishes, sweets and savouries.

Snacks

Generally served with tea, at evening time. It includes many kind of snacks mostly deep fried and salted. Most of the time, as a substitute for it, a handful and generous amount of dry fruits are eaten like kishmish (raisins), badam (almonds), khajur/chohara (dates), zameeni badam/chinia badam (peanuts), akharot (walnuts), chillgooza (pinenut), kaju (cashews), pista (pistachios) and anjeer (dried figs) soaked in milk.

Dinner

Dinner is also roti based and is eaten with sabzi-korma or roti is broken into a bowl of hot milk (can be sweetened), and then eaten. It is often called doodh-roti. Sometimes, litti is grilled over charcoal or is baked in cowdung cakes or charcoal in a clay oven and is eaten with chokha or murga (chicken korma). Dinner could change at special occasions and can be replaced by meat dishes like korma (meat with gravy), kebab and kofta (meat balls with spicy gravy) and served with tandoori roti (harder than the usual pan baked roti) or naan and Salaad (salad).

Satvik Khana

There is a tradition of eating Satvik Khana (Sentient food) in the holy city of Banaras.

It is a Lacto Vegetarian diet and excludes the uses of garlic and onion. It is mostly observed by the Brahmins and Pandits.

Non Vegetarianism

Since ancient times, peoples of this region have been practicing non-vegetarian along with vegetarian diets to meet the need for protein, vitamins and fat. Also non-vegetarian dishes are seen as delicacies and are eaten with great relish. It has always been a custom to serve the guests any non-vegetarian dish at least once in their term of stay.

In Vedic times, meat of goats, sheep, oxen, bulls, swines and horses were popular. But after the decline of Vedic Hinduism and uprising of Modern Hinduism along with direct influences from newborn religions like Buddhism and Jainism resulted in decrease of heavy dependence upon meat and ended up with only few kinds of meat yielding animals being edible like goat, sheep and swine, and because Cows got an auspicious position in modern Hinduism, the meat of cows, oxen and bulls became taboo. Later on after the influence of Islam, swine also became a taboo. But still many Hindu families in remote areas of this region hunt for wild boars and Muslims can be still found enjoying



Fig 1.23: General Veg Thali



Fig 1.24: Fried Fish



Fig 1.25: Haleem

<https://commons.wikimedia.org/wiki/File:Haleem.JPG#/media/File:Haleem.JPG>



Fig 1.26: Tandoori Chicken

https://commons.wikimedia.org/wiki/File:Tanduri_chicken_avadhi_cuisine.jpg#/media/File:Tanduri_chicken_avadhi_cuisine.jpg



Fig 1.27: Samosa with chutney

<https://commons.wikimedia.org/wiki/File:Samosachutney.jpg#/media/File:Samosachutney.jpg>



Fig 1.28: Kulcha and chole

<https://commons.wikimedia.org/wiki/File:Kulchachole.jpg#/media/File:Kulchachole.jpg>

beef and meat of Nilgai (Asian antelope). Nilgai is avoided among Hindus because they are mistaken to be cow like cattles and hence sacred.

After the arrival of British rulers, poultry became popular and now has become one of the largest contributor in meat yielding animals. But still mutton is regarded as the superior meat over poultry and fish.

Fishes have also been popular since ancient times due to a large number of big and small rivers flowing through the region. Freshwater fish and small freshwater prawns also form a good proportion in total meat consumption.

Essentials

Spices & condiments

Amount of spices used in cooking are very few and sometimes can be just two or three kind of spices, which imparts a perfect aroma and taste, rather than putting all spices together and making the dish very spicy and hot. Among these spices, a few of them are used in any particular dish.

- Cumin seed (Jeera)
- Caraway seed (Shahi Jeera)
- Cinnamon (Darchini)
- Aniseed (Saunf)
- Black pepper (Kaali Mirch)
- Asafoetida (Heeng)
- Garam Masala
- Red Chili (Lal or Laal Mirch)
- Green Chili (Hari Mirch)
- Cardamom (Elaichi)
- Black Cardamom (Badi Elaichi)
- Nutmeg (Jaifal)
- Mace (Javitri)
- Saffron (Kesar/Zaffran)
- Flax seed (Tisi/Alsi)
- Dried Pomegranate (Anardana)
- Carom seed (Ajwain)
- Fenugreek seed (Methi)
- Dried Fenugreek leaves (Kasuri Methi)
- Onion seed (Mangraila)
- Mango powder (Amchoor)
- Dried Mango (Khatai)
- Coriander (Dhania)
- Rose water (Gulab Jal)
- Turmeric (Hardi)
- Salt (Noon/Namak)
- Black Salt (Kala Namak)
- Rock Salt (Sendha Namak)
- Poppy seed (Khas Khas)
- Clove (Lavang)
- Mustard (Sarson)

- Bay leaf (Tejpaat)
- Sesame seed (Til)
- Olive (Jaitun)
- Nigella seed (Kalaunji)

Herbs, oils & nuts

- Green Coriander leaves (Hara Dhania patta)
- Mint leaves (Pudina patta)
- Parsley (Jafari)
- Holy Basil (Tulsi)
- Ginger (Adarakh)
- Dried Ginger (Sonth)
- Garlic (Lahsun)
- Onion (Pyaz)
- Fenugreek leaves (Methi ke patta)
- Tamarind (Imli)
- Date (Khajur)
- Lime (Limu)
- Lemon (Nimbu)
- Mustard Oil (Sarson ke tel)
- Olive Oil (Jaitun ke tel)
- Ghee (Ghee)
- Butter (Maakhan)
- Hydrolysed Vegetable Oil (Dalda)
- Almond (Badam)
- Peanut (Zameeni badam/ Chinia badam/ Moongphali)
- Walnut (Akharot)
- Cashewnut (Kaju)
- Dried Fig (Anjeer)
- Date (Khajur)
- Dried Apricot (Zardalu)
- Dried Plum (Baiir)
- Pistachios (Pista)
- Raisin (Kishmis)
- Black Raisin (Sultana)

Tools & techniques

- Handi (हांडी/ہانڈی)
- Kadahi (कराही/کراہی)
- Tava (तवा/توا)
- Tandoor (तंदूर/تندور)
- Tasla/Bhagona/Patili (तसला/تسلا)
- Degchi (extra large degchi is called deg or dig) (देगची/دے گچی)
- Banarsi Dum Technique (बनारसी दम तकनीक/بنارسی دم تکنیک)



Fig 1.29: Awadhi Prawns

https://commons.wikimedia.org/wiki/File:Awadhi_prawns.jpg#/media/File:Awadhi_prawns.jpg



Fig 1.20: Jalebi

https://commons.wikimedia.org/wiki/File:Awadhi_jalebi.jpg#/media/File:Awadhi_jalebi.jpg



Fig 1.31: Avadhi Keema matar

https://commons.wikimedia.org/wiki/File:Awadhi_kheema.jpg#/media/File:Awadhi_kheema.jpg

Common vegetables

- Aloo (Potato)
- Phool gobhi (Cauliflower)
- Tamatar (Tomato)
- Baingan (Brinjal)
- Bhindi (Okra)
- Bodi/Bora (long beans)
- Lauka/Kaddu (Calabash)
- Tiroi (Zucchini)
- Bandh Gobhi (Cabbage)
- Faras bean (French bean)
- Kohda/Kadoo (Pumpkin)
- Saijaan (Drumstick)

Festival delicacies

In the region, a festival is celebrated by preparing several delicious dishes. And the dishes are shared with all communities irrespective of religion or caste.

Khichdi/Sekraat

Also called Makar Sankranti is the first festival of the year. On this day, at morning, people eat Til ke laddu, Tilwa, Tilkut and Laai. And at lunch time, Chura-Dahi-Gur is eaten. And at evening special Khichdi is served along with melted ghee, Pickle, papar, chokha, chutney, and dahi.

Vasant Panchmi

This festival is celebrated as the last day of winter season and welcoming of spring season. On this day Halwa is made of semolina. And is eaten with Puri.

Holi/Hori/Paguwa

Holi is one of the largest festival of Bhojpuri region. On this day, meat dishes and alcoholic and non alcoholic drinks (thandai/bhang) are the main attraction. In large families, a Bakra/Khasi (he-goat/sheep) is bought few days before the festival, and is slaughtered on the day of festival. The backstrap and shoulder parts are cut into small pieces and marinated in garlic, onion and few spices and then skewered over charcoal to make Bihari Seekh Kebab. Liver (kaleji) is cut into small pieces and is pan fried with a little salt and pepper. And is one of the delicacies for children. While the rest part of the meat are cooked as korma. The korma is eaten with Pua (a batter of wheat flour and sugar with various dry fruits, deep fried in ghee). Meat dishes are eaten all day and the meat is also shared with neighbourers and relatives. Also a very sweet halwa made up of dry fruits, condensed milk and bhang is prepared.

At evening/night, peoples enjoy delicious Pakora, Gulab Jamun, Chhole, Dahi-baras, and Kadhi-bari served with boiled rice.

Shivraatri

On this day, the persons specially women who did fasting eat Phalahar (fruit diet).

Ramnavami

It is also one of the major festival of the region. A night before this festival, women cook Kheer, Puri, Dal-Puri and gulgula next morning after worshipping, these are eaten as offering whole day.

Janmashtami

This occasion is linked with special Halwas of Singhara (Chestnut) and Khas-Khas (Poppy seeds).

Eid ul fitr

This day is known for the preparation of most delicious dishes including sweets and savouries. There are many rice and meat dishes cooked and eaten all day. "Sevaiyan" are major attraction on this day.

Teej

A day before the festival, women dedicate their whole day in preparing Perukia. And on the day of this festival, they offer this dessert and fruits to the God and after the worshipping, it is eaten as offering. It can be eaten for several days as it doesn't require preservation or refrigeration.

Navami/Navraatar and Dassahara

Satvik khana is eaten on all the nine days of Puja. And on tenth day i.e., Dussehra special dishes like Puri, Kachori, Dum-Aloo, Chhole, Jalebi Pua, Bari-Kadhi, Dahi-Bara, etc. are cooked. At evening after "Ravan-Dahan", there is tradition of meat eating.

Bakrid

On this day various kind of meat dishes, biryanis, barbecues, kebabs, koftas etc. are prepared and shared with peoples of all communities.

Diwali

This is one of the largest festival of the region and people enjoy eating numerous kind of sweets and savouries ,like gujia,ladoo

Chhath Puja

It is the largest festival of this region. It is celebrated 3 consecutive days. On first day "Nahay Khay", after the holy bath in river, boiled small grain "arwa chawal" is eaten with lauki ki sabzi (bottlegourd sautéed in ghee and li'l rock salt is added and cooked till done) and "Chane ki dal". On second day "Kharna", people take dip in holy Ganges and take the water home to cook Kheer (jaggery is used in place of sugar) and Puri. And is eaten as Prasad at night. Next day on "Dala Chhath" Thekua and belgrami is prepared by the women who are on fasting. After both the "Arghyas", on the fourth day, these sweets along with several fruits and dry fruits are served as Prasad. And is eaten for several days.



Fig 1.32: Awadhi seekh kabab

https://commons.wikimedia.org/wiki/File:Awadhi_seekh_kebab.jpg#/media/File:Awadhi_seekh_kebab.jpg



Fig 1.33: Avadhi Daal Rice with accompaniments

https://commons.wikimedia.org/wiki/File:Awadhi_daal_rice.jpg#/media/File:Awadhi_daal_rice.jpg



Fig 1.34: Balushahi

<https://commons.wikimedia.org/wiki/File:Balushahi2.jpg#/media/File:Balushahi2.jpg>

Dishes

Some dishes popular in Bhojpuri cuisine include:

- Channa and Chhole (chickpeas cooked in spicy gravy)
- Rajma (red kidney beans cooked in mildly spicy and creamy gravy)
- Lobiya (black eyed bean cooked in lightly spicy gravy)
- Dal makhani
- Dal maharani
- Dum Aloo (Potatoes cooked in spicy gravy with Benarasi Dum technique)
- Urad ka daal
- Chokha (roasted tomatoes, roasted aubergine roasted potatoes, roasted brinjals mixed with garlic chilly and raw mustard oil)
- Raita (yogurt dips)
- Kofta (meat/vegetable/cheese balls cooked in spicy gravy)
- Maakuni (Paratha stuffed with cooked potatoes or yellow/green peas or sattu)
- Aloo matar
- Kadhi-Bari (fried chickpea flour dumplings cooked in spicy yogurt)
- Mutton Biryani (long grain sella basmati rice cooked with mutton or chicken)
- Bihari kebab (pieces of meat marinated in onion, garlic and salt then skewered in seekh and then grilled over charcoal)
- Gulab Jamun
- Pua (sweetened wheatflour batter with nuts and raisins poured in a karahi of hot oil and fried)
- Petha (locally called Bhatuapag, is a sweet white flavoured candy made up of ashgourd)
- Murabba (pickled fruits)
- Mardua and Thekua (fried biscuits of wheatflour flavoured with aniseed)
- Anarsa
- Dalpoori (poori stuffed with boiled and mashed dal)
- Litti (Bati-stffed with sattu)
- Nimona (made of green peas)
- Ghugni (pan fried and seasoned green peas or sprouted black gram)
- Dahi chooda (Curd and chooda)
- Daal pithouri (wheatflour stiffly kneaded and rolled thick and then cut into different shapes, though flower shape is common then cooked with dal and seasoned with salt and pepper also called Dalpiththee)
- Gojha (stuffed with Daal and cooked in steam)
- Gujhiya
- Mal Pua
- Padukiya
- Laktho
- bharwa
- Nimki
- Kachauri
- Sev
- Dalmot
- Chana ke saag
- Sarson ke saag
- Bathua ke saag
- Palak saag
- Khesari ke saag

Bread

- Roti
- Parantha
- Stuffed Paranthe (Aloo Parantha, Sattu Parantha)
- Naan
- Stuffed Naan
- Litti
- Poori
- Dalpuri
- Kachori
- Mughalai Parantha
- Rumali Roti (used in rolling up Bihari kebab, together with called Paranthe Kebab or Bihari rolls)
- Pua (considered a dessert)
- Thekua (considered a dessert or a biscuit like snack)
- Tandoori roti
- Kulcha
- Bhatoora

Desserts

- Khurma
- Anarsa
- Balushahi
- Thekua
- Gaja
- Rasmalai
- Rabri
- Falooda
- Chandrakala
- Khaja
- Khajhulee
- Meethe Samose
- Batasha
- Halwa, generally of Sooji (Semolina), Gajar (Carrot), Besan (Chickpea flour), Atta (Whole wheat flour), Singhara (Chestnut), Doodhi (Bottle gourd), Badam (Almond), Khas khas (Poppy seeds)
- Sohan halwa
- Laddoo (made up of besan, motichur, bundi, gond, mewe etc.)
- Burfi
- Gulab Jamun
- Murabba
- Petha
- Kheer
- Sheer Korma
- Sevai
- Kalakand
- Pera



Fig 1.36: Rasmalai

https://commons.wikimedia.org/wiki/File:Rasmalai_Secretlondon_09.jpg#/media/File:Rasmalai_Secretlondon_09.jpg



Fig 1.37: Khaja

https://commons.wikimedia.org/wiki/File:Khaja_sweet.jpg#/media/File:Khaja_sweet.jpg



Fig 1.38: Barfee

<https://commons.wikimedia.org/wiki/File:Barfi.JPG#/media/File:Barfi.JPG>

- Son Papdi
- Methi Ke Laddoo (esp. during winters. It is prepared by mixing powdered fenugreek seeds and powdered flax seeds with lots of ghee and jaggery and nuts and raisins.)
- Tilwa (esp. during winters)
- Til ki Laai
- Tilkut
- Parwal ki Mithai
- Jalebi
- Belgrami (A dry sweet made up of Maida, Sugar and Ghee)
- Pedukia/Murki A dry sweet made up of Maida and stuffed with mixture of Khowa/fried Sooji (Semolina, sauted in little Ghee) and Sugar and then fried.
- Ghujhia (Pedukia dipped in sugar syrup)
- Pedukia
- Laktho (A dry and hard sweet, made up of Maida and Jaggery and seasoned with aniseed)
- Malai Kofta
- Pua
- Malpua
- Sev-Bunia (Bundia)
- Kulfi
- Matka Kulfi is most famous among Bhojpuri peoples

Drinks

- Chai
- Coffee (commonly in Urban population)
- Falooda (esp. in summer)
- Falooda
- Maththa (Chhachh)
- Sherbet
- Rooh Afza
- Khas Sharbat
- Lassi
- Nimbu Paani
- Sattu Paani
- Ganne/Ookh ka Ras (Sugarcane juice)
- Aam ke panna (during hot summer)

Snacks

- Pakoda (many varieties available)
- Pholourie
- Baingani
- Kachori
- Saheena
- Bara
- Chaat
- Aloo Tikki
- Golegappa
- Samosa



Fig 1.39: Gulab jamun

https://commons.wikimedia.org/wiki/File:Bowl_of_Gulab_Jamun.JPG#/media/File:Bowl_of_Gulab_Jamun.JPG



Fig 1.40: Sohan papri

https://commons.wikimedia.org/wiki/File:Sohan_papdi.jpg#/media/File:Sohan_papdi.jpg



Fig 1.41: Matka Kulfi is very popular

<https://commons.wikimedia.org/wiki/File:Matkakulfi.jpg#/media/File:Matkakulfi.jpg>

- Nimki
- Ghugni
- Bhoonja
- Thekua
- Tikri
- Samosa-Chaat
- Mathri

Pickle

In Bhojpuri region, pickling is quite common and traditional. There are varieties of pickles (Pickle & Murabba) prepared in each and every home. Aachar includes, Aam (Mango), Aāwla (Amla), Imli (Tamarind), Mooli (Radish), Lehsun (Garlick), Nimbu (Lemon), Lemu (Lime), Gajar (Carrot), Gobhi (Cauli flower), Sonth (Dried Ginger), Laal aur Hara Marcha (Red and Green Chilli) and Murabbas are generally prepared from Aāwla (Amla), Cheri (Cherries), Aam (Mango), also called Amawat etc.

Dips, chutneys and raita

Dips like raita and chutney are important part of Bhojpuri cuisine. There are several dips prepared which are served as a side dish to enhance the taste of the centre-piece meal.

Raita

Raitas are prepared by mixing thick dahi (yogurt) with several vegetable, herbs and seasonings.

- Lauki Raita (Bottlegourd Raita)
- Kheera-Gajar Raita (Cucumber-Carrot Raita)
- Pudina Raita (Mint Raita)
- Bundi Raita (Bundi are rain drop size fried balls of chickpea flour batter)
- Sarson Raita (Mustard Raita)
- Zeera Raita (Roasted Cumin Raita)

Chutney

- Dhaniye ka Chutney (corriander leaves along with green chillies, garlic, salt and a little lemon juice are ground to a thick but watery paste.)
- Tamatar ka Chutney (it is either sweet or salted. Salted one is prepared by mixing chopped tomatoes, chopped onion, garlic, green chilli, green corriander and salt. Whereas sweet chutney has same procedure as with khajur and imli chutney)
- Pudina ka Chutney (mint leaves along with raw mango, green chillies, sugar and salt are ground to same consistency like dhaniye ka chutney)
- Khajur ka chutney (dates soaked overnight or boiled and mashed and mixed with jaggery and cooked and tempered with few spices.)
- Imli ka chutney (tamarinds soaked overnight or boiled and then skinned, deseeded and mashed and mixed with jaggery and cooked and tempered with few spices.)
- Dry fruit Chutney (base is raisin and other nuts and dry fruits are added into it.)



Fig 1.42: Falooda

[. https://commons.wikimedia.org/wiki/File:Faluda.JPG#/media/File:Faluda.JPG](https://commons.wikimedia.org/wiki/File:Faluda.JPG#/media/File:Faluda.JPG)

CHECK YOUR PROGRESS

- Explain the concept of Bhojpuri cuisine
- Discuss the staple diet of Bhojpuri people.
- Explain the breakfast items in a Bhojpuri cuisine.
- Elaborate the Lunch dishes used in Bhojpuri cuisine.
- Explain the snacks used in Bhojpuri cuisine.
- Elaborate the dinner dishes used in Bhojpuri cuisine.
- Discuss the non-vegetarianism in the Bhojpuri cuisine.
- Describe the spices and condiments used in Bhojpuri cuisine.
- List at least five herbs used in Bhojpuri cuisine.
- Discuss at least five oils used in Bhojpuri cuisine.
- Describe at least five nuts used in Bhojpuri cuisine.
- Discuss five tools and techniques used in Bhojpuri cuisine.
- List at least five common vegetables.
- Discuss the delicacies used in at least five of the festivals in Bhojpuri cuisine.
- Discuss at least five dishes in Bhojpuri cuisine.
- List at least five breads in Bhojpuri cuisine.
- Discuss at least five desserts in Bhojpuri cuisine.
- Explain at least five drinks in Bhojpuri cuisine.
- Discuss at least five snacks in Bhojpuri cuisine.
- Elaborate the importance of pickle in the Bhojpuri cuisine.
- Explain at least five raita items in Bhojpuri cuisine.

1.06 PUNJABI CUISINE

Punjabi cuisine is associated with food from the Punjab region of India and Pakistan. This cuisine has a rich tradition of many distinct and local ways of cooking. One is a special form of tandoori cooking that is now famous in other parts of India, UK, Canada, and in many parts of the world.

The local cuisine of Punjab is heavily influenced by the agriculture and farming lifestyle prevalent from the times of the ancient Harappan Civilization. Locally grown staple foods form the major part of the local cuisine. Distinctively Punjabi cuisine is known for its rich, buttery flavours along with the extensive vegetarian and meat dishes. Main dishes include Sarson ka saag (a stew whose main ingredient is mustard greens) and makke ki roti (flatbreads made with cornmeal).

Basmati rice is the indigenous variety of Punjab and many varieties of rice dishes have been developed with this variety. Many vegetable and meat based dishes are developed for this type of rice.

Style of cooking

There are many styles of cooking in Punjab. In the villages many people still employ the traditional infrastructure for cooking purposes. This includes wood-fired and masonry ovens. Modern methods include cooking on gas cookers. Tandoori style of cooking involves use of the tandoor. In India, tandoori cooking is traditionally associated with Punjab as Punjabis embraced the tandoor on a regional level. This style of cooking became popular in the mainstream after the 1947 partition when Punjabis resettled in places such as Delhi. In rural Punjab, it is common to have communal tandoors, which are also called Kath tandoors in Punjabi.

Staple foods

Punjab is a major producer of wheat, rice and dairy products. These products also form the staple diet of the Punjabi people. The state of Punjab has one of the highest capita usage of dairy products in India. Therefore, dairy products form an important component of Punjabi diet.

Dairy products

Clarified butter, sunflower oil, paneer and butter are used in Punjabi cooking.

Some north Punjab villages have also developed a local cheese variant known as dhaag, but the tradition of making dhaag is dying out.

Food additives and condiments

Food additives and condiments are usually added to enhance the flavor of the food. The most common of additives is vinegar. Food coloring as additive is used in sweet dishes and desserts. Starch is used as a bulking agent.

Common dishes

Breakfast

Breakfast recipes with respect to different regions within Punjab varies. Common ones are Chana masala, Chole kulche, Parathas with Curd -Aloo Paratha | Panner Paratha | Gobi Paratha, Halwa poori, Bhatoora, Falooda, Makhni doodh, Amritsari Lassi, Masala chai, Tea, Amritsari Kulchas, Phainis, Dahi vada, dahi, Khoa, Paya, Aloo Paratha with Butter, Panjeeri with Milk.

In upper Punjab Pakistan the Lahori Katlama is famous for the breakfast as well.

Meat

Poultry, lamb and goat meat are the preferred meat sources in different regions of Punjab. Since the majority of Punjabis are Muslims, Beef is used in Pakistani Punjabi cuisine, however pork is prohibited.

Many dishes of meat variety is available and some of them are named below.

- Tandoori Chicken
- Biryani: lamb and chicken
- Kebab: braised minced lamb meat, commonly served with naan and flat bread.
- Keema : Braised minced lamb meat, commonly served with naan.
- Lamb : including Rogan Josh, Bhuna Gosht, Kadhai Gosht, Raan Gosht, Dal Gosht, Saag Gosht, Nihari, Rara Gosht, Paye da Shorba
- Shami Kebab, Chicken karahi, Amritsari Tandoori Chicken, Punjabi Karhi (The Chicken yogurt curry of Punjab), Butter Chicken, Chicken Tikka, Paye.
- Kunna Goshtmeat prepared in Kunna (mitti ki bartan (clay utensil)).

Fish

Since Punjab is the land of five rivers, freshwater fish is an important part in its cuisine. However, sea fish are not consumed since Punjab is not close to the sea. Carp, rohu and catfish are the most commonly prepared fish. Other fish types include thela machi and tilapia. Recently shrimp has been introduced. Fish tikka is an Amritsari speciality.

Vegetarian

- Khichdi, a grain-and-lentil dish: In the Punjab, khichdi is made of millet flour, mung beans and moth lentils (*Vigna aconitifolia*). However, khichdi made of rice and red lentils or mung beans is also consumed.
- Paneer (freshly made cottage cheese) Recipes like Shahi Paneer; Khoya Paneer, Paneer Kofta (paneer chunks battered and fried, then simmered in a spicy gravy), Amritsari Paneer, Matar Paneer (paneer with green peas), paneer paratha (wheat flatbread stuffed with paneer)
- Panjiri: This is a traditional Punjabi dessert dish which has a generous amount of almonds, walnuts, pistachios, dry dates, cashew nuts along with whole wheat flour, sugar, edible gum, poppy seeds and fennel seeds to make the traditional dish of 'panjri' or also known as 'dabra'.
- Legumes: a variety of legumes are used, including chickpeas, pigeon peas, red lentils, mung bean, red kidney beans (originally an import from the Americas) and black gram. Legumes may be used singly or in combination.
- Saag: a variety of leafy greens (including spinach and mustard greens), typically cooked down to a stew, seasoned with ginger, garlic, chilies and other spices, and often enriched with paneer or cream.
- Eggplant: Baingan bharta is similar to baba ghanoush in the way the eggplant is prepared by roasting and peeling the skin off, but much richer, with the incorporation of lots of cooked tomato, browned onion and a variety of spices instead of tahini.
- Punj Ratani Dal: A thick gravy that uses 5 legumes, with tomato, browned onion and spices.
- Punjabi Kadhi Pakora (traditional curry with rice. Kadhi is a type of curry made with yoghurt or buttermilk, which is thickened with chickpea flour and seasoned with ginger, turmeric,

chilies, and tempered spices. Deep-fried lumps of spiced chickpea-flour batter (pakoras) are also added.

- Punjabi Lassi paneer: In the Punjab, it is traditional to prepare lassi and then extract the paneer which would then be consumed by adding water, salt and chili. Lassi paneer can also be added to potatoes and spices to make a curry which resembles scrambled eggs. Lassi paneer cannot be cut into cubes as paneer from milk can be.

Snacks

- Toasted grains: In Punjab, toasting corn and wheat grains on the Punjabi bhathi is a traditional delicacy.
- Samosas.
- Sattu: ground barley grains mixed with salt and turmeric rolled into balls. Millet and corn grains are also used.

Raita and chutney

Along with all types of main dishes chutney is also served.

Sweets and desserts

Punjabi cuisine includes various types of desserts and Mithyai which include:

- Amritsari
- Khoya
- Kulfi, an ice-cream-like dessert
- Malpua
- Rabri
- Semolina based desserts: Halva
- Sheer korma

Bread

Punjabis eat a variety of Breads. Flatbreads and raised breads are eaten on a daily basis. Raised breads are known as khamiri roti. Sunflower and flax seeds are also added in some breads occasionally. The breads may be made of different types of flour and can be made in various ways:

- Baked in the tandoor like naan, tandoori roti, kulcha, or lachha paratha
- Dry baked (Indian griddle), jowar ki roti, baajre ki roti and makki ki roti (these are also smeared with white butter)
- Shallow fried like paratha
- Deep fried like puri and bhatoora (a fermented dough)
- Salt-rising bread: Salt rising bread is a unique bread found only in the Salt Range region of Punjab, Pakistan. Since rock salt is readily available in salt range so many people in the past made use of salt instead of yeast to leaven the bread.
- Papar



Fig 1.43: Aloo Paratha with butter

https://commons.wikimedia.org/wiki/File:Aloo_Paratha_with_Butter_from_India.jpg#/media/File:Aloo_Paratha_with_Butter_from_India.jpg



Fig 1.44: Kulcha Amritsari

[https://commons.wikimedia.org/wiki/File:Amritsari_Kulche_\(6312710807\).jpg#/media/File:Amritsari_Kulche_\(6312710807\).jpg](https://commons.wikimedia.org/wiki/File:Amritsari_Kulche_(6312710807).jpg#/media/File:Amritsari_Kulche_(6312710807).jpg)



Fig 1.45: Paneer is a very popular variety of cottage cheese used in various North Indian dishes

https://commons.wikimedia.org/wiki/File:Panir_Paneer_Indian_cheese_fresh.jpg#/media/File:Panir_Paneer_Indian_cheese_fresh.jpg

Herbs and spices

Indian subcontinent based spices are used in Punjabi cuisine which are grounded in the Mortar and pestle or the food processor.

Beverages

Punjab has a diverse range of beverages. Some are dairy based such as lassi and butter milk. Water buffalo's milk based products are especially famous around Punjab. Mango lassi, Mango Milkshake, Chaas etc. Others are juices derived from vegetables and fruits. Water Melon shake, carrot juice, tamarind juice (Imli ka paani) are famous among fruit juices. Shikanjvi and neembu paani drinks are specifically famous in hot summer season. Jal-jeera is also common as well.

Sattu is a traditional North Indian drink which is also traditionally consumed in the Punjab. Sattu is made by roasting barley grains and then ground into powder, mixed with salt and turmeric and water.

The local regional drinks in Punjab also includes Doodh soda (Milk Soda) and bantay (local soda drink) in Pakistan.

Fermented foods

Fermented foods are common in Punjabi cuisine. Also fermented foods are added in the preparation of some dishes as well. Mango pickle is especially famous in many villages of Punjab.

Canning, bottling and smoking

Canning and bottling for preservation purpose is a common practice in houses. It increase the longevity of the food products for many months. Also in the old infrastructure smoke houses are a common occurrence that are used for smoking the meat products that increase the shelf life of the meat and also add taste in it as well. Smoked meat is known as Bhaapi gosht as well.

Cooking methods

In Punjabi cuisine both traditional and modern methods are employed for cooking. The traditional stoves and ovens used to cook Punjabi food include:

Chulla, Punjabi bhathi and tandoor

Chullah

The traditional name of the stove in the Punjabi language is chulla. Traditional houses also have ovens (wadda chulla or band chulla) that are made from bricks, stones, and in many cases clay. Older communities in Punjab also used earth ovens (khadda chulla), but this tradition is dying out now.

Bhathi

A masonry oven is known as a bhathi. Outdoor cooking and grilling have many different types of bhathi.

Tandoor

Modern methods

- Pressure cookers

- Iron griddle

Etiquette of Punjabi dining

Etiquette of eating is considered a major part of the cuisine. Every Punjabi household follows certain regional etiquette. The word etiquette has many local names depending on the particular region of Punjab. Though certain etiquette varies regionally, there are many etiquette practices that are common throughout Punjab. Communal dining is a norm in Punjabi families.

Bringing and sending fresh fruits, sweets and food items as gifts to family members is a common practice in Punjab, particularly during the spring season. Food items are distributed among neighbors as well on special occasions and as a sign to show hospitality. Mango is considered a delicacy and produced widely in Punjab, and mango parties are common during the fruit's harvest season. Watermelon and radish at food stalls are shared among friends and relatives.

Major features of etiquette

This section does not cite any sources. Please help improve this section by adding citations to reliable sources. Unsourced material may be challenged and removed. (June 2018) (Learn how and when to remove this template message)

Invitation to dine

- Invitation to a meal or tea is generally distributed few days beforehand.
- Denying the invitation for no major reason is considered a breach of etiquette.

Table manners

- The invited guest or elder person is given special respect and attention.
- Usually the invited guest is requested to start the meal. It is considered rude if the host starts eating without taking into account the attendance of all guests.
- Table setting is done before the arrival of the guests.
- Family members or any occupants within one home make sure to eat together during the dinner.
- If any other person is present in the vicinity then they are offered meals as a way of giving respect. It is considered rude to start eating food without asking others to participate in a meal. It is customary to offer food to anyone in your vicinity before eating.
- Chewing food with one's mouth open and burping in front of others is considered rude.
- In the villages of Punjab, an additional common plate is usually placed on the table for any bones left from the consumption of chicken, lamb or pork. Placing left overs on the floor or on the table floor is considered bad etiquette.

Eating utensil etiquette

Punjabi families use a hybrid style of South Asia and European utensil etiquette most of the times. Rice and desserts are eaten with spoons. Forks and knives are usually employed as well. But the bread is usually eaten with the hands. Soup spoons are used for consuming soup.

Punjabi dhaba



Fig 1.46: Mint leave on Lassi glass

https://commons.wikimedia.org/wiki/File:Mint_lassi.jpg#/media/File:Mint_lassi.jpg



Fig 1.47: Traditional stove (Chulla) and oven (Bharroli).

https://commons.wikimedia.org/wiki/File:Chulla_and_Bharroli.jpg#/media/File:Chulla_and_Bharroli.jpg



Fig 1.48: Daal Tarka Ambarasi

https://commons.wikimedia.org/wiki/File:Tadka_Dal.jpg#/media/File:Tadka_Dal.jpg

The road side is suburban eatery centres. It is also a communal place to sit and chat. Some serve on the same concept of Greasy spoon.

CHECK YOUR PROGRESS

- Describe the concept of Punjabi cuisine.
- Explain the style of cooking in Punjabi cooking.
- Explain the staple foods in Punjab.
- Elaborate the use of dairy products in Punjabi cuisine.
- Explain at least five breakfast dishes in Punjabi cuisine.
- Discuss at least five non-vegetarian (meat) dishes in Punjabi cuisine.
- List at least five fish dishes in Punjabi cuisine.
- Elaborate at least five vegetarian dishes in main course of Punjabi cuisine.
- Explain at least five snacks dishes in Punjabi cuisine.
- Describe at least five sweets and desserts dishes in Punjabi cuisine.
- Discuss various breads in Punjabi cuisine.
- Explain the various beverages in Punjabi cuisine.

1.07 KASHMIRI CUISINE

Kashmiri cuisine (Kashmiri: काँश्ुर खयोन / kashmiri; Kashur khyon; Urdu: کشمیری پکوان) is the cuisine of the Kashmir Valley region. Rice is the staple food of Kashmiris and has been so since ancient times. Meat, along with rice, is the most popular food item in Kashmir. Kashmiris consume meat voraciously. Despite being Brahmin, some Kashmiri Pandits are meat eaters.

Some noted Kashmiri dishes include:

- "Qabargaah" (Kashmiri Muslims commonly refer to this dish as Tabakhmaaz)
- Shab Deg: dish cooked with turnip and meat, left to simmer overnight.
- Dum Olav/Dun Aloo: cooked with yoghurt, ginger powder, fennel and other hot spices.
- Aab Gosht
- Goshtaba
- Lyodur Tschaman
- Matschgand, lamb meatballs in a gravy tempered with red chillies.
- Modur Pulaav
- Mujh Gaad, a dish of radishes with a choice of fish.
- Rogan Josh, a lamb based dish, cooked in a gravy seasoned with liberal amounts of Kashmiri chillies (in the form a dry powder), ginger (also powdered), asafoetida and bay leaves among other ingredients. Due to the absence of onions, yoghurt is used as a thickener, and also to reduce the heat and marry the spices in the gravy.
- Yakhni, a yoghurt-based mutton gravy without turmeric or chilli powder. The dish is primarily flavoured with bay leaves, cloves and cardamom seeds. This is a mild, subtle dish eaten with rice often accompanied with a more spicy side dish.
- Harissa is a popular meat preparation made for breakfast, it is slow cooked for many hours, with spices and hand stirred.



Fig 1.49: Rogan josh

https://commons.wikimedia.org/wiki/File:Rogan_josh02.jpg#/media/File:Rogan_josh02.jpg

Other foods

The Kashmir Valley is noted for its bakery tradition. On the picturesque Dal Lake in Kashmir or in downtown Srinagar, bakery shops are elaborately laid out. Bakers sell various kinds of breads with a golden brown crusts topped with sesame and poppy seeds. *tsoot* and *tsochvoru* are small round breads topped with poppy and sesame seeds, which are crisp and flaky, *sheermal*, *baqerkhani* (puff pastry), *lavas* (unleavened bread) and *kulcha* are also popular. *Girdas* and *lavas* are served with butter.

Kashmiri *bakerkhani* has a special place in Kashmiri cuisine. It is similar to a round naan in appearance, but crisp and layered, and sprinkled with sesame seeds. It is typically consumed hot during breakfast.

Wazwan

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

Wazwan is regarded by the Kashmiri Muslims as a core element of their culture and identity. Guests are grouped into fours for the serving of the *wazwan*. The meal begins with a ritual washing of hands, as a jug and basin called the *tash-t-nari* is passed among the guests. A large serving dish piled high with heaps of rice, decorated and quartered by four *seekh kabab*, four pieces of *meth maaz*, two *tabak maaz*, sides of barbecued ribs, and one *safer kokur*, one *zafrani kokur*, along with other dishes. The meal is accompanied by yoghurt garnished with Kashmiri saffron, salads, Kashmiri pickles and dips. Kashmiri *Wazwan* is generally prepared in marriages and other special functions. The culinary art is learnt through heredity and is rarely passed to outside blood relations. That has made certain



Fig 1.40: A complete Wazwan

https://commons.wikimedia.org/wiki/File:Wazwan_majma.jpg#/media/File:Wazwan_majma.jpg

waza/cook families very prominent. The wazas remain in great demand during the marriage season from May–October.

Beverages

Kashmiri Chai, Noon Chai, or Sheer Chai

Kashmiris are heavy tea drinkers. The word "noon" in Kashmiri language means salt. The most popular drink is a pinkish colored salted tea called "noon chai." It is made with black tea, milk, salt and bicarbonate of soda. The particular color of the tea is a result of its unique method of preparation and the addition of soda. The Kashmiri Pandits more commonly refer to this chai as "Sheer Chai." The Kashmiri Muslims refer to it as "Noon Chai" or "Namkeen Chai" both meaning salty tea.

Noon Chai or Sheer Chai is a common breakfast tea in Kashmiri households and is taken with breads like baqerkhani brought fresh from Qandur, or bakers. Often, this tea is served in large samovars.

Kahwah

At marriage feasts, festivals, and religious places, it is customary to serve kahwah - a green tea made with saffron, spices, and almonds or walnuts. Over 20 varieties of Kahwah are prepared in different households. Some people also put milk in kahwah (half milk and half kahwah). This chai is also known as "Maugal Chai" by some Kashmiri Pandits from the smaller villages of Kashmir. Kashmiri Muslims and Kashmiri Pandits from the cities of Kashmir refer to it as Kahwah or Qahwah.

CHECK YOUR PROGRESS

- Elaborate the concept of Kashmiri cuisine.
- Explain at least five Kashmiri Dishes.
- Discuss the concept of Wazwan.
- Elaborate the various Kashmiri beverages.

1.08 RAJASTHANI CUISINE

Rajasthani cuisine (Hindi: राजस्थानी खाना) was influenced by both the war-like lifestyles of its inhabitants and the availability of ingredients in this arid region. Food that could last for several days and could be eaten without heating was preferred. Scarcity of water and fresh green vegetables have all had their effect on the cooking. It is also known for its snacks like Bikaneri Bhujia, Mirchi Bada and Pyaaj Kachori. Other famous dishes include Bajre ki roti (millet bread) and Lashun ki chutney (hot garlic paste), Mawa Kachori from jodhpur, Alwar ka mawa, Malpauas from pushkar and Rassgollas from Bikaner, "paniya" and "gheriya" from Mewar. Originating for the Marwar region of the state is the concept Marwari Bhojnalaya, or vegetarian restaurants, today found in many part of India, which offer vegetarian food of the Marwari people.

More than 70% of Rajasthan is vegetarian, which makes it the most vegetarian state in India.



Fig 1.51: Rajasthani Thali

<https://commons.wikimedia.org/wiki/File:Rajasthanthali.jpg#/media/File:Rajasthanthali.jpg>

Rajput cuisine

Rajasthani cuisine is also influenced by the Rajputs, who are predominantly non-vegetarians. Their diet consisted of game meat and dishes like laal maas, safed maas, khad khargosh and jungli maas. The natives of the Rajputi areas have a wide variety of chutneys made of turmeric, garlic, mint and coriander.

Sweet dishes

Sweet dishes are never referred to as 'dessert' in Rajasthan, because unlike desserts which are served after the meal, Rajasthani sweets are served before, during and after the meal.

- Balushahi
- Besan Chakki
- Churma
- DilKhushaal
- Feeni
- Ghevar
- Gujia
- Seero (Hindi: Halwa)
- Imarti
- Jhajariya
- Kadka
- Milk-Cake (Alwar ka Mawa)
- Makkhan-bada
- Palang Torh
- Mawa Kachori
- "Jalebi"
- "Ras malai"

Typical Rajasthani Dishes

- Kadhi
- Aloo matar ro saag
- Beans ro saag
- Besan Gatte/patod ro saag
- besan purala
- childa
- dahi mein aloo
- Dal Chawal Kutt
- danamethi, papad ko saag
- Gajar ro saag
- Govind Gatte or Shahi Gatte
- Guwar fali ro saag
- Haldi ro saag
- Jaipuri
- Kadahai
- Bajra ri raab
- Kakdi & Guwar fali ro saag
- Karela ro saag
- Ker-saangri ro saag
- Kicha ro saag
- Kikoda ro saag
- Lauki ra Koftey
- Makki ri ghaat
- Makki ri raab
- Makki ro saag
- Badi

- Masala Gatta
- Matar ro saag
- meethi danamethi
- Moranga ro saag
- Motha ro saag
- Papad, Badi ro saag
- Papad ro saag
- Pyaaz Paneer
- Raabdi
- rabori ro saag
- Sev Tamatar
- Dal Tadka
- Bajra ki roti
- Gutte ki Khichadi
- Bharma Tinda
- Aam ki kadhi
- Jaipuri mewa Pulao
- Kalmi vada
- Dal Banjari

CHECK YOUR PROGRESS

- Discuss the concept of Rajasthani cuisine.
- Explain at least five sweet dishes in Rajasthani cuisine.
- Discuss at least five Rajasthani dishes in the main course.
-

1.09 CUISINE OF UTTAR PRADESH

Cuisine of Uttar Pradesh is from the state of Uttar Pradesh (UP) located in Northern India. The Cuisine of UP has a large variety of dishes. The cuisine consists of both vegetarian and non-vegetarian dishes of different varieties. Being a large state, the cuisine of UP share lot of dishes and recipes with the neighboring states of Delhi, Uttarakhand, Haryana and Apart from native cuisine, Mughlai and Awadhi are two famous sub types of cuisine of the state.

Bread

As wheat is the staple food of the state, breads are very significant. Breads are generally flat breads; only a few varieties are raised breads. The breads may be made of different types of flour and can be made in various ways. Popular breads include tandoori naan (naan baked in a tandoor), tandoori roti, kulcha, taftan, sheermal, Rumali Roti, Paratha, millet (millet flour flatbread), and lachha paratha.

Common dishes

- Aaloo Paratha

- Baati chokha also known as Litti
- Bariya
- Boondi
- Boti Kabab
- Chaat has its root from Uttar Pradesh
- Chicken Biryani
- Chilla
- Chole Bhature
- Daal bhari Puri
- Daal Makhani is fried from Butter
- Dum Bhindi (Fried whole okra stuffed with spiced potato filling)
- Egg Karry
- Fara, the fried smashed urad pulse wrapped by rice bread and steamed.
- Gobhi Mussallam
- Kachori
- Kadi Chawal
- Kahi Pakoda Kadhi
- Kakori Kabab (similar to Seekh Kabab)
- Kofta
- Korma
- Lapsi
- long latta
- lotpot
- Meethi Roti
- Methi Paratha
- Mutton Biryani
- Nihari
- Nimona (Green Pea & Potato Curry)
- Pakora
- Palak Paneer
- Paneer Pakora & of various vegetables
- Pasanda Kabab (skewered boneless mutton)
- Pasanda Paneer (similar to Paneer Makhani or butter paneer (Indian cheese))
- Puri
- Raita
- Rajma, Chole,
- Rizala
- Saada Paratha
- Samosa
- Seek Kabab
- Sedha
- Shab Deg (a winter dish, turnips and mutton balls with saffron)
- Shami Kabab (includes tangy green mango)
- Sooji Halwa
- Sultani Dal
- Tehri (vegetarian rice dish with spices and mixed vegetables that popular amongst Hindus)
- Famous in Allahabad



Fig 1.52: Kachori sabji is a popular breakfast in North India

https://commons.wikimedia.org/wiki/File:Kachori_Sabji.JPG#/media/File:Kachori_Sabji.JPG



Fig 1.53: Papdi-chaat has its roots in Uttar Pradesh.

<https://commons.wikimedia.org/wiki/File:Papdi-chaat.jpg#/media/File:Papdi-chaat.jpg>



Fig 1.54: Pedas from Mathura Vrindavan.

https://commons.wikimedia.org/wiki/File:Pera_-_Sweet_-_Banke_Bihari_Mandir_Area_-_Vrindavan_-_2013-02-22_4785.JPG#/media/File:Pera_-_Sweet_-_Banke_Bihari_Mandir_Area_-_Vrindavan_-_2013-02-22_4785.JPG

Traditional desserts

- Kaju Katli
- Balushahi
- Barfi
- Chhena
- Gajar ka Halwa
- Ghevar
- Gond ke Laddu
- Gujia
- Gulab Jamun
- Halva
- Imarti
- Jalebi
- Chandra Kala
- Kaju Katli
- Kalakand
- Kheer
- Kulfi
- Laddu
- Motichoor Laddoo
- Laung Latta
- Malpua
- Pedas
- Petha
- Rabbari
- Raj Bhog
- Ras Malai
- Sheer Khorma
- Taasmai

Common beverages

Sharbats:

- Bel ka Sharbat (aegle marmelos)
- Chaman ka Sharbat
- Gurahl Sharbat (hibiscus)
- Lemon Sharbat
- Plain Sharbat (Water and Sugar)
- Rose Sharbat

Other drinks include:

- Bhaang
- Chhaas
- Lassi
- Raita
- Thandai

- Taadi



Fig 1.55: Samosa is a very popular snacks item in North India . The samosa is a popular snack from Uttar Pradesh.



Fig 1.56: Paan (betel leaves) being served with silver foil at Sarnath near Varanasi.

[https://commons.wikimedia.org/wiki/File:Paan_\(betel_leaves\)_being_served_with_silver_foil,_India.jpg#/media/File:Paan_\(betel_leaves\)_being_served_with_silver_foil,_India.jpg](https://commons.wikimedia.org/wiki/File:Paan_(betel_leaves)_being_served_with_silver_foil,_India.jpg#/media/File:Paan_(betel_leaves)_being_served_with_silver_foil,_India.jpg)

CHECK YOUR PROGRESS

- Discuss the features of Cuisine of Uttar Pradesh.
- Discuss at least five common dishes in the main course of Uttar Pradesh cuisine.
- Describe traditional desserts in Uttar Pradesh cuisine.
- Elaborate at least five sharbats used in Uttar Pradesh cuisine.
-

1.10 BIHARI CUISINE

Bihari cuisine (Hindi: बिहारी खाना, Urdu: بہاری کھانا) is eaten mainly in Bihar, Jharkhand, Eastern Uttar Pradesh, Bangladesh, Nepal, Mauritius, South Africa, Fiji, some cities of Pakistan, Guyana, Trinidad and Tobago, Suriname, Jamaica, and the Caribbean, as these are the places where people originating from the state of Bihar are present. Bihari cuisine includes Bhojpuri cuisine, Maithil cuisine and Magahi cuisine. It is predominantly vegetarian because traditional Bihar society, was influenced by Hindu and Buddhist values of non-violence. However, there is also a tradition of meat-eating, and fish dishes are especially common in the Mithila region due to the number of rivers, such as the Sone, Gandak and Ganges and Koshi. There are also numerous Bihari meat dishes, with chicken and mutton being the most common.

Dairy products are consumed frequently throughout the year, with common foods including yogurt known as dahi and also buttermilk known as mattha, ghee, lassi and butter. The cuisine of Bihar is similar to a great extent to North Indian cuisine but has an influence from other East Indian Cuisine (for example like Bengali cuisine). It is highly seasonal, with watery foods such as watermelon and Sherbet made of pulp of the wood-apple fruit being consumed mainly in the summer months and dry foods, preparations made of sesame seeds, poppy seeds in the winter months.

Some dishes for which Bihar is famous for include Bihari Kebab, Bihari Boti, Bihari Chicken Masala, Sattu Paratha, which are parathas stuffed with fried chickpea flour, chokha (spicy mashed potatoes), fish curry and', Postaa-dana kaa halwaa.

Bihari thali

As the seasons change so does the Bihari thali, every 3–4 months. The constants are rice, roti, achar, chatni, dals and milk products with some variation.

People use both vegetable oil or mustard oil and zeera (cumin) or panchforan (literally "five seeds"), namely saunf, sarson, methi, ajwain and mangraeel (Kalaunji) for "chhounkna"/"Tadka"(tempering) of some vegetables. There is a lot of light frying, called bhoonjnaa, in Bihari food.

One of the most remarkable thing about this cuisine is "smoked food". It refers to using smoked red chilli to infuse a strong aroma in food. It is used in preparing "chokhaa", i.e. mashed

brinjals/potatoes/tomatoes, either single or combined. Smoked chilli is also used in preparing kadam (a common fruit sweet sour in taste, technical name Anthocephalus morindaefolia) chutney.

Traditional cuisine

- Kadhi-Bari - these fried soft dumplings made of besan (gram flour) are cooked in a spicy gravy of yogurt and besan. It goes well over plain rice.
- Khichdi - Mix of Rice, Dal and several Vegetables; steamed together to give a distinctive taste of different ingredients combined in one dish. It is often topped up with ghee.
- Ghugni - It is a preparation made of black grams soaked (either lightly/overnight)in water and then sauted in mustard oil in a wok. All kinds of garam masala made as paste on a sil is used for flavouring and chana is also ground to form a paste used as thickener. This thickens the masala and makes gravy as per desire. After proper seasoning and bhunjana water is added to the mix for gravy as desired.

- Pittha - It is something like momos. It could be either salty or sweet. It is either a semi circular/ball shaped preparation made of crust made of soft rice flour and filled with preparations made of Channa Daal lentil paste, or Poppy seeds & Gur (Jaggery). and then steamed in water/ milk (allowed to thicken).
- Choorā - beaten rice, served with a coat of creamy curd and sugar or jaggery. In winters, this is mildly baked and accompanied with a thick spicy preparation made of peas and onions.
- Sattu - powdered baked gram, a high energy giving food usually mixed with water or with milk. Sometimes, sattu mixed with spices is used to prepare stuffed 'chapattis', locally called as 'makuni roti'.
- Dhuska - a deep fried item prepared from a mixture of powdered rice and ghee but is salted.
- Litti - Powdered baked gram is mixed with chopped onions, green chillies, lemon juice, coriander leaves. This mixture is filled inside atta and either barbecued over coal or deep fried with oil. Best accompanied with Ghee, Curd and Chokha and baigan bharta.

Vegetarian cuisine

- Saag
- Kofta
- Bharwan karela
- Vegetarian-Korma - Subziyon ka Panchranga Korma
- Paalak paneer
- Shaahi paneer

Non-vegetarian cuisine



Fig 1.57: Bihari Kebab

https://commons.wikimedia.org/wiki/File:Bihari_Kebab.JPG#/media/File:Bihari_Kebab.JPG

The distinctive Bihari flavour of non-vegetarian cooking finds mention in the memoirs of Maulana Abul Kalam Azad who found it quite tasty. Forms of kebabs, mutton preparations and dishes prepared from various fowl and birds have a distinctive flavor. Biharis are quite famous for their Bihari kebabs, another typical Bihari non-vegetarian dish. This dish was traditionally made from mutton and is eaten with roti, paratha or boiled rice. The region of Champaran is famous for a mutton grilled dish called Taash. Recently, in fast food restaurants, these Bihari Kebabs are also sold as Bihari kebab rolls, which are essentially kebabs wrapped up in a paratha.

- Prawns
- Mutton Biryani
- Shaahi Jhinga Masaledaar
- Jhor Waali Machhli
- Jhinga Biryani
- Bihari kebab
- Chicken tandoori
- Kela machali

Breads

- Parauntha
- Aalu Parauntha
- Sattu paratha
- Piyaz Parauntha
- Posta-dana kaa paratha - filling of a paste made of poppy seeds soaked overnight in water and then ground with spices, particularly red chilli.
- Dal puri
- Makuni
- Makai ke roti
- Naan

Appetizers

- Chaat
- Golgappa
- Chatni
- Jhal Murhi
- Dahi bada
- Pakora
- Raita
- Tarua
- Kachauri

Saags

- Munga saag -
- Kalmi saag
- Gandhari saag
- Koinar saag
- Chakod saag
- Sarla saag
- Chench saag
- Chinti saag
- Katai saag
- Dhhahdhhaa saag
- Gologola saag
- Khesaari saag Lathyrus sativus:
- Poi saag Basella alba:

- Palak Saag Spinach:
- Bathua Saag *Chenopodium album*:
- Methi Saag Fenugreek:

Bihari fast food

- Litti -can be prepared with minimum of utensils by people who away on tour. It is a ball shaped dish of the size between a table tennis and a lawn tennis ball, baked in mild fire (though it can be done in any electric oven/ microwave oven, but would miss the distinct flavour infused by fire .The crust is made of a hard dough made of wheat flour and filled with a dry amorphous preparation made of Sattu (gram flour) and spices.It is accompanied with chokhaa (mashed potato or brinjals, green chilli and coriander leaf. Dill is an essential ingredient for brinjal chokhaa).
- Chokha - Pulsed and mashed vegetables with mustard oil and spices.
- Bajka
- Bhurta -
- Bhunjia - Sautéed vegetables cooked in spices, usually containing potatoes. Has no gravy and usually goes well with rice and lentils or chapatti.
- Samosa
- Kachori
- Samosa Chaat, it is basically samosa sweet chatni, curd, Namkeen mixtures with chura, onion and other garnishing ingredients.
- Bhunja- commonly eaten at evening.

Sweets



Fig 1.58: Motichoor ka Ladoo

https://commons.wikimedia.org/wiki/File:Motichur_ka_laddu.JPG#/media/File:Motichur_ka_laddu.JPG

There is large variety of sweet delicacies. Unlike Oriya and Bengali sweets, which are soaked in syrups made of sugar and are therefore wet, sweets of Bihar are mostly dry.

- Khaja - This may be compared to the Greek baklava. Famous ones are from Silao, Nalanda and Pipra, Supaul.
- Tilkut (Til Burfi) - This is made of sesame seed and is available only in winters. A thick hard base of sugar of the size of a tennis ball is rolled in copious amount of sesame seed and then

hammered to roll out in round shape. The more the seed, the softer, better and amorphous it is. Though available all over the state, the one from Gaya is famous.

- Malpua
- Rabri
- Kheer - A special form of kheer called Rasia is prepared during the Chhath festival.
- Thekua
- Khajur
- Laktho
- Churma
- Balushahi - Famous one is from Harnaut, NathNagar(Bhagalpur)
- Anarasa - A traditional cuisine of Mithila
- Motichoor ka Ladoo - Famous one is from Maner
- Gulab jamun-
- Kala jamun- Munger, Bhagalpur & Banka Districts are known for Mouthwatering Kala Jamun.
- Pantua - Same as kala jamun but the shape is elongated. Famous one is from Barahiya, Begusarai. Also called "Atom Bomb".
- Pedas - Famous one is from Kesaria
- Khurma - found only in southwest Bihar
- Parwal ki Mithai - It is made of pointed gourd (botanical name-Trichosanthes dioica). The fruit is scrapped to remove the skin, sliced longitudinally, deseeded and boiled to make it tender and then filled with Khooya- a preparation made of condensed milk and dry fruits. It is then imbibed with warm sugar syrup. Silver foil may be added after it cools off.
- Khubi ka Lai - Famous one is from Barh
- Belgrami
- Padokkia
- Murki - Famous one is from Koelwar
- Pirikya - Made from flour and khoya etc. It is famous in Basopatti and villages nearby.
- Khurchan - This is made of layers of scrapped condensed milk. Available in Patna city (old town).
- Postaa-dana kaa Halwa -a sweet pudding made of poppy seeds soaked overnight in water and then ground to a paste and sauted in ghee(clarified butter)in a wok. This is generally prepared in winter season.
- Kasar - A dry sweet prepared of coarsely ground rice during the Chhath festival.
- Lai -There are several varieties of Lai available in Bihar, including Lai from Gaya. The main component of this Lai is Ram dana seeds. These ram danas are processed and mixed with khoya and sugar to give rise to a disk shaped sweet.
- Dangra ka Tilkut - This is made of sesame seed and is available only in winters. A thick hard base of jaggey (gur/mittah) of the size of a tennis ball is rolled in copious amount of sesame seed and then hammered to roll out in round shape.The more the seed, the softer, better and amorphous it is. Though available all over the state, the one from Dangra village in Gaya is famous.
- Paan Peda - Famous one is from Mohiuddin Nagar, Madudabad, Kalyanpur Basti area. it is a heart shaped peda with a completely different taste from common peda available in the market.
- Gaja - It is a sweet which is cubical in form and made out of maida.
- Makhana kheer- Kheer made with makhana which is known as fox nut (lotus flower's seed)- it has lots of medicinal and health benefits and it is also not very sweet in nature.

CHECK YOUR PROGRESS

- Discuss the feature of Bihari cuisine.
- Describe a Bihari thaali.
- Discuss at least five items in the main course of Bihari cuisine.
- Elaborate the non-vegetarian cuisine of Bihar.
- Describe the breads used in Bihari cuisine.
- Discuss the features of Bihari fast food.

1.11 MUGHLAI CUISINE

Mughlai cuisine consists of dishes developed in Medieval India at the centers of the Mughal Empire. It represents a combination of the cooking style and recipes of Central Asia and North India. The Mughlai cooking styles is used in the traditional cuisine of North India (especially Uttar Pradesh and Delhi), the Indian city of Hyderabad, the Bangladeshi city of Dhaka (especially Old Dhaka) and the Pakistani city of Karachi (particularly the Muhajirs and the Karachi cuisine). The cuisine is strongly influenced by Central Asian cuisine, the region where the Turco-Mongol Mughal rulers originally hailed from, and it has in turn strongly influenced the regional cuisines of modern north India, Pakistan and Bangladesh.

The tastes of Mughlai cuisine vary from extremely mild to spicy, and are often associated with a distinctive aroma and the taste of ground and whole spices. A Mughlai course is an elaborate buffet of main course dishes with a variety of accompaniments.

List of Mughlai dishes

This too many redlinks contains a list of miscellaneous information. Please relocate any relevant information into other sections or articles. (July 2017)

Other dishes include:

- Haleem (Khichda)
- Mughlai Chicken
- A variety of tikkas
- Biryani
- Mughlai Paratha
- Qeema Matar
- Murg Kababs Mughlai
- Murgh Musallam
- Pasanda
- Rezala

Desserts

- Kulfi
- Falooda

- Gulab Jamun
- Jalebi
- Kesari Firni is a rice based sweet dish streaked with Saffron
- Shahi Tukra is a rich bread pudding with dry fruits, flavoured with cardamom.
- Sheer korma

CHECK YOUR PROGRESS

- Discuss the concept of Mughali cuisine.
- Discuss at least five Mughali dishes.

1.12 END QUESTIONS

The following questions should help you prepare for the End Examinations. These questions are for 5 marks each and should take you 11 minutes under examination conditions.

1. Explain the concept of North Indian cuisine
2. Discuss the various types of Northern Indian cuisines
3. List at least five north Indian delicacies. .
4. List at least five vegetarian North Indian dishes
5. List at least five non-vegetarian North Indian dishes.
6. Which states of India contribute to the North Indian cuisines
7. Discuss the concept of Awadhi cuisine.
8. Explain the history of Awadhi cuisine.
9. Describe the kababs of Awadh.
10. Elaborate the concept of Tunde ke kabab.
11. Elaborate the Shami Kebab of Awadh.
12. Describe the various kebabs of Awadh.
13. Discuss the concept of Korma.
14. Explain the concept of Pullao as a speciality of Awadh.
15. Discuss the various types of breads in Awadh cuisine.
16. Explain the various types of desserts in Awadh Cuisine.
17. Describe the importance of chat in Awadh cuisine.
18. Explain the concept of Bhojpuri cuisine
19. Discuss the staple diet of Bhojpuri people.
20. Explain the breakfast items in a Bhojpuri cuisine.
21. Elaborate the Lunch dishes used in Bhojpuri cuisine.
22. Explain the snacks used in Bhojpuri cuisine.
23. Elaborate the dinner dishes used in Bhojpuri cuisine.
24. Discuss the non-vegetarianism in the Bhojpuri cuisine.
25. Describe the spices and condiments used in Bhojpuri cuisine.
26. List at least five herbs used in Bhojpuri cuisine.
27. Discuss at least five oils used in Bhojpuri cuisine.
28. Describe at least five nuts used in Bhojpuri cuisine.
29. Discuss five tools and techniques used in Bhojpuri cuisine.
30. List at least five common vegetables.
31. Discuss the delicacies used in at least five of the festivals in Bhojpuri cuisine.

32. Discuss at least five dishes in Bhojpuri cuisine.
33. List at least five breads in Bhojpuri cuisine.
34. Discuss at least five desserts in Bhojpuri cuisine.
35. Explain at least five drinks in Bhojpuri cuisine.
36. Discuss at least five snacks in Bhojpuri cuisine.
37. Elaborate the importance of pickle in the Bhojpuri cuisine.
38. Explain at least five raita items in Bhojpuri cuisine.
39. Describe the concept of Punjabi cuisine.
40. Explain the style of cooking in Punjabi cooking.
41. Explain the staple foods in Punjab.
42. Elaborate the use of dairy products in Punjabi cuisine.
43. Explain at least five breakfast dishes in Punjabi cuisine.
44. Discuss at least five non-vegetarian (meat) dishes in Punjabi cuisine.
45. List at least five fish dishes in Punjabi cuisine.
46. Elaborate at least five vegetarian dishes in main course of Punjabi cuisine.
47. Explain at least five snacks dishes in Punjabi cuisine.
48. Describe at least five sweets and desserts dishes in Punjabi cuisine.
49. Discuss various breads in Punjabi cuisine.
50. Explain the various beverages in Punjabi cuisine.
51. Elaborate the concept of Kashmiri cuisine.
52. Explain at least five Kashmiri Dishes.
53. Discuss the concept of Wazwan.
54. Elaborate the various Kashmiri beverages.
55. Discuss the concept of Rajasthani cuisine.
56. Explain at least five sweet dishes in Rajasthani cuisine.
57. Discuss at least five Rajasthani dishes in the main course.
58. Discuss the features of Cuisine of Uttar Pradesh.
59. Discuss at least five common dishes in the main course of Uttar Pradesh cuisine.
60. Describe traditional desserts in Uttar Pradesh cuisine.
61. Elaborate at least five sharbats used in Uttar Pradesh cuisine.
62. Discuss the feature of Bihari cuisine.
63. Describe a Bihari thali.
64. Elaborate the non-vegetarian cuisine of Bihar.
65. Describe the breads used in Bihari cuisine.
66. Discuss the features of Bihari fast food.
67. Discuss the concept of Mughali cuisine.
68. Discuss at least five Mughali dishes.

1.13 REFERENCES

1. https://en.wikipedia.org/wiki/North_Indian_cuisine
2. https://en.wikipedia.org/wiki/Awadhi_cuisine
3. https://en.wikipedia.org/wiki/Bhojpuri_cuisine
4. https://en.wikipedia.org/wiki/Punjabi_cuisine
5. https://en.wikipedia.org/wiki/Kashmiri_cuisine
6. https://en.wikipedia.org/wiki/Rajasthani_cuisine
7. https://en.wikipedia.org/wiki/Cuisine_of_Uttar_Pradesh
8. https://en.wikipedia.org/wiki/Bihari_cuisine
9. https://en.wikipedia.org/wiki/Mughlai_cuisine

UNIT 2 : CUISINE OF EAST INDIA

2.00 BEFORE WE BEGIN

In this course we have been studying the cuisines of India. In the first Unit we had studied the Cuisine of North India. We had seen various dishes, etiquets, and features of the Uttar Pradeshi, Awadhi, Bhojpuri, Punjabi, Kashmiri and Moghlai cuisines.

This unit will take you to the Eastern and North-eastern parts of India. We will study the cuisines of Jharkhand, Bengal, Sikkim, Meghalaya, Assam, Arunachal, Nagaland, Manipur and Tripura.

The Eastern part of our country is very famous for the rice, fish and sweets. This is because of the various rivers and vicinity to the sea which makes fish and sea-food readily available to the people.

Understanding the regional cuisine of India is going to be very helpful in your development as professional/

2.01 UNIT OBJECTIVES

After studying this unit you will be able to

- Describe the cuisine of Jharkhand.
- Explain the various foods and dishes of Jharkhand.
- Elaborate on the features of Cuisine of Odisha.
- Explain the main ingredients used in Cuisine of Odisha.
- Elaborate the influence of Jagannath temple on the food of Odisha.
- Explain the various fish and seafood used in Cuisine of Odisha.
- Explain the concept of Pakhala used in Cuisine of Odisha.
- Name at least five rice dishes used in Cuisine of Odisha.
- Elaborate the concept of Dalma and Dali as used in Cuisine of Odisha.
- Describe the various types of curries used in Cuisine of Odisha.
- Explain the concept of khattas used in Cuisine of Odisha.
- Describe various Saaga (greens salad) used in Cuisine of Odisha.
- Discuss the Pithas (sweet cakes) used in Cuisine of Odisha.
- Explain the various egg, chicken and mutton delicacies of Cuisine of Odisha.
- Discuss the fritters and fries used in Cuisine of Odisha.
- Describe at least five snacks items used in Cuisine of Odisha.
- Explain at least five dessert items used in Cuisine of Odisha.
- Describe at least five sweets items used in Cuisine of Odisha.
- Elaborate on the features of Cuisine of Bengal.
- Explain the main ingredients used in Cuisine of Bengal.
- Elaborate the influence of widows on the food of Bengal.
- Explain the various fish and seafood used in Cuisine of Bengal.
- Explain the concept of Khashi or kochi pantha used in Cuisine of Bengal.
- Elaborate special dishes of Dhaka.
- Explain at least five of the specialities of Kolkata.
- Name at least five rice dishes used in Cuisine of Bengal.
- Describe the various types of Vegetable used in Cuisine of Bengal.

- Describe Luchi and Poronthha dishes of Cuisine of Bengal.
- Discuss the various cooking medium and spices used in Cuisine of Bengal.
- Elaborate on the instruments and utensils used in Cuisine of Bengal.
- Describe the various types of curries used in Cuisine of Bengal.
- Discuss the influence of Mughal cuisine on Cuisine of Bengal.
- Elaborate the influence of British Raj on Cuisine of Bengal.
- Explain the Chinese influence on Cuisine of Bengal.
- Discuss a typical daily Bengali meal.
- Describe the first course (starter) of a Bengali meal.
- Explain the second course (shak) of a Bengali meal.
- Explain the third course (dal) of a Bengali meal.
- Explain the main course of a Bengali meal.
- Explain the additional main course of a Bengali meal.
- Discuss the various chutney used in Bengal meal.
- Elaborate at least five of the desserts used in Cuisine of Bengal.
- Elaborate at least five of the sweets used in Cuisine of Bengal.
- Elaborate at least five of the snacks used in Cuisine of Bengal.
- Explain the features of Cuisine of Sikkim.
- Describe the various dishes of Sikkim.
- Explain how Dhindo is prepared.
- Elaborate how Dhindi is eaten.
- Discuss the ingredients of Dhindo.
- Explain the features of Cuisine of Meghalaya.
- Explain the features of Cuisine of Assam.
- Elaborate the various ingredients used in Cuisine of Assam.
- Explain the various items of rice used in Cuisine of Assam.
- Describe the various fish items used in Cuisine of Assam.
- Discuss the various meat items used in Cuisine of Assam.
- Explain the greens and vegetables used in Cuisine of Assam.
- Explain the spices used in Cuisine of Assam.
- Discuss the khar used in Cuisine of Assam.
- Describe Masawr Tenga dish of Cuisine of Assam.
- Explain Narawxinghaw Masawr Jul dish used in Cuisine of Assam.
- Explain the various pickles used in Cuisine of Assam.
- Explain the snacks and cakes used in Cuisine of Assam.
- Describe Pitha used in Cuisine of Assam.
- Describe the features of Cuisine of Arunachal Pradesh.
- Discuss the Cuisine of Nagaland.
- Explain the features of Cuisine of Manipur.
- Describe the basic diet of Manipur.
- Explain the various aromatic herbs and roots used by Manipuris.
- List at least five vegetables used in Manipur Cuisine.
- Discuss at least five mushrooms used in Manipuri Cuisine.
- Describe the Eromba dish used in Manipuri Cuisine.
- Explain the features of Cuisine of Tripura.
- Discuss the traditional food of Tripura.
- Explain the various types of rice used in Tripuri Cuisine.
- Explain the Mwkhwí (dessert) used in Tripuri Cuisine.
- Elaborate the non-vegetarian food items used in Tripuri Cuisine.

- Explain the various Tripuri fruits.

2.02 CUISINE OF JHARKHAND

Jharkhand cuisine encompasses the cuisine of the Indian state of Jharkhand. Jharkhandi cuisine may be similar to the cuisine styles of other nearby areas, yet also has dishes that are traditional to the region. The cuisine has both vegetarian and non-vegetarian dishes. Common meals often consist of vegetables that are cooked in various ways, such as curried, fried, roasted and boiled. Traditional dishes, such as Jharkhand tribal food, may not be available at Jharkhandi restaurants. However, on a visit to a tribal village or a tribal wedding in a remote area, one can get a chance to taste such exotic foods. Some dish preparations may be mild with a low oil and spice content, although pickles and festive dishes may have such characteristics.

Foods and dishes[edit]

Sattu is a common dish prepared with roasted chickpea flour that is prepared in various manners. A common food in Jharkhand is dhuska, which are deep fried rice flour pancakes that may be served with gram curry and potato. A popular meat dish includes meat salaan, which consists of lamb curry and diced potato that is spiced with garam masala. Spicy chicken is another common meat dish. Tilkut is a sweet prepared with "pounded sesame-seed cookies made with jaggery batter or melted sugar." Thekua is a sweet prepared with whole-meal flour, jaggery and ghee, the latter of which is a type of clarified butter. Thekua is prepared and consumed during the Chhath festival, which celebrates the Sun God.



Fig 2.01: An example of ghee, a type of clarified butter used in the preparation of various dishes

<https://commons.wikimedia.org/wiki/File:Butterschmalz-3.jpg#/media/File:Butterschmalz-3.jpg>



Fig 2.02: Mutton Leg Curry

https://commons.wikimedia.org/wiki/File:Mutton_leg_curry.JPG#/media/File:Mutton_leg_curry.JPG



Fig 2.03: Sattu ke parathe

https://commons.wikimedia.org/wiki/File:Sattu_Ke_Parathe.JPG#/media/File:Sattu_Ke_Parathe.JPG



Fig 2.04: Thekua

https://commons.wikimedia.org/wiki/File:Thekua_image01.jpg#/media/File:Thekua_image01.jpg



Fig 2.05: Tilkut

https://commons.wikimedia.org/wiki/File:Tilkut_-_Sweet_savoury_made_from_jaggery_paste_%26_sesame_seeds_biscuits.jpg#/media

CHECK YOUR PROGRESS

- Describe the cuisine of Jharkhand.
- Explain the various foods and dishes of Jharkhand.

2.03 CUISINE OF ODISHA

Compared to other regional Indian cuisines, Odia cuisine (Odia: ଓଡ଼ିଆ ଖାଦ୍ୟ) uses less oil and is less spicy while nonetheless remaining flavourful. Rice is the staple food of this region. Mustard oil is used in some dishes as the cooking medium, but ghee(made up of cow milk) is preferred in temples. In old times food was traditionally served on banana leaves or disposable plates made of sal leaves.

Odia cooks, particularly from the Puri region, were much sought after due to their ability to cook food in accordance with Hindu scriptures. During the 19th century, many Odia cooks were employed in Bengal and they took many Odia dishes with them. This period also saw a heavy demand for Brahmin cooks, leading many Odia cooks to fake their castes.

Yoghurt is used in dishes. Many sweets of the region are based on chhena (cheese).

Ingredients and seasoning

The ingredients used in Odia cuisine are plantains, jackfruit, and papaya. The curries are garnished with dried raw mango (ambula) .

Panch phutana is a blend of five spices that is widely used in Odia cuisine. It contains mustard, cumin, fenugreek, aniseed and kalonji. Garlic, onion and ginger are used in most of the food. Temple food preparation doesn't allow the use of garlic or onion. Turmeric and red chillies are used regularly

Local variation

The food in the region around Puri-Cuttack is greatly influenced by the Jagannath Temple. On the other hand, kalonji and mustard paste are used mostly in the region bordering Bengal and curries tend to be sweeter. In the region closer to Andhra Pradesh, curry tree leaves and tamarind are used more. The Brahmapur region has influences of South Indian cuisine and the Telugu people living there have invented new Odia dishes.

Temple food

Temples in region make offerings to the presiding deities. The prasada of the Jagannath Temple is well known and is specifically called Maha Prasad meaning greatest of all prasadas. It consists of 56 recipes, so it is called chhapan bhoga. It is based on the legend that Krishna missed his eight meals for seven days while trying to save a village from a storm holding up the Govardhan hill as a shelter.

Fish and seafood

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



Fig 2.06: Abadha, the afternoon meal of the Jagannath Temple served on a plantain leaf.

https://commons.wikimedia.org/wiki/File:Abadha_Kudua.jpg#/media/File:Abadha_Kudua.jpg

List of dishes

Rice dishes and rotis

- Pakhala is a rice dish made by adding water to cooked rice. It may then be allowed to ferment overnight. This is called basi pakhala. The unfermented version of this is called saja pakhala. It is served with green chillies, onions, yoghurt, badi etc. It is primarily eaten in summer.
- Khechidi is a rice dish cooked with lentils. It is the Odia version of khichdi.
- Palau is a rice dish made from vegetables and raisins. It is the Odia version of pilaf.
- Kanika is a sweet rice dish, garnished with raisins and nuts.
- Ghee rice is fried with ghee and cinnamon

Dal

- Dalma: A dish made from dal and vegetables. It is generally made from toor dal and contains chopped vegetables like green papaya, unripe banana, eggplant, pumpkin, gourd, etc. It is garnished with turmeric, mustard seeds, and panch phutana. There are several variations of this dish.
- Dali : A dish made from one of the Dals like tur, chana, masur, mung or a combination of these.

Curries

Odia cooking has some different type of curries based on the overall preparation style. Tarakari, Santula, Rai, Rasa.

- Santula: A dish of finely chopped vegetables which are sauteed with garlic, green chilies, mustard and spices. It has several variations.
- Chaatu rai: A dish made from mushrooms and mustard.
- Alu potala rosa: Curry made from potato and parval.
- Kadali manja rai: A curry made from banana plant stem and mustard seeds. Manja refers to the stem which can be used in dalma.
- Mahura
- Besara: Assorted vegetables in mustard paste tempered with panch phutana

Khattas and chutneys

Khatta refers to a type of sour side dish or chutney usually served with Odia thalis.

- Dahi baigana: A sour dish made from yoghurt and eggplants.
- Khajuri khata: A sweet-and-sour dish made from tomato and dates.
- Amba khatta: A khatta made from raw mangoes.
- Ouu khatta: Elephant apple khatta
- Dhania-patra chutney: A chutney made from coriander leaves.

Saaga (salad greens)

In Odia cuisine, sāga is one of the most important vegetables. It is popular all over the state. A list of the plants that are used as sāga is as below. Odias typically eat lots of cooked green leaves. They are prepared by adding "pancha phutana", with or without onion/garlic, and are best enjoyed with pakhala.

- Kalama sāga (କଳମ ଶାଗ) Ipomoea aquatica (Water Spinach)
- Kosalā/Khadā sāga (କୋସଳା ଶାଗ/ଖଡ଼ା ଶାଗ): prepared from amaranth leaves.
- Bajji sāga (ବଞ୍ଜୀ ଶାଗ): Prepared from Amaranthus dubius leaves.
- Leutiā sāga (ଲେଉଟିଆ ଶାଗ) Amaranthus viridis leaves and tender stems.
- Pālāngā sāga (ପାଳଙ୍ଗ ଶାଗ) spinach
- Poi sāga (ପୋଇ ଶାଗ): prepared from basella leaves and tender stems.
- Bāramāsi/Sajanā sāga (ବାରମାସି/ ସଜନା ଶାଗ): prepared from leaves of the drumstick tree.

Cooked with lentils or alone with fried onions.

- Sunusuniā sāga (ସୁନୁସୁନିଆ ଶାଗ) Marsilea polycarpa leaves.
- Pitāgama sāga (ପିତାଗମା ଶାଗ)
- Pidāngā sāga (ପିଡ଼ଙ୍ଗ ଶାଗ)
- Kakhāru sāga (କଖାରୁ ଶାଗ): Prepared from leaves of the pumpkin plant.
- Madarangā sāga (ମଦରଙ୍ଗା ଶାଗ): prepared from leaves of Alternanthera sessilis.
- Sorisa sāga (ଶୋରିସା ଶାଗ) : Mustard greens
- Methi sāga (ମେଥୀ ଶାଗ): prepared from methi or Fenugreek leaves and besara (mustard paste) cooked with vegetable.
- Matara sāga (ମଟର ଶାଗ): The inner coating of peas is removed and then chopped to make the sāga.

One of the most popular is lali koshala saaga made from green leaves with red stems. Other saagas that are eaten are pita gahama, khada, poi, koshala, sajana etc. Some items are as follows;



Fig 2.07: Pakhala served with wads of lemon, yoghurt and a slice of tomato.

https://commons.wikimedia.org/wiki/File:Odisha_pakhala.jpg#/media/File:Odisha_pakhala.jpg



Fig 2.08: Dalma

https://commons.wikimedia.org/wiki/File:Dalama_Odia_Cuisine.jpg#/media/File:Dalama_Odia_Cuisine.jpg



Fig 2.09: Dhania-Patra Chutney

https://commons.wikimedia.org/wiki/File:Dhania_patra_catuni.JPG#/media/File:Dhania_patra_catuni.JPG

- Saaga Bhaja
- Kosala Saaga Bhaja
- Saaga Baadi

Pithas (sweet cakes)

Pithas and sweets are types of traditional Odia dishes.

- Poda pitha
- Enduri Pitha
- Arisa Pitha
- Kakara Pitha
- Manda Pitha
- Chakuli Pitha
- Tal Pitha
- Chitau Pitha
- Parijata Pitha
- Nurukhurum Pitha
- Chandrakanti
- Chhunchi Patra Pitha
- Goitha goli Pitha
- Haldi Patra Pitha
- Lau Pitha
- Muan

Egg, chicken and mutton

- Egg tarkari: An egg curry prepared with onion and tomato paste
- Chicken tarkari: A chicken curry
- Chicken kosa
- Mangsho tarkari
- Mangsho kosa

Fish and other sea food

- Machha Besara: A fish curry prepared with mustard paste.
- Machha Mahura: A curry prepared with fish and vegetables.
- Machha Jhola
- Chingudi Jhola
- Dahi machha
- Machha chhencheda
- Choto Machha Jhola
- Choto Machha Tarkari: Small fried fishes
- Chingudi Malai Tarkari: A prawn curry
- Kankada Jhola: Crab curry
- Chingudi chadchadi
- Kokali sukhua rai



Fig 2.10: Dahi Baigana

https://commons.wikimedia.org/wiki/File:Dahi_baigana_Odia_recipe.jpg#/media/File:Dahi_baigana_Odia_recipe.jpg



Fig 2.11: Kakara Pitha

https://commons.wikimedia.org/wiki/File:ATTA_KAKARA.jpg#/media/File:ATTA_KAKARA.jpg



Fig 2.12: Ilishi maachha tarkari

https://commons.wikimedia.org/wiki/File:Ilishi_maachha.jpg#/media/File:Ilishi_maachha.jpg



Fig 2.13: Chenna Poda

<https://commons.wikimedia.org/wiki/File:Chennapoda.jpg#/media/File:Chennapoda.jpg>



Fig 2.14: Rasgulla

<https://commons.wikimedia.org/wiki/File:Rassgulla.jpg#/media/File:Rassgulla.jpg>



Fig 2.15: Bela Pana

https://commons.wikimedia.org/wiki/File:Bela_pana.jpg#/media/File:Bela_pana.jpg

Fritters and fries

- Alloo piaji
- Bhendi baigana bhaja
- Badi Chura
- Pampad : flat savory snack like appetizer which looks very simillar to that of roti, usually eaten during lunch time
- Phula badi
- Sajana Chhuin Bhaja

Snacks

- Ghugni: A spicy dish made from peas, can be served with pooris.
- phuchuka
- Chaat
- Dohibara Alludum
- Chanachura or Baramaza
- Piaji
- Bara
- Pakudi
- Aloo chop
- Baigani
- Dantikili

Desserts and sweets

- Kheeri: Kheeri is the Odia word for kheer, predominantly made of rice.
- Chhena Poda: A sweet made from soft cheese dipped in sugar syrup and baked. It may contain dry fruits.
- Chhena Gajja
- Malpua
- Kora
- Khira sagara
- Chhena jhili
- Chhena kheeri
- Chhena Jhili
- Rasagola: The sweet was invented in the city of Puri to appease the deity Mahalaxmi about 700 years ago. The Bengali people claim that it was invented in the 19th century by a Calcutta sweetmaker.
- Gulab jamun
- Rasabali
- Rasmalei
- Aadasi
- Attakali
- Jalebi
- Gojja : a light savory snack
- Rabidi : a sweet curd like dish

- **Mudki:** A famous savory snack which looks very similar to that of a jalebi but the only difference being that jalebi are on the sweet palate where as mudki are light and in the savory side

CHECK YOUR PROGRESS

- Elaborate on the features of Cuisine of Odisha.
- Explain the main ingredients used in Cuisine of Odisha.
- Elaborate the influence of Jagannath temple on the food of Odisha.
- Explain the various fish and seafood used in Cuisine of Odisha.
- Explain the concept of Pakhala used in Cuisine of Odisha.
- Name at least five rice dishes used in Cuisine of Odisha.
- Elaborate the concept of Dalma and Dali as used in Cuisine of Odisha.
- Describe the various types of curries used in Cuisine of Odisha.
- Explain the concept of khattas used in Cuisine of Odisha.
- Describe various Saaga (greens salad) used in Cuisine of Odisha.
- Discuss the Pithas (sweet cakes) used in Cuisine of Odisha.
- Explain the various egg, chicken and mutton delicacies of Cuisine of Odisha.
- Discuss the fritters and fries used in Cuisine of Odisha.
- Describe at least five snacks items used in Cuisine of Odisha.
- Explain at least five dessert items used in Cuisine of Odisha.
- Describe at least five sweets items used in Cuisine of Odisha.

2.04 CUISINE OF BENGAL

Bengali cuisine is a culinary style originating in Bengal, a region in the eastern part of the Indian subcontinent, which is now divided between Bangladesh and the West Bengal state of India. Other regions, such as Tripura, and the Barak Valley region of Assam (in India) also have large native Bengali populations and share this cuisine. With an emphasis on fish, vegetables and lentils are served with rice as a staple diet.

Bengali cuisine is known for its subtle (yet sometimes fiery) flavours, and its spread of confectioneries and desserts. It also has the only traditionally developed multi-course tradition from the subcontinent that is analogous in structure to the modern service à la russe style of French cuisine, with food served course-wise rather than all at once.

The partition of Bengal following independence from the British in 1947 separated West Bengal from Bangladesh. This caused a significant change in demographics; populations were divided along religious lines, and over three million people were said to have crossed the new Bengal border in either direction. This large-scale displacement along religious lines led to some changes of food, because there were some minor differences in food habits between the Muslims and the Hindus. However, large populations of each religion remained on either side of the border. Though similar, there is a distinct difference between the flavors of the cuisines of West Bengal and Bangladesh (East Bengal). Apart from this, every district of both parts of Bengal have subtle variations in the use of raw materials and flavors.



Fig 2.16: A Bengali meal traditionally set up.

https://commons.wikimedia.org/wiki/File:Bengali_meal.jpg#/media/File:Bengali_meal.jpg



Fig 2.17: Signeture dish of Bengali:Fish And Rice

https://commons.wikimedia.org/wiki/File:Fish_And_Rice.jpg#/media/File:Fish_And_Rice.jpg



Fig 2.18: An authentic Bengali meal featuring Sandesh.

https://commons.wikimedia.org/wiki/File:Bengali_Fish_meal.jpg#/media/File:Bengali_Fish_meal.jpg

The influence of the widows

The treatment of Hindu widows has always been highly repressive. Tradition ties a woman's identity to her husband; a widow is therefore left with no identity, property rights, or social standing. Bengal was particularly repressive in this regard; widows were either banished or led highly monastic lives within the household, living under rigid dietary restrictions and not allowed any interests but religion and housework. The nineteenth century saw active widow reform movements in Bengal—the ban on Sati in 1829 and the Hindu Widow Re-marriage Act of 1856 were key milestones—but the related social practices took a long while to die out and still remain in part. Rampant child marriage and low life expectancies left many women widowed – it is estimated that 25% of households have a widow living in them. Widows were not allowed to leave the house, so their contribution to the household was usually restricted to the kitchen—creating a unique class of chefs in the dominant Hindu community.

While most Bengali castes ate meat and fish, this was barred for widows. Widows also did not use "heating" foods such as shallot and garlic, but ginger was allowed—this found a core place in Bengali curries, both vegetarian and non-vegetarian. Expensive spices such as saffron, cinnamon or cloves were used very sparingly if at all; nuts, dry fruits, milk and milk products (such as cream, ghee or curd) were similarly scarce. In spite of all these restrictions, however, the food evolved in such a way that its deceptively simple preparations drew upon Bengal's vast larder of vegetable options and were often elaborate to the point of fussiness. Cooked with elaborate precision and served with equal refinement—multiple courses and an intricate formality about what goes with what and in which sequence—it formed an enduring base for a rich and varied cuisine. Leftover cuts in particular, such as spinach ends or vegetable peel, are transformed. Chitrita Banerji in her book quotes a nineteenth-century Bengali writer mentioning that "it was impossible to taste the full glory of vegetarian cooking unless your own wife became a widow".

Characteristics of Bengali cuisine

The traditional society of Bengal has always been heavily agrarian; hunting, except by some local clansmen, was uncommon. Rice is the staple, with many regions growing speciality rice varieties. Domestic cattle (especially the water buffalo) are common, more for agriculture than large scale dairy farming. Milk is an important source of nutrition, and also a key ingredient in Bengal's desserts. Ordinary food served at home is different from that served during social functions and festivals, and again very different from what might be served at a larger gathering (e.g., a marriage feast).

Nearly every Bengali community eat meat or fish. In most parts of the Indian subcontinent, individual castes and communities have their own food habits; this is not true of Bengal. There is similarity in eating styles across social strata, with the Hindu upper caste Brahmins sharing a diet very similar to the trading or princely castes. Fish, goat, mutton and chicken are commonly eaten across social strata. Beef and pork also are available throughout the state.

The nature and variety of dishes found in Bengali cooking are unique even in India. Fresh sweet water fish is one of its most distinctive features; Bengal's rivers, ponds and lakes contain varieties of fish such as roui, ilish, koi or pabda. Prawns, shrimp and crabs also abound. Almost every village in Bengal has ponds used for pisciculture, and at least one meal a day is certain to have a fish course.

Bengalis also excel in the cooking of regional vegetables. They prepare a variety of the dishes using the many types of vegetables that grow there year-round. They can make ambrosial dishes out of the oftentimes rejected peels, stalks and leaves of vegetables. This style of cooking food using rejected



Fig 2.19: Shorshe Ilish, a dish of smoked ilish with mustard-seed paste, has been an important part of both and Bengali cuisine.

https://commons.wikimedia.org/wiki/File:Smoked_Hilsa_cooked_with_Mustard_seeds.jpg#/media/File:Smoked_Hilsa_cooked_with_Mustard_seeds.jpg



Fig 2.20: Fried rui served in Dhaka, Bangladesh.

https://commons.wikimedia.org/wiki/File:Fried_Rohu_in_Bangladesh.jpg#/media/File:Fried_Rohu_in_Bangladesh.jpg



Fig 2.21: Bengali peas pulao with Mutton Masala

https://commons.wikimedia.org/wiki/File:Bengali_Peas_Pulao_with_Mutton_Masala_-_Traditional_Bengali_Style.jpg#/media/File:Bengali_Peas_Pulao_with_Mutton_Masala_-_Traditional_Bengali_Style.jpg

parts of the vegetables, is predominant in Bengalis in Bangladesh and those who have migrated to West Bengal, using fuel-efficient methods, such as steaming fish or vegetables in a small covered bowl nestled at the top of the rice pot.

The use of spices for both fish and vegetable dishes is quite extensive and includes many combinations not found in other parts of India. Examples are the onion-flavoured kalonji (nigella or black onion seeds), radhuni (wild celery seeds), and five-spice or panch phoron (a mixture of cumin, fennel, fenugreek, kalonji, and black mustard seeds). Bengali cooking includes the phoron of a combination of whole spices, fried and added at the start or finish of cooking as a flavouring special to each dish. Bengalis share their use of whole black mustard seeds with South Indians, but unique to Bengal is the extensive use of freshly ground mustard paste. A pungent mustard paste called Kashundi is a dipping sauce popular in Bengal.

Piper chaba is a flowering vine in the family Piperaceae Chui Jhal is originally the twig of a Piper chaba. It is a very expensive spice in Bangladesh, and tastes like horse radish. People in Khulna, Bagerhat and Shatkhira cut down the stem, roots, peel the skin and cut it in to small pieces and cook them with meat and fishes, especially with mutton.

Fish

Fish is the dominant kind of protein in Bengali cuisine and is cultivated in ponds and fished with nets in the freshwater rivers of the Ganges Delta. Almost every part of the fish (except scales, fins, and innards) is eaten; unlike other regions, the head is particularly preferred. Other spare bits of the fish are usually used to flavour curries and dals.

More than forty types of mostly freshwater fish are common, including carp varieties like rui (rohu), koi (climbing perch), tilapia (*Oreochromis niloticus*), bhetki (Barramundi), Catla (*Catla catla*), the wriggling catfish family—tangra, magur, sole (*Solea solea*), shingi—pabda (the pink-bellied Indian butter fish), katla, ilish (ilish), pomflet (*Bramidae*), as well as shuṭki (small or large dried sea fish). Chingri (prawn) is particularly popular and comes in varieties—kucho (tiny shrimp), bagda (tiger prawns) or galda (Scampi).

The salt water fish Ilish is very popular among Bengalis. Ilish machh (ilish fish), which migrates upstream to breed is a delicacy; the varied salt content at different stages of the journey is of particular interest to the connoisseur, as is the river from which the fish comes—fish from the river Pôdda (Padma or Lower Ganges) in Bangladesh, for example, is traditionally considered the best.

There are numerous ways of cooking fish, depending on the texture, size, fat content and the bones. It could be fried, cooked in roasted, a simple spicy tomato or ginger based gravy (jhol/jhul), or mustard based with green chillies (shorshe batar jhal), with posto, with seasonal vegetables, steamed, steamed inside of plantain or butternut squash leaves, cooked with doi (curd/yogurt), with sour sauce, with sweet sauce or the fish can be made to taste sweet on one side, and savoury on the other. Ilish is said to be cooked in 108 distinct ways. Ilish which is considered the tastiest among the Bengal culinary delights is becoming costlier by the day. With the partial drying of Ganga (Ganges) River the volume of catch river is getting lower driving up the prices. The Ilish breeds in fresh water and during the rainy season it travels up the Ganges to breed where it is caught and this fresh water fish is the best in terms of taste. The fish from Padma river (Ganges is called Padma in Bangladesh) is also highly prized for its sweet taste.

Meat



Fig 2.22: Deep fried capsicum & chicken

https://commons.wikimedia.org/wiki/File:Deep_Fried_Capsicum_%26_Chicken_7761.JPG#/media/File:Deep_Fried_Capsicum_%26_Chicken_7761.JPG

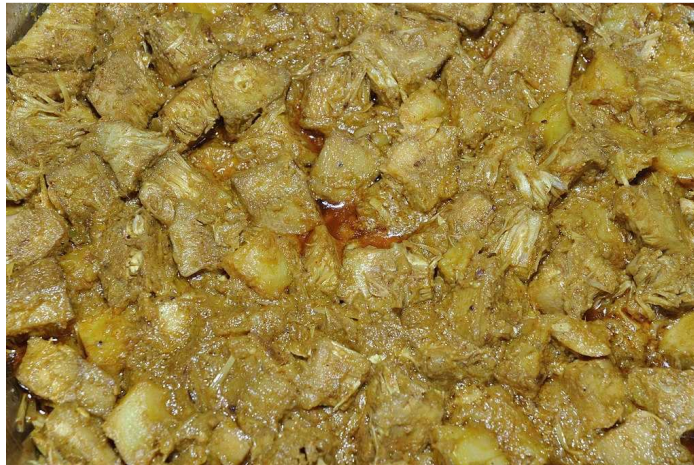


Fig 2.23: Green jackfruit and potato curry, Kolkata.

https://commons.wikimedia.org/wiki/File:Green_Jackfruit_%26_Potato_Curry_-_Kolkata_2011-02-11_1000.JPG#/media/File:Green_Jackfruit_%26_Potato_Curry_-_Kolkata_2011-02-11_1000.JPG



Fig 2.24: Cauliflower and potato curry

https://commons.wikimedia.org/wiki/File:Cauliflowers_Potatoes_Curry_-_Kolkata_2011-11-16_7090.JPG#/media/File:Cauliflowers_Potatoes_Curry_-_Kolkata_2011-11-16_7090.JPG

The most preferred form of meat in Bengal is beef, mutton or goat meat. Khashi (castrated goat) or kochi pantha (kid goat) are the common forms of goat meat taken. Some delicate dishes are cooked with rewaji khashi, a goat that has been specifically raised on a singular kind of diet, to encourage the growth of intramuscular fat, commonly known as pardah. However In Bangladesh Beef is the most popular meat while in West Bengal it is not commonly eaten due religious prohibition for Hindus. Pork unlike Bangladesh is commonly eaten in West Bengal especially amongst the Santal tribes, the people in the Darjeeling district, and is quite popular in Urban regions of West Bengal. Pork is available on the menus of almost all Chinese restaurants in Kolkata. Chicken is also preferred, though it has grown steadily in popularity over the last few decades after the advent of poultry farming. Beef, though not as popular as in West Bengal, is still widely consumed in Bangladesh due to being a Muslim majority. Eggs—both chicken and duck—are quite popular. Duck meat is quite often found on menus in West Bengal, mostly Chinese restaurants, even though the birds are common in the many ponds and lakes. Turkey meat, Emu meat, Quail meat and Rabbit meat are also available to buy raw and the delicacies of these meats are popular in the food joints.

Special dishes of Dhaka

The Nawabs of Dhaka were not the original Nawabs of Bengal. Their ancestors came from Kashmir as merchants who made their fortunes in Eastern Bengal in the 17th century. They finally settled in Dhaka, and, having bought large landed estates, they became the largest landowners in these parts. They were given the title of Nawab by the British.

The Nawabs brought many famous baburchis ("cooks") from many parts of India who introduced many new dishes, especially meat dishes, to the local cuisine. Admittedly, these expensive dishes were hardly enjoyed by the common people. They remained the favourite of the wealthy and the well-to-do aristocrats. After 1947 some of them have become favorites of the rich classes especially on such festive occasions as Eid and marriages. The food industry of Bangladesh is booming since the 1950s with different kinds of Dhaka style Biryani, Polao, Tehari, Cutlet, kababs, Lassi, Mattha, Falooda and other Bangladeshi special food items. Bangladeshi cuisine and food industry is booming since the independence of Bangladesh in 1971.

Specialities of Kolkata and suburbs

Kebabs: There are many kinds of kebabs, mostly cooked over open grill. Some of the Dhaka's specialty of this genre are: Sutli Kebab, Bihari Kebab, Boti Kebab, etc., made from marinated (by secret spice mix by each chef) mutton and beef. Kebabs are eaten as snacks or as starters for a big feast. **Special kinds of breads:** There are many kinds of breads made with cheese mix, with minced meat, with special spices, etc., all are delicacies enjoyed by the affluent classes as side dishes.

Mutton Biryani: This famous dish is now the mainstay speciality of the Bengali cuisine, especially in Kolkata. It is cooked with basmati rice and 'pakki' (pre-cooked) goat-mutton pieces. When on 'dum', i.e., steamed in a sealed pot over a slow wood fire or charcoal to impart a smokey-flavour, simultaneously cooking both rice and mutton. Spices such as saffron, nutmeg and star anise are employed chefs of this special dish.

Whole goat roasted: Marinated whole cabrito is roasted over charcoal fire. This dish is usually made on special occasion such as marriage feast when usually it is served on the high table reserved for the bridegroom and his party.

Whole roasted chicken/duck: Highly spiced, cooked in a pot with lots of ghee.



Fig 2.25: Pointed Gourd Curry

https://commons.wikimedia.org/wiki/File:Pointed_Gourd_Curry_-_Kolkata_2011-09-20_5428.JPG#/media/File:Pointed_Gourd_Curry_-_Kolkata_2011-09-20_5428.JPG



Fig 2.26: Luchi

https://commons.wikimedia.org/wiki/File:Puri_-_Digha_-_East_Midnapore_-_2015-05-03_9778.JPG#/media/File:Puri_-_Digha_-_East_Midnapore_-_2015-05-03_9778.JPG



Fig 2.27: Different spices used in a Bengali household. Clockwise from top left, Dried red chili and bay leaves, cumin powder, cumin, red chili powder, turmeric powder, panch phoran, coriander powder and mustard.

https://commons.wikimedia.org/wiki/File:Bengali_spices.JPG#/media/File:Bengali_spices.JPG

Special dishes meant for festive occasion: There are some delicacies that are enjoyed occasionally by the wealthy people. These are: game birds, turtle, rabbit or venison cooked in spicy sauce. However, the rare (mostly migratory) birds and turtles and deer being protected by law, this is on the decline. However, pigeons, guinea fowls, Muscovy ducks, etc., are still eaten as hobby food by some peoples. Turtles are still sold at many places although this is illegal.

Vegetables

There are gourds, roots and tubers, leafy greens, succulent stalks, drumsticks, cabbage and cauliflower, lemons and limes, green and purple aubergine, shallots, plantain, broad beans, okra, banana tree stems and flowers, green jackfruit and red pumpkins in the vegetable markets or shobji bazar. Bitter vegetables like bitter melon/gourd ("uchhe" or "korola") and nim leaves are used. Bengalis are particularly fond of using leftover bits of vegetables. Peels, roots, stems and other bits that are usually disposed of are eaten in Bengal.

Cereals

Bengali people are primarily rice eaters, and the rainfall and soil in Bengal lends itself to rice production as well. Many varieties of rice are produced from the long grain fragrant varieties to small grain thick ones. Rice is semi-prepared in some cases when it is sold as parboiled, or in some cases as unpolished as well, still retaining the colour of the husk. Rice is eaten in various forms as well—puffed, beaten, boiled and fried depending on the meal. The first two are used usually as snacks and the other as the main constituent in a meal. Lightly fermented rice is also used as breakfast in rural and agrarian communities (panta bhat).

Luchi (circular, deep-fried unleavened bread) or Poroththa (usually triangular, multi-layered, pan fried, unleavened bread) are also used as the primary food item on the table. It is considered that wheat-based food came in from the north and is relatively new in advent. Both Luchi and Paroththa could have stuffed versions as well, and the stuffing could vary from dal, peas, etc.

Pulses (or lentils) form another important ingredient of a meal. These dals vary from mushur dal (red lentils), mug dal (mung beans), kadhaier dal, arhar dal, etc., and are used as an accompaniment to rice.

Cooking medium with spices

Shorsher tel (mustard oil) is the primary cooking medium in Bengali cuisine although Badam tel (groundnut oil) is also used, because of its high smoke point. Of late, the use of sunflower oil, soybean oil and refined vegetable oil, which is a mixture of soybean, kardi, and other edible vegetable oils, is gaining prominence. This later group is popularly known as "shada tel", meaning white oil, bringing out the contrast in colour between the lightly coloured groundnut and the somewhat darker mustard oil and the other white oils. However, depending on type of food, ghee (clarified butter) is often used, e.g., for making the dough or for frying bread.

Mustard paste, holud (turmeric), poshto (poppyseed), ada (ginger), dhone (coriander, seeds and leaves) and narikel (ripe coconut usually desiccated) are other common ingredients. The panch phoron is a general purpose spice mixture composed of radhuni (*Carum roxburghianum* seeds), jira (cumin), kalo jira (black cumin, also known as nigella), methi (fenugreek) and mouri (aniseed). This mixture is more convenient for vegetarian dishes and fish preparations. Panch phoron is also referred to as Bengali five spice mixture.



Fig 2.28: Mustard oil & seeds

https://commons.wikimedia.org/wiki/File:Mustard_Oil_%26_Seeds_-_Kolkata_2003-10-31_00537.JPG#/media/File:Mustard_Oil_%26_Seeds_-_Kolkata_2003-10-31_00537.JPG



Fig 2.29: From left, 3 hatas, 3 khuntis and a jhanjri

https://commons.wikimedia.org/wiki/File:Bengali_cooking_tools.JPG#/media/File:Bengali_cooking_tools.JPG



Fig 2.30: On the left, a coconut grater known as kuruni and on the right a boti, a type of chopper or cutting tool used to cut the vegetables, fish, meat, etc.

https://commons.wikimedia.org/wiki/File:Boti_with_coconut_grater.JPG#/media/File:Boti_with_coconut_g

Instruments and utensils

Another characteristic of Bengali food is the use of a cutting instrument, the boti (also called the dao in some regional dialects). South Indians also use the same sort of cutting instrument, where it is called katti peeta. It is a long curved blade on a platform held down by foot; both hands are used to hold whatever is being cut and move it against the blade. The method gives effective control over the cutting process, and can be used to cut anything from tiny shrimp to large pumpkins. Knives are rare in a traditional Bengali kitchen.

A korai (wok) is a universal cooking vessel for most Bengali food, for making sauces, frying/stir-frying, etc. The dekchi (a flat-bottomed pan) is used generally for larger amounts of cooking or for making rice. The dekchi comes with a thin flat lid which is used also to strain out the starch while finishing up cooking rice. The other prominent cooking utensil is a handi, which is a round-bottomed pot-like vessel. The three mentioned vessels all come in various sizes and in various metals and alloys. The tawa is used to make roti and porota.

Silverware is not a part of traditional Bengali cookery. A flat metal spatula, khunti, is used often, along with hata (scoop with a long handle), jhanjri (round-shaped sieve-like spatula to deep-fry food), the shanrashi (pincers to remove vessels from the fire), the ghuntni (wooden hand blender) for puréeing dal, the old wooden belun chaki (round pastry board and rolling pin), and the shil nora, which is a rough form of a mortar and pestle or grinding stone. The kuruni is a unitasker, there to grate coconuts.

Preparation and cutting

Bengali cuisine is rather particular in the way vegetables and meat (or fish) are prepared before cooking. Some vegetables are used unpeeled, in some preparations fish is used unskinned in contrast as well. However, in most dishes vegetables are peeled, and fish scaled and skinned.

In many cases, the main ingredients are lightly marinated with salt and turmeric (an anti-bacterial and antiseptic). Vegetables are to be cut in different ways for different preparations. Dicing, julienne, strips, scoops, slices, shreds are common and one type of cut vegetables cannot replace another style of cutting for a particular preparation. Any aberration is frowned upon. For example, in alu-kumror chhakka, the potatoes and gourds must be diced, not shredded; if they are shredded it is called ghonto and not chhakka.

Cooking styles

Bengali cuisine has evolved with the influence of Mughal cuisine, Anglo Indian cuisine, Chinese cuisine and so on. Some characteristics stand out: great number of rivers and its tributaries providing freshwater fish, flat and fertile land producing abundance of paddy(Rice) and Pulse(lentil), domestic cattle and dairy farming providing milk, beef (mainly non-Hindus) and mutton, alluvial soil producing variety of fruits and vegetables. Moreover, use of different spices has added to the flavour and taste of Bengali food. Ceremonial food differs from the daily food. While daily food consists mainly of rice/roti(handmade bread), fish, lentil(dal), meat, vegetables etc., in different occasions and festivals, guests are entertained with different kind of Polao or Biryani, Chicken korma, beef kalia, Kebab, borhani, firni, jorda or different sweet dishes etc. A significant feature of the cuisine is a significant variety of sweets based on milk and sugar as part of tradition. Wheat is used alongside rice, in different types of breads, such as luchi, kochuri and pôroṭa. Special cuisine are also prepared in different seasons; for example, in winter, both urban and rural areas prepare various kinds of Pitha



Fig 2.31: Mutton Chaanp

<https://commons.wikimedia.org/wiki/File:Food-Mutton-Chaanp.jpg#/media/File:Food-Mutton-Chaanp.jpgrater.JPG>



Fig 2.32: Mutton Rezala

<https://commons.wikimedia.org/wiki/File:Food-Mutton-Rezala.jpg#/media/File:Food-Mutton-Rezala.jpg>



Fig 2.33: Chicken kabiraji cutlet in Kolkata, December 2013

https://commons.wikimedia.org/wiki/File:Chicken_Kabiraji_Cutlet_-_Kolkata_2013-12-15_5382.JPG#/media/File:Chicken_Kabiraji_Cutlet_-_Kolkata_2013-12-15_5382.JPG

(Cakes like 'bhapa pitha', 'phul pitha', 'telerpitha', 'patishapta' and 'taler bora') and Payesh/ khir (a special kind of dessert made of milk, rice, sugar/gur and spices) are prepared.

Prosperity and urbanisation also led to the widespread use of professional cooks who introduced complex spice mixtures and more elaborate sauces, along with techniques, such as roasting or braising. Also introduced around this time, probably as a consequence of increased urbanisation, was a new class of snack foods. These snack foods are most often consumed with evening tea. The tea-time ritual was probably inspired by the British, but the snacks most popular are 'Shingara', 'dalpuri', 'samosa', 'peyaji', 'beguni', 'phuluri', 'chop', 'puffed rice (popularly known as Muri)', 'halim' etc. 'Chatpati' is one of the most popular street foods of Bangladesh.

Common Bengali recipe styles

The following are a list of characteristic Bengali recipe styles. There are Chinese, Southeast Asian, and Burmese influences in the food of Bengal, as well as some British influence, because of the formation of Kolkata during the 1700s. Each entry here is a class of recipes, producing different dishes depending on the choice of ingredients. There are six different tastes to which the Bengali palate caters to, sweet, sour, salty, bitter, hot and koshay.

Ombol or Aum-bol (also known as Tok) : A sour dish made either with several vegetables or fish, especially fish bones. The souring agent is usually tamarind pulp, unripe mango and sometimes amla or amloki is used. Curd, though a souring agent occasionally used with non-vegetarian dishes, will not be called ombol. It is served at the end of the meal as a kind of digestive, and to cleanse the palate.

Alu-dum: Heat oil and fry the potatoes and then add oil and fry onions and ginger-garlic paste and add all other spices. When the onions get brown put the fry potatoes into it, add some water and remove the lid off till the potatoes get boiled.

Achar: Pickles. Generally flavoured with mustard oil, mustard seeds, aniseed, caraway seed and asafoetida, or hing.

Bora: Anything that has been mashed and then formed into rough roundish shape and fried, generally in mustard oil. Generally served with rice as a starter, or served with puffed rice crisps as a snack. The bora has quite a few different kinds. When potatoes are fried in a light chickpea flour batter, they are called fuluri (giving rise to the Trinidadian pholourie)

Bhaja: Anything fried, either just after it has been salted or dipped in any kind of water-based batter. Does not include croquettes, or crumb-coated items.

Bhapa: Fish or vegetables steamed with spices.

Bhate: A vegetable, that has been put inside the pot in which rice is cooking, and it has been cooked along with the rice. Generally, you get potatoes, butternut squash, raw papayas, bitter gourd, snake gourd and okra in the rice. Bengalis often eat it with a tinge of mustard oil and salt. However, a very popular one-dish Bengali meal is alu bhate bhat, which is potatoes boiled along with rice, and then served along with the rice. For this, generally gobindobhog atop rice, which is a short-grained, glutinous rice that cooks quickly, is used, and is preferred to the long-grained rice, because of its creamy quality, and ability to become ever so sticky, which aids the dish when it comes to mashing. During the serve, some fresh ghee or butter, and salt to taste, to be mixed and mashed by hand into the right consistency, and then eaten. A raw green chili, and a boiled and shelled egg sometimes accompanies this dish.



Fig 2.34: Bangladeshi-style chow mein

https://commons.wikimedia.org/wiki/File:Bangladeshi_style_home-made_beef_chow_mein.jpg#/media/File:Bangladeshi_style_home-made_beef_chow_mein.jpg



Fig 2.35: Chinese pork roll

https://commons.wikimedia.org/wiki/File:Pork_Roll_-_Sun_Yat-sen_Street_-_Kolkata_2013-03-03_5307.JPG#/media/File:Pork_Roll_-_Sun_Yat-sen_Street_-_Kolkata_2013-03-03_5307.JPG



Fig 2.36: A traditional Bengali fish meal – Rice with Macher Jhol (Literally translated to "Fish's gravy").

https://commons.wikimedia.org/wiki/File:Macher_Jhol.JPG#/media/File:Macher_Jhol.JPG

Bhorta: Any vegetable, such as potatoes, beans, sour mangoes, papaya, pumpkins or even dal, first boiled whole and then mashed and seasoned with red shallot, fresh chile, mustard oil/ghee and spices.

Chorchori: Usually a vegetable dish with one or more varieties of vegetables cut into longish strips, sometimes with the stalks of leafy greens added, all lightly seasoned with spices like mustard or poppy seeds and flavoured with a pourn. Sometimes a chochchori may have small shrimp. The skin and bones of large fish like bhetki or chitol can be made into a chochchori called kata-chochchori (kata meaning fish-bone). The stir frying process and the lightness of a chochchori is not unlike that of chop suey, which is a term for assorted pieces, and this shows the influence of the Chinese in Bengali household cooking. The chochchori would be generally an assortment of vegetable and fish bones and other things that would have been rather thrown away, fried in a korai, (a slightly rounded wok), over high heat at first, and then simmered to let the vegetables cook down to being just done, and then taken off the flame immediately to stop cooking. The cooking procedure adds to the confirmation of the entrance of Chinese style of cooking into Kolkata during the mid-1800s, prior to which this particular dish was not very popular in Bengali cuisine.

Chop: Croquettes, usually coated with crushed biscuit or breadcrumbs.

Cutlet: Very different from the cutlets of the Brits, this is referred typically to a crumb-coated, thinly spread out dough, made generally of chicken/mutton minced, mixed together with shallot, bread crumbs and chillies. Generally it is then dipped in egg and coated in breadcrumb, fried and served with thin julienne of cucumber, carrots, radish and shallot. Often an egg mixed with a teaspoon or two water and a pinch of salt is dropped on top of the frying cutlet, to make it into a kabiraji, the Bengali pronunciation of a "Coverage or Cover:Egg" Cutlet, influenced by the British.

Chhyanchra: A combination dish made with different vegetables, portions of fish head and fish oil (entrails).

Chhenchki: Tiny pieces of one or more vegetable, generally a dice of vegetables along with general odds and ends, often even the peels (of potatoes, squash, gourd, pumpkin, bitter gourd, or potol for example)—usually flavoured with pach-phoron, whole mustard seeds or kalo jira. Chopped shallot and garlic can also be used, but hardly any ground spices.

Chutney: Generally Bengal is one of the pioneers for this particular dish, making it with everything, including preserved mango sheets, called amshotto.

Dalna: Mixed vegetables or eggs, cooked in a medium thick gravy seasoned with ground spices, especially gorom moshla and a touch of ghee.

Dom: Vegetables, especially potatoes, or meat, cooked over a covered pot containing water, slowly over a low heat, slightly steaming. The word is derived from the dum technique popular in Mughlai food.

Dolma/Dorma: A vegetable, potol, stuffed with fish boiled, de-boned, then prepared with Bengali five-spice powder, ginger and shallot (alternately coconut-vegetable stuffing is used). A mixture of poppy seeds, grated coconut, raisins or shrimp is commonly used for stuffing. During the times of the Muslim rulers, (who were known as the Nawabs of Bengal), this dish came to the region with its Turkish name, with the only noticeable change being the vegetable used for stuffing.

Ghonto: Different complementary vegetables (e.g., cabbage, green peas, potatoes or banana blossom, coconut, chickpeas) are chopped or finely grated and cooked with both a phoron and ground



Fig 2.37: Shukto

https://commons.wikimedia.org/wiki/File:Vegetables_Curry_-_Kolkata_2011-02-24_1725.JPG#/media/File:Vegetables_Curry_-_Kolkata_2011-02-24_1725.JPG



Fig 2.38: Luchis with alor dom, cholar dal and sondesh.

<https://commons.wikimedia.org/wiki/File:Luchi%26alurdum.jpg#/media/File:Luchi%26alurdum.jpg>



Fig 2.39: Deep-fried Carp

https://commons.wikimedia.org/wiki/File:Deep-fried_Carp_-_Kolkata_2011-02-17_1411.JPG#/media/File:Deep-fried_Carp_-_Kolkata_2011-02-17_1411.JPG

spices. Dried pellets of dal are often added to the ghonto. Ghee is commonly added at the end. Non-vegetarian ghontos are also made, with fish or fish heads added to vegetables. The famous murighonto is made with fish heads cooked in a fine variety of rice. Some ghontos are very dry while others are thick and juicy.

Jhal: Literally, hot. A great favourite in Bengali households, this is made with fish or shrimp or crab, first lightly fried and then cooked in a light sauce of ground red chilli or ground mustard and a flavouring of pach-phoron or kalo jira. Being dryish, it is often eaten with a little bit of dal poured over the rice.

Jhol: A light fish or vegetable stew seasoned with ground spices, like ginger, cumin, coriander, chilli, and turmeric, with pieces of fish and longitudinal slices of vegetables floating in it. The gravy is thin yet extremely flavourful. Whole green chillies are usually added at the end and green coriander leaves are used to season for extra taste. It is the closest to a "curry", yet it is more of a jus than a sauce.

Kalia: A very rich preparation of fish, meat or vegetables using a lot of oil and ghee with a sauce usually based on ground ginger and fresh shallots pasted or fried along with a tempering of gorom moshla.

Kofta (or Boras): Ground meat or vegetable croquettes bound together by spices or eggs served alone or in savoury gravy. Koftas are usually softer than boras which are mainly made of ground lentils, sometimes with added chopped vegetables. Telebhaja is different.

Korma: A term that can also be called qurma, of Mughali origin, meaning meat or chicken cooked in a mild yogurt-based sauce with ghee instead of oil; poppy seed paste is often added to it. People of southern Bangladesh are known to add coconut milk to many of their dishes and korma is no exception.

Kosha: Meaning fried for a long time with ground and whole spices over high heat until shallot/garlic/ginger have dissolved into a thick paste. Usually applied to meat and some shellfish.

Paturi: Generally oily fish is sliced evenly, and then wrapped in a banana leaf, after the fish has been hit by a basting of freshly pasted mustard with a hint of mustard oil, chili, turmeric and salt.

Pora: Literally, burnt. Vegetables are wrapped in leaves and roasted over a wood or charcoal fire. Some, like aubergine, are put directly over the flames. Before eating the roasted vegetable is mixed with oil and spices.

Poshto: anything cooked with poppy seed paste as the main flavouring agent. Often poppy seed paste with some mustard oil is eaten mixed with rice all by itself as a mild beginner for any Bengali meal.

Torkari: A general term often used in Bengal the way 'curry' is used in English. The word first meant uncooked garden vegetables. From this it was a natural extension to mean cooked vegetables or even fish and vegetables cooked together.

Shukto: A favourite Bengali palate cleanser, made with a lot of different vegetables including at least one bitter veg, simmered with a hint of sugar and milk to bring out the bitterness of the fresh vegetables.



Fig 2.40: Unripe mango chutney, Kolkata.

https://commons.wikimedia.org/wiki/File:Unripe_Mango_Chutney_-_Kolkata_2011-02-23_1714_IPG#/media/File:Unripe_Mango_Chutney_-_Kolkata_2011-02-23_1714_IPG



Fig 2.41: Mishti Doi

https://commons.wikimedia.org/wiki/File:Mishti_Doi.jpg#/media/File:Mishti_Doi.jpg



Fig 2.42: Sandesh

https://commons.wikimedia.org/wiki/File:Sandesh_-_Oberoi_Grand_-_Kolkata_2013-05-23_8046.JPG#/media/File:Sandesh_-_Oberoi_Grand_-_Kolkata_2013-05-23_8046.JPG

Shak: Any kind of green leafy vegetable, like spinach and mustard greens, often cooked till just wilted in a touch of oil and tempering of nigela seeds.

Culinary influences

Bengali food today has some broad (though not so distinct) traditional variations.

Mughal influence

Islam arrived in Bengal probably around the mid-thirteenth century, coming into force with the penetration of the Muslim rulers from the northwest. Dhaka (the present-day capital of Bangladesh), in particular, expanded greatly under Mughal rule. The partition of India in 1947 resulted in a large migration of people to and from present-day Bangladesh, resulting in a much stronger divide along religious lines. Bangladesh today shows a much greater Muslim influence than West Bengal.

The influence on the food was from the top down, and more gradual than in many other parts of India. This led to a unique cuisine where even commoners ate the dishes of the royal court, such as biryani, korma and bhuna. The influence was reinforced in the Raj era, when Kolkata became the place of refuge for many prominent exiled Nawabs, especially the family of Tipu Sultan from Mysore and Wajid Ali Shah, the ousted Nawab of Awadh. The exiles brought with them hundreds of cooks and masalchis (spice mixers), and as their royal patronage and wealth diminished, they became interspersed into the local population. These cooks came with the knowledge of a very wide range of spices (most notably jafran (saffron) and mace), the extensive use of ghee as a method of cooking, and special ways of marinating meats.

In Bangladesh, this food has over time become the staple food of the populace. In West Bengal, however, this has remained, more than the other categories, the food of professional chefs; the best examples are still available at restaurants. Specialties include chap (ribs slow cooked on a tawa), rezala (meat in a thin yogurt and cardamom gravy) and the famous kathi roll (kebabs in a wrap). The local population absorbed some of the ingredients and techniques into their daily food, resulting in meat-based varieties of many traditional vegetarian dishes, but the foods remained largely distinct.

The Mughal influence is most distinct in preparations involving meat, especially mutton. However, even chicken and other meats became more prevalent. The influence was also seen in desserts; traditional desserts were based on rice pastes and jaggery but under the Mughal influence moved towards significantly increased use of milk, cream and sugar along with expensive spices such as cardamom and saffron.

Anglo-Indian or Raj influence

Anglo-Indian food is not purely the result of the influence of the British; Bengal was once the home of a French colony, and also hosted populations of Portuguese, Dutch and other Europeans. These collective western influences are seen in the foods created to satisfy the tastes of the western rulers. The result is a unique cuisine, local ingredients adapted to French and Italian cooking techniques—characterised by creamy sauces, the restrained use of spices, and new techniques such as baking. English and Jewish bakers such as Flury's and Nahoum's dominated the confectionery industry which migrated from British tables to everyday Bengali ones, resulting in unique creations such as the pêtis (savory turnovers, from the English "pasty"). Another enduring contribution to Bengali cuisine is pau ruṭi, or Western-style bread. Raj-era cuisine lives on especially in the variety of finger foods popularised in the 'pucca' clubs of Kolkata, such as mutton chop, kabiraji cutlet or fish orly.



Fig 2.43: Ras Malai

https://commons.wikimedia.org/wiki/File:Ras_Malai.JPG#/media/File:Ras_Malai.JPG



Fig 2.44: Pantua

https://commons.wikimedia.org/wiki/File:Pantua_-_Kolkata_2011-09-20_5431.JPG#/media/File:Pantua_-_Kolkata_2011-09-20_5431.JPG



Fig 2.45: Varieties of pithas (Pakan, Pati Shapta etc.)

https://commons.wikimedia.org/wiki/File:Pitha_for_Wedding-_Pakan,_Patishapta,_Bharandash.jpg#/media/File:Pitha_for_Wedding-_Pakan,_Patishapta,_Bharandash.jpg

The British also influenced food in a somewhat different way. Many British families in India hired local cooks, and through them discovered local foods. The foods had to be toned down or modified to suit the tastes of the "memsahibs". The most distinct influence is seen in the desserts, many of which were created specifically to satisfy the British—most notably the very popular sweet ledikeni named after the first Vicereine Lady Canning; it is a derivative of the pantua created for an event hosted by her.

Chinese influence

The Chinese of Kolkata originally settled into a village called Achipur south of Kolkata in the late 18th century, later moving into the city and finally into its present home in Tangra at the eastern edge of Kolkata. The Chinese-origin people of Kolkata form a substantial and successful community with a distinct identity. With this identity came Chinese food, available at almost every street corner in Kolkata at present, due to the taste, quick cooking procedure, and no similarity with the original Chinese recipe other than the use of soy sauce. They were mostly Cantonese tradesmen and sailors who first settled down here and decided to cook with whatever items they had at hand.

The influence of this unique syncretic cuisine cannot be overstated; it is available in every town in India and Bangladesh as "Chinese" food. Bengali immigrants to other countries have started carrying this abroad as well; Indian Chinese restaurants have appeared in many places in the United States and UK.

Indian Chinese food was given a second boost when a large number of Tibetans migrated into Indian Territory, following the 14th Dalai Lama's flight. Tibetans brought with them their own delicacies to add to this genre, such as the very popular momo (a kind of dumpling) or thukpa (a hearty noodle soup). Tibetans and Nepali immigrants also found ready employment in kitchens and helped power the millions of eateries that serve this unique fusion on virtually every street in Kolkata. The chop suey became a favorite, and versions like "American chop suey" and "Chinese chop suey" were constantly talked about.

Bengali meals

The medium of cooking is mustard oil which adds on its own pungency. Another very important item of Bengali cuisine is the variety of sweets or mishti as they call them. Most of them are milk-based and are prepared from 'chhana' (ponir as it is popularly known). The most popular among the Bengali sweets are the Roshogolla, Shondesh, Pantua and Mishti Doi and these four sweets are deemed essential at every wedding besides some other sweets, which may vary as per individual choice. A meal, for the Bengali, is a ritual in itself even only boiled rice and lentils (dal bhat), with a little fish. Bengalis, like the French, spend not only the great deal of time thinking about the food but also on its preparation and eating. Quips like "Bengalis live to eat" and "Bengalis spend most of their income on food" are not exactly exaggerated. The early morning shopping for fresh vegetables, fish etc. is the prerogative of the head of the family, even in affluent household, because he feels that he alone can pick up the best at a bargain price. The Bengalis are very particular about the way and the order in which the food should be served. Each dish is to be eaten separately with a little rice so that the individual flavours can be enjoyed. The first item served may be a little ghee which is poured over a small portion of rice and eaten with a pinch of salt. Then come the bitter preparation, shukto, followed by lentils or dals, together with roasted or fried vegetables (bhaja or bharta). Next come the vegetable dishes, the lightly spiced vegetables, chenchki, chokka, followed by the most heavily spiced dalna, ghonto and those cooked with fish. Finally the chicken or mutton, if this being served at all. Chaatni comes to clear the palate together with crisp savoury wafers, papor. Dessert is usually sweet yogurt



Fig 2.46: Bhapa Pitha, often sweetened with molasses, is a popular Bangladeshi style rice cake.

https://commons.wikimedia.org/wiki/File:Bhapa_Pitha_Bangladeshi_Style,_3_February,_2013.jpg#/media/File:Bhapa_Pitha_Bangladeshi_Style,_3_February,_2013.jpg



Fig 2.47: Jhal Muri

https://commons.wikimedia.org/wiki/File:IndianFood_Bhelpuri.jpg#/media/File:IndianFood_Bhelpuri.jpg



Fig 2.48: Joynagarer moa

https://commons.wikimedia.org/wiki/File:Joynagar_Moa_-_Howrah_2016-01-26_9258.JPG#/media/File:Joynagar_Moa_-_Howrah_2016-01-26_9258.JPG

(mishti doi). The meal is finally concluded with the handing out of betel leaf (paan), which is considered to be an aid to digestion and an astringent. Traditionally the people here eat seated on the floor, where individual pieces of carpet, called asans, are spread for each person to sit on and the meal is served on a large gun-metal or silver plate (thala) and the various items of food are placed in bowls (batis) around the top of the thala, running from right to left. Rice is mounded and placed on the middle of the thala, with a little salt, chilies and lime placed on the upper right hand corner. They eat with the fingers of the right hand and strict etiquette is observed with regard to this. The typical Bengali fare includes a certain sequence of food—somewhat like the courses of Western dining. Two sequences are commonly followed, one for ceremonial dinners such as a wedding and the day-to-day sequence. Both sequences have regional variations, and sometimes there are significant differences in a particular course between West Bengal and Bangladesh.

At home, Bengalis traditionally ate without silverware: kaṭa (forks), chamoch (spoons), and chhuri (knives) gradually finding use on Bengali tables in urban areas. Most Bengalis eat with their right hand, mashing small portions of meat and vegetable dishes with rice and in some cases, lentils. In rural areas, Bengalis traditionally eat, sitting on the floor with a large banana or plantain leaf serving as the plate or plates made from sal leaves sown together and dried.

The elaborate dining habits of the Bengalis were a reflection of the attention the Bengali housewife paid to the kitchen. In modern times, thanks to Western influence, this is rarely followed any more. Courses are frequently skipped or combined with everyday meals. Meals were usually served course by course to the diners by the youngest housewives, but increasing influence of nuclear families and urbanisation has replaced this. It is now common to place everything on platters in the centre of the table, and each diner serves him/herself. Ceremonial occasions such as weddings used to have elaborate serving rituals, but professional catering and buffet-style dining is now commonplace. The traditions are far from dead, though; large family occasions and the more lavish ceremonial feasts still make sure that these rituals are observed.

The daily meal

The foods of a daily meal are usually simpler, geared to balanced nutrition and makes extensive use of vegetables. The courses progress broadly from lighter to richer and heavier and goes through various tastes and taste cleansers. Rice remains common throughout the meal and is the main constituent of the meal, until the chaṭni (chutney) course.

First course or starter

The starting course is made from bitter vegetables or herbs, often deep fried in oil or steamed with cubed potatoes. Portions are usually tiny—a spoonful or so to be had with rice—and this course is considered to be both a palate-cleanser and of great medicinal value. The ingredients used for this course change seasonally, but commonly used ones are kôrola or uchhe (forms of bitter gourd) which are available nearly all year round, or tender neem leaves in spring.

A thick soupy mixture of vegetables in a ginger-mustard sauce called Shukto in West Bengal usually follows the bitter starting course, but sometimes replaces it as a starter altogether. Eaten in much bigger portions, Shukto is usually eaten in summer. It is a complex dish, featuring a fine balance of many different tastes and textures and is often a critical measure of a Bengali cook's abilities in the kitchen.

Shak

The first course is then followed by shak (leafy vegetables) such as spinach, palong chard, methi fenugreek, or amaranth to name a few. The shak can be steamed or cooked in oil with other vegetables such as begun (aubergine). Steamed shak is sometimes accompanied by a pungent paste of fermented mustard seeds, spices and sometimes dried mangoes, dried Indian plum and olives which is called Kashundi. Many varieties of the Shak (fried/ cooked leaves) are savored in Bengal. Methi Shak, Kormi Shak, Pui Shak, Ponka Shak, Kulekhara Shak, Sojne Shak (drum stick leaves), Hince Shak, Neem Pata, Lau Shak, Kumro Shak, Sorshe Shak (also very common in North of India), Kochu Shak etc. are some of the varieties that are vary commonly eaten in Bengali dishes. Neem Shak and Begun (Brinjal) is cooked in mustard oil (deep fried) and consumed with rice. This is a unique dish which is consumed as a normal food considering its bitter taste because of the Neem leaves.

Dal

The dal course is usually the most substantial course, especially in West Bengal. It is eaten with a generous portion of rice and a number of accompaniments. Common accompaniments to dal are aaloo bhaate (potatoes mashed with rice), and bhaja (stir fried). Bhaja literally means 'fried'; most vegetables are good candidates but begun (aubergines), kumro (pumpkins), or alu (potatoes) like French fries, or shredded and fried, uchhe, potol pointed gourd are common. Machh bhaja (fried fish) is also common, especially rui (rohu) and ilish (hilsa) fishes. Bhaja is sometimes coated in a beshon (chickpea flour) and posto (poppyseed) batter. A close cousin of bhaja is bôra or deep-fried savoury balls usually made from poshto (poppyseed) paste or coconut mince. Another variant is fried pointed gourd as potoler dorma with roe/prawn.

Another accompaniment is a vegetable preparation usually made of multiple vegetables stewed slowly together without any added water. Labra, chorchori, ghonto, or chanchra are all traditional cooking styles. There also are a host of other preparations that do not come under any of these categories and are simply called tôrkari—the word merely means 'vegetable' in Bengali. Sometimes these preparations may have spare pieces of fish such as bits of the head or gills, or spare portions of meat. A charchari is a vegetable dish that is cooked without stirring, just to the point of charring.

Pickles such as raw mangoes pickled in mustard oil and spices or sweet and tangy tamarind pickles and lemon pickle are also served with the dal course. A variety of pickles are a permanent fixture of Bengali meal.

Main course

The next course is the fish course. Generally there is one fish course a day, because Bengalis tend to eat fish and generally derive the necessary protein intake from fish and dal. Meat was generally a once-a-week affair until the 1990s, but now with changing culture, meat is served more often in the household. Generally the most common fish dish is the Jhol, where a thin jus of fish is made with ginger, turmeric, chili and cumin (the basic group of spices), and fish and sometimes potato or other vegetable.

Bengalis fame in cooking fish, both dried fish called "Shutki" (more present in East Bengali households) as well as fresh fish. Prawn or shrimp is often considered to be a kind of fish, and crabs are also a favourite of the Bengalis. Apart from it, mutton and chicken feature largely in the non-vegetarian menu, while the vegetarian menu contains homemade ponir, gram flour "dhoka" (a cousin to the gatta of the Marwari/Gujrati food group).

Generally one or two pieces of fish or meat are served during lunch, with rice, to balance out the meal.

Additional main course

Then comes the meat course. This course may be eaten occasionally for 2 reasons: the Hindu principle of ahimsa, which is observed throughout the region, and cost, as meat is very costly. The divide among the Bengalis of Bangladesh and West Bengal is most evident when it comes to the meat course. Meat is readily consumed in urban parts of Bangladesh and some consider it the meal's main course. Beef is mainly consumed in some of the feasts and banquets in major cities like Dhaka and Chittagong. Because the consumption of beef is prohibited among Bengali Hindu communities, Khashi mutton is traditionally the meat of choice in West Bengal, but murgi chicken and dim eggs are also commonly consumed. At the time of Partition, it was rare for caste Hindus to eat chicken or even eggs from hens, choosing rather duck eggs if eggs were to be consumed. Although it is debatable as to whether chicken is more popular than khashi in West Bengal today, the proliferation of poultry farms and hatcheries makes chicken the cheaper alternative.

Chutney

Next comes the chutney course, which is typically tangy and sweet; the chutney is usually made of am mangoes, tomatoes, anarôsh pineapple, tetul tamarind, pepe papaya, or just a combination of fruits and dry fruits called mixed fruit chutney served in biye badi (marriage). The chutney is also the move towards the sweeter part of the meal and acts also as a palate cleanser, similar to the practice of serving sorbet in some Western cuisines.

Papor (papadum), a type of wafer, thin and flaky, is often made of dal or potatoes or shagu (sago) and is a usual accompaniment to the chutneys.

Desserts

The last item before the sweets is doi (yogurt). It is generally of two varieties, either natural flavour and taste or Mishti Doi – sweet yogurt, typically sweetened with charred sugar. This brings about a brown colour and a distinct flavour. Like the fish or sweets mishti doi is typically identified with Bengali cuisine.

In a daily meal it is likely that some of the courses might get missed, for instance the 'Shak', the additional course, Chutney and Papor. In some cases, the dessert might be missed as well. The courses overall are the same at home or at a social function (e.g. marriage feast). Rice, which is the staple across the meal gets replaced by 'luchi' or luchi stuffed with dal or mashed green peas. The replacement is a relatively recent phenomenon and has been seen in practice only from about the early 20th century.

Mishti (sweets)

Sweets occupy an important place in the diet of Bengalis and at their social ceremonies. It is an ancient custom among both Hindu and Muslim Bengalis to distribute sweets during festivities. The confectionery industry has flourished because of its close association with social and religious ceremonies. Competition and changing tastes have helped to create many new sweets, and today this industry has grown within the country as well as across the world.

The sweets of Bengal are generally made of sweetened cottage cheese (chhena), unlike the use of khoa (reduced solidified milk) in Northern India. Flours of different cereals and pulses are used as well. Some important sweets of Bengal are:

Shôndesh

Made from sweetened, finely ground fresh chhena (cottage cheese), shôndesh in all its variants is among the most popular Bengali sweets. The basic shôndesh has been considerably enhanced by the many famous confectioners of Bengal, and now several hundred different varieties exist, from the simple kachagolla to the complicated abar khabo, jôlbhôra or indrani. Another variant is the kôrapak or hard mixture, which blends rice flour with the paneer to form a shell-like dough that lasts much longer.

Rossogolla

Rôshogolla/Rossogolla, a Bengali traditional sweet, is one of the most widely consumed sweets in India. It spread to Bengal in 1868. Channa based sweets were introduced in Eastern India from about the 18th century; as the process and technology involved in synthesizing "Chhana" was introduced to the Indians by the Dutch in the 1790s. The cottage cheese "schmierkase" was also known as Dutch cheese. The earlier versions of Rossogolla lacked binding capacity of the modern avatar that is well known and highly acclaimed today. This was due to the fact that the know-how involved in synthesizing such a sweet was unknown before being experimentally developed by Nobin Chandra Das and then constantly improved and further standardized by his successors. Furthermore, one must clearly understand that the "chhana" manufactured in those days was a coarse and granular variety and had low binding capacity. It was made by citric and ascorbic acid from natural fruit extracts. This type of "chhana" cannot be worked on to compact into any regular and firm shape for the purpose of sweet-making, leave alone making Rossogolla. This is because of a documented technological issue - lactic acid (extracted from whey) used to curdle milk now was introduced to India in the late 18th century by Dutch and Portuguese colonists (along with acetic acid) - and it is this method that creates the fine, smooth modern "chhana" with high binding capacity - which is now the staple raw material for Bengali confectioners. At present, Nobin Chandra Das is referred to have invented the spongy variant of rossogolla

Laddu (Naru)

Laddu is a very common sweet in West Bengal and Bangladesh, especially during celebrations and festivities.

Roshmalai

Ras malai is composed of white, cream, or yellow cloured balls of channa which are dipped and soaked in sugar and malai or cottage cheese. This dessert resembles the rasgulla greatly. Though it is not a primarily Bengali sweet and originated from other places, Ras Malai is still very popular. Comilla is famous for its Roshmalai.

Pantua

Pantua is somewhat similar to the rôshogolla, except that the cottage cheese balls are fried in either ghee (clarified butter) or oil until golden or deep brown before being put in syrup. There are similar tasting, but differently shaped versions of the Pantua e.g. Langcha (cylindrical) or Ledikeni.

Interestingly, the latter was created in honour of Countess Charlotte Canning (wife of the then Governor General to India Charles Canning) by Bhim Nag, a sweet maker in Kolkata.

Pantua is similar to gulab jamun, and could be called a Bengali variant of that dish.

Chômchôm

Chômchôm, (চমচম) (originally from Porabari, Tangail District in Bangladesh) goes back about 150 years. The modern version of this oval-shaped sweet is reddish brown in colour and has a denser texture than the rôshogolla. It can also be preserved longer. Granules of maoa or dried milk can also be sprinkled over it.

Pitha or pithe

Bhapa Pitha, often sweetened with molasses, is a popular Bangladeshi style rice cake.

In both Bangladesh and West Bengal, the tradition of making different kinds of pan-fried, steamed or boiled sweets, lovingly known as pithe or the "pitha", still flourishes. These symbolise the coming of winter, and the arrival of a season where rich food can be included in the otherwise mild diet of the Bengalis. The richness lies in the creamy silkiness of the milk which is mixed often with molasses, or jaggery made of either date palm or sugarcane, and sometimes sugar. They are mostly divided into different categories based on the way they are created. Generally rice flour goes into making the pithe.

They are usually fried or steamed; the most common forms of these cakes include bhapa piṭha (steamed), pakan pitha (fried), and puli pitha (dumplings), among others. The other common pithas are chandrapuli, gokul, pati shapta, chitai piṭha, aski pithe, muger puli and dudh puli.

The Pati Shapta variety is basically a thin-layered rice-flour crepes with a milk-custard creme-filling, similar to the hoppors or appams of South India, or the French crepes. In urban areas of Bangladesh and West Bengal most houses hold Pitha-festivals sometime during the winter months. The celebration of the Piṭha as a traditional sweet is the time for the Winter Harvest festival in rural Bangladesh and West Bengal. The harvest is known as 'Nobanno' – (literally 'new sustenance') and calls for not only rare luxuries celebrating food and sweets but also other popular and festive cultural activities like Public Dramas at night and Open Air Dance Performances.

Other sweets

Several varieties of dois (yogurts) such as mishṭi doi, custards, and rice pudding (khir or firni) are also popular in West Bengal.

Shôndesh, chhanar jilapi, kalo jam, darbesh, raghobshai, payesh, bundiya, nalengurer shôndesh, shor bhaja, langcha, babarsa, Rajbhog and a variety of others are examples of sweets in Bengali cuisine.

Snacks

Muṛi

Muṛi (puffed rice) is made by heating sand in a pot, and then throwing in grains of rice. The rice may have been washed in brine to provide seasoning. The rice puffs up and is separated from the sand by a strainer. Muṛi is very popular and is used in a wide variety of secular and religious occasions, or even just consumed plain. Muri is also often used as a replacement for or in combination with regular rice.

A variant of muṛi is khoi, which is popped rice. Both varieties are used to make many different snack foods.

Jhal-Muṛi

One of the most popular and iconic snack foods of Bengal, jhal literally means 'hot' or 'spicy'. Jhal-muṛi is puffed rice with spices, vegetables and raw mustard oil. Depending on what is added, there are many kinds of jhal-muṛi but the most common is a bhôṛta made of chopped shallot, jira roasted ground cumin, bitnoon black salt lôngka / morich chilis (either kacha 'ripe' or shukna 'dried'), mustard oil, dhone pata (fresh coriander leaves) and mudhi.

Moa

A moa is made by taking muri with gur (jaggery) as a binder and forming it into a ball, made all over Bengal. Another popular kind of moa is Joynagarer moa, a moya particularly made in Jaynagar, South 24 Parganas district, West Bengal which uses khoi and nolen gur as binder. Nolen gur is fresh jaggery made from the sap of date palm. Moas are made specially during winter.

Chīṛe Bhaja

Chīṛe Bhaja is made up of Flattened rice fried in sand and then strained in metal strainers, not tea strainer. It is mostly consumed with fried peanuts, jhuri-bhaja and fried curry leaves .

Rolls

Though the culture of having several types of Rolls are not authentic Bengali cuisine but it has a partial Awadhi touch made in Bengali style. Usually common within office goers and students. Predominantly nonveg, it is prepared by lacha paratha wrapped with egg or stuffed with chicken, chicken tikka, mutton keema and so on, sometimes with paneer and onion on demand. This is good

Kochuri-AlurDam

Kochuri has its advent from the time immemorial. It is pulses stuffed in Puri or Luchi and paired with Alur dam or Cholar Dal.

Phuchka

Also known as Golgappa within North India, Kolkata Phuchka has its own flavour and taste. It is a very good appetizer where each small golgappa is stuffed with potato smash and tamarind. Usage of 'Bhaja Masala' or Fried spices powder and chilli makes it goes mouth watering.

Glossary

Ambal: A sour dish made either with several vegetables or with fish, the sourness being produced by the addition of tamarind pulp or lime juice.

Biryani: Fragrant dish of long-grained aromatic rice combined with beef, mutton, or chicken and a mixture of characteristic spices. Sometimes cooked in sealed containers (dum biriyani).

Bhaja or Bhaji: Anything fried, either by itself or in batter.

Bhapa: Fish or vegetables steamed with oil and spices. A classic steaming technique is to wrap the fish in banana leaf to give it a faint musky, smoky scent.

Bhate: ('steamed with rice') any vegetable, such as potatoes, beans, pumpkins, or even dal, first boiled whole and then mashed and seasoned with mustard oil or ghee and spices. Traditionally the vegetables were placed on top of the rice; they steamed as the rice was being boiled.

Bhuna: A term of Urdu origin, and applies to meat cooked in spices for a long time without water. The spices are slow-cooked in oil (bhunno). The spices first absorb the oil, and when fully cooked release the oil again.

Bora: See Kofta

Chochchori: Usually a vegetable dish with one or more varieties of vegetables cut into longish strips, sometimes with the stalks of leafy greens added, all lightly seasoned with spices like mustard or poppy seeds and flavoured with a phoron. The skin and bone of large fish like bhetki (red snapper) or chitol can be made into a chochchori called kata-chochchori, kata, meaning fish-bone.

Chhanchra: A combination dish made with different vegetables, portions of fish head and fish oil (entrails).

Checkki: Tiny pieces of one or more vegetable—or, sometimes even the peels (of potatoes, lau, pumpkin or potol for example)—usually flavoured with panch phoron or whole mustard seeds or black cumin. Chopped shallot and garlic can also be used, but hardly any ground spices.

Dalna: Mixed vegetables or eggs, cooked in medium thick gravy seasoned with ground spices, especially garom mashla and a touch of ghee.

Dam or Dum: Vegetables (especially potatoes), meat or rice (biryani) cooked slowly in a sealed pot over a low heat.

Dolma or Patoler Dolma: The name is coming from Turkey, but the food is different. The vegetable Potol is stuffed either with a combination of grated coconut, chickpeas, etc. or more commonly with fish and then fried. The fish is boiled with turmeric and salt, then bones are removed and then shallot, ginger and gorom moshla are fried in oil and boiled fish is added and churned to prepare the stuffing.

Ghonto: Different complementary vegetables (e.g., cabbage, green peas, potatoes or banana blossom, coconut, chickpeas) are chopped or finely grated and cooked with both a phoron and ground spices. Dried pellets of dal (boris) are often added to the ghonto. Ghee is commonly added at the end. Non-vegetarian ghontos are also made, with fish or fish heads added to vegetables. The famous muri-ghonto is made with fish heads cooked in a fine variety of rice. Some ghontos are very dry while others a thick and juicy.

Jhal: Literally, 'hot'. A great favourite in West Bengali households, this is made with fish or shrimp or crab, first lightly fried and then cooked in a light sauce of ground red chilli or ground mustard and a flavouring of pāch-phoron or black cumin. Being dry, it is often eaten with a little bit of dal poured over the rice.

Jhol: A light fish or vegetable stew seasoned with ground spices like ginger, cumin, coriander, chili, and turmeric with pieces of fish and longitudinal slices of vegetables floating in it. The gravy is thin yet extremely flavourful. Whole green chilis are usually added at the end and green coriander leaves are used to season for extra taste. This term is also used to refer to any type of stew in meat, fish or vegetable dishes.



Fig 3.49 Phuchka

https://commons.wikimedia.org/wiki/File:Dahi_puri,_Doi_phuchka.jpg#/media/File:Dahi_puri,_Doi_phuchka.jpg



Fig 3.50 Rossogolla (Rasgulla)

<https://commons.wikimedia.org/wiki/File:Rasagulla.jpg#/media/File:Rasagulla.jpg>

Kalia: A very rich preparation of fish, meat or vegetables using a lot of oil and ghee with a sauce usually based on ground ginger and shallot paste and gorom moshla.

Kasundi or Kashundi: A pungent paste of fermented mustard seeds, spices and sometimes dried mangoes, dried Indian plum and olives, popular as a dipping sauce in Bengali cuisine.

Khichuri: Rice mixed with Moong Dal or Masoor dal (kinds of lentil) and vegetables, and in some cases, boiled or fried eggs. Usually cooked with spices and turmeric powder.

Kofta: Ground meat or vegetable croquettes bound together by spices or eggs served alone or in savoury gravy.

Korma: Another term of Urdu origin (literally 'braised with onions'), meaning meat or chicken cooked in a mild shallot and yogurt sauce with ghee.

Luchi: Small round unleavened bread fried in oil or ghee.

Panch phoron: A spice mixture of consisting of five whole seeds used in equal proportions and fried in oil or ghee. The spices can vary, but the mixture usually includes cumin, fennel or anise, nigella, fenugreek, and either wild celery (radhuni) or black mustard seeds.

Porota: Bread made from wheat flour and fried in the oven until golden-brown.

Paturi: Typically fish, seasoned with spices (usually shorshe) wrapped in banana leaves and steamed or roasted over a charcoal fire.

Polau (See Pilaf): Fragrant dish of rice with ghee, spices and small pieces of vegetables. Long grained aromatic rice is usually used, but some aromatic short grained versions such as Kalijira or Gobindobhog may also be used.

Pora: The word literally means charred. Vegetables are wrapped in banana leaves and roasted over a wood, charcoal or coal fire. Some vegetables with skin such as begun, are put directly on the flame or coals. The roasted vegetable is then mixed with shallot, oil and spices.

Ruti: Unleavened bread made in a tawa and puffed over an open flame.

Tôrkari: A general term often used in Bengali, similar to the way "curry" is used in English. Originally from Persian, the word first meant uncooked garden vegetables. From this it was a natural extension to mean cooked vegetables or even fish and vegetables cooked together.

CHECK YOUR PROGRESS

- Elaborate on the features of Cuisine of Bengal.
- Explain the main ingredients used in Cuisine of Bengal.
- Elaborate the influence of widows on the food of Bengal.
- Explain the various fish and seafood used in Cuisine of Bengal.
- Explain the concept of Khashi or kochi pantha used in Cuisine of Bengal.
- Elaborate special dishes of Dhaka.
- Explain at least five of the specialities of Kolkata.
- Name at least five rice dishes used in Cuisine of Bengal.
- Describe the various types of Vegetable used in Cuisine of Bengal.
- Describe Luchi and Porontha dishes of Cuisine of Bengal.
- Discuss the various cooking medium and spices used in Cuisine of Bengal.
- Elaborate on the instruments and utensils used in Cuisine of Bengal.
- Describe the various types of curries used in Cuisine of Bengal.
- Discuss the influence of Mughal cuisine on Cuisine of Bengal.
- Elaborate the influence of British Raj on Cuisine of Bengal.
- Explain the Chinese influence on Cuisine of Bengal.
- Discuss a typical daily Bengali meal.
- Describe the first course (starter) of a Bengali meal.
- Explain the second course (shak) of a Bengali meal.
- Explain the third course (dal) of a Bengali meal.
- Explain the main course of a Bengali meal.
- Explain the additional main course of a Bengali meal.
- Discuss the various chutnies used in Bengal meal.
- Elaborate at least five of the desserts used in Cuisine of Bengal.
- Elaborate at least five of the sweets used in Cuisine of Bengal.
- Elaborate at least five of the snacks used in Cuisine of Bengal.

2.05 CUISINE OF SIKKIM

Sikkimese cuisine is the traditional cuisine of Sikkim, a state of India. Sikkimese are traditionally rice eaters. Nepalese cuisine is very popular in Sikkim because Sikkim is the only state of India with an ethnic Nepali majority.

Dishes

Dal bhat - is a boiled rice and lentil soup with vegetable tarkari and chutney

Dhindo - Traditional Nepalese food of Sikkim

Gya thuk or Thukpa - is a noodle based soup with vegetables or meat.

Momo - stuffing minced meat, vegetables or cheese in flour dough and then making them into dumplings.

Phagshapa - is strip of pork fat stewed with radishes and dried chillies.

Sha Phaley - bread stuffed with seasoned beef and cabbage.

Gundruk and Sinki are two of the few well known vegetarian dishes of Sikkim. They are soups that are prepared generally during winters when vegetables growth is at its maximum. Gundruk is prepared using leaves of mustard, radish and cauliflower but Sinki soup is made just of radish tap root only.

Dhindo

Dhindo Thali in a Thakali Restaurant of Nepal

Course Meal

Place of origin Nepal

Region or state Nepal and Neighboring region of Nepal who is culturally link with Nepalese people such as Darjeeling district and Sikkim of India, Tibet, Bhutan, Burma

Main ingredients water, white flour, buckwheat, vegetables, etc.

Dhindo (Nepali: **ढिँडो** About this sound Listen (help·info)) is a traditional food of Nepal. It is prepared by bringing hot water in a pan to boil and adding flour while continuously stirring the mix. It is the main meal in various parts of Nepal.

Dhindo is traditionally prepared from buckwheat or millet but wheat, corn flour is common as well. In fact, one could make Dhindo from any grain as long as its ground into flour as the recipe is simple. The utensil of choice is "Phalame Tapke" (Iron pan). A narrow iron spatula is used to stir the thick mix and is called, "Dabilo". It makes stirring easier.

Method of Preparation

(serves two people)

Ingredients:

1 litre water

250g flour

20ml ghee or butter (optional)

Directions: Bring water to boil. Slowly add flour to the water, while stirring with a cooking spoon. Add ghee and keep stirring the mixture constantly for 5–7 minutes. Once the mix reaches a consistency where a wooden spatula can be stuck and remains where it is, Dhindo is fully cooked.



Fig 3.51: Dhindo

https://commons.wikimedia.org/wiki/File:Dhindo_by_Ganesh.jpeg#/media/File:Dhindo_by_Ganesh.jpeg

How to eat

Dhindo is eaten by making a small ball with one's fingers, dipping it in a cool liquid (lentil soup or milk or gundruk) and swallowed. It is not chewed as Dhindo is made of millet, sticks between teeth, and is hot at the time of consumption.

CHECK YOUR PROGRESS

- Explain the features of Cuisine of Sikkim.
- Describe the various dishes of Sikkim.
- Explain how Dhindo is prepared.
- Elaborate how Dhindi is eaten.
- Discuss the ingredients of Dhindo.

2.06 CUISINE OF MEGHALAYA

Meghalayan cuisine is the local cuisine of the Indian state of Meghalaya. Meghalaya is home to three Mongoloid tribes; it has a unique cuisine, different from the other Seven Sister States of northeast India. The staple food of the people is rice with spicy meat and fish preparations. They rear goats, pigs, fowl, ducks and cows and relish their meat.

The popular dishes of Khasis and Jaintia are Jadoh, Ki Kpu, Tung-rymbai, and pickled bamboo shoots; bamboo shoots are also a favorite dish of the Garos. Garos eat most non-domesticated animals, though their everyday staples are simple foods such as rice with kapa, cooked with a special ingredient called purambhi masala.

CHECK YOUR PROGRESS

- Explain the features of Cuisine of Meghalaya.

2.07 CUISINE OF ASSAM

Assamese cuisine (Assamese: অসমীয়া ৰন্ধন-শৈলী) is the indigenous traditional cuisine of Assam which is completely similar to traditional cuisines of South-East Asia and is completely different from mainland Indian dishes. It is a style of cooking that is a confluence of cooking habits of the hills that favor fermentation and drying as forms of preservation and those from the plains that provide fresh vegetables and an abundance of fish and meat. Both are centered on the main ingredient — rice. The confluence of varied cultural influences in the Assam Valley has led to the staggering variety and flavours in the Assamese food. It is characterised by the use of an extremely wide variety of plant as well as animal products, owing to their abundance in the region. It is a mixture of indigenous styles with considerable regional variations and little external influences.

The cuisine is characterized by very little use of spices, little cooking over fire and strong flavors due mainly to the use of endemic exotic fruits and vegetables that are either fresh, dried or fermented. Fish is widely used, and birds like duck, squab etc. are very popular, which are often paired with a main vegetable or ingredient. Preparations are rarely elaborate. (The practice of bhuna, the gentle frying of spices before the addition of the main ingredients so common in Indian cooking, is absent in the cuisine of Assam.) The preferred oil for cooking is the pungent mustard oil.

A traditional meal in Assam begins with a khar, a class of dishes named after the main ingredient, and ends with a tenga, a sour dish. The food is usually served in bell metal utensils made by an indigenous community called Mariya. The belief is that when food and water is served in such utensils its good for health and boost up immunity. Tamul (betel nut, generally raw) and paan generally concludes the meal.

Though still obscure, this cuisine has seen wider notice in recent times. The discovery of this cuisine in the popular media continues, with the presenters yet to settle on the language and the specific distinctiveness to describe it

Ingredients



Fig 2.52: Assamese Thali

https://commons.wikimedia.org/wiki/File:Assamese_Thali.jpg#/media/File:Assamese_Thali.jpg



Fig 2.53: Kosu xaak aru madhuxuleng (Colocasia with Polygonum microcephalum)

[https://commons.wikimedia.org/wiki/File:Kosu_Xaak_aru_Madhuxuleng_\(Colocasia_with_Polygonum_microcephalum\).jpg#/media/File:Kosu_Xaak_aru_Madhuxuleng_\(Colocasia_with_Polygonum_microcephalum\).jpg](https://commons.wikimedia.org/wiki/File:Kosu_Xaak_aru_Madhuxuleng_(Colocasia_with_Polygonum_microcephalum).jpg#/media/File:Kosu_Xaak_aru_Madhuxuleng_(Colocasia_with_Polygonum_microcephalum).jpg)



Fig 2.54: Masor Tenga

https://commons.wikimedia.org/wiki/File:Macher_Jhol.JPG#/media/File:Macher_Jhol.JPG



Fig 2.55: Puthi maas (Ticto barb)

https://commons.wikimedia.org/wiki/File:Pethia_ticto.JPG#/media/File:Pethia_ticto.JPG



Fig 2.56: Juti

<https://commons.wikimedia.org/wiki/File:Juti.jpg#/media/File:Juti.jpg>



Fig 2.57: An Assamese 'khar' recipe preparation with rohu fish head

https://commons.wikimedia.org/wiki/File:Maasor_Muror_Khar.JPG#/media/File:Maasor_Muror_Khar.JPG

Rice

Rice is the most important ingredient in this cuisine. The large varieties of rice found in the region has led to speculation that the grain was first domesticated in the Assam-Yunnan region. Both the indica as well as the japonica varieties are grown in Assam. The most popular class of rice is the joha or scented rice. As a staple, rice is eaten either steam boiled (ukhua) or sundried (aarooi). Some very fine quality of rice namely, Karaballam or kauribadam etc., are available in Assam only.

Rice is eaten as snack in many forms: roasted and ground (xandoh), boiled in its husk and flattened (chira), puffed (akhoi). (kumol saul), a preparation of rice that is precooked, dried and then husked can be simply soaked in warm water and eaten as a light meal.

Rice is a part of all meals in Assam. A traditional breakfast consists of chira with doi (yogurt) and gur. Mostly farmers eat cooked rice soaked overnight (poita) simply accompanied with salt, mustard oil, onions, etc. Snacks are xandawh, kumawl saul or bora saul, sticky rice, which can be eaten with sweet or salty accompaniments. For other major meals, rice could be boiled, steamed or wrapped in leaves and roasted. 'Sunga Saul' is a special preparation in which (sticky) rice (glutinous rice used in South-East Asia) (bora saul) is cooked in bamboo hollows called 'sunga'. 'Xewa diya Bhaat' is another preparation where sticky rice is steamed over boiling water. They are generally served with meat or fish. Sticky rice is also wrapped in leaves, usually plantain leaves or tora pat, and dropped into boiling water to prepare 'tupula bhat'.

A special class of rice preparations, called pithas are generally made only on special occasions like the Bihu. Made usually with soaked and ground glutinous rice (bora saul), they could be fried in oil with a sesame filling (xutuli pitha), roasted in young green bamboo over a slow fire (sunga pitha) or baked and rolled over a hot plate with a filling (kholasaporria pitha).

Fish

The next most important ingredient is fish, harvested from the many rivers, ponds and lakes in the region. The extremely wet climate and the large numbers of water bodies has ensured that large varieties of fresh water fish are available in abundance in the valley. It is a staple item in the Assamese palate. There is no traditional ethnic indigenous Assamese community in Assam that does not eat fish. Most traditional rural households have their own ponds for pisciculture. Some of the most popular big fishes are the Borali (freshwater dhark), rou, and citawl (big), khorria (medium), maagur, Xingi, borali, bhokua or bahu, Xaal, Xol, etc. The small varieties of fish available and eaten in Assam like puthi, Ari (long-whiskered catfish), Goroi (green snake head/ spotted snake head), Koi or Kawoi (climbing perch *Anabas testudineus*), Kholihona (Indian paradise fish *Ctenops nobilis*) borolia, mua, ceniputhi, tengera, lachin, bhangun, pabho, etc. The discerning gourmet can tell which region of Assam is known for which variety of fish.

The mas tenga (sour fish), which is commonly eaten by most communities of Assam, has lately turned into a signature dish of Assamese cuisine. The most popular souring agent for the tenga is tomatoes, though ones made with kajinemu juice (thick skinned elongated lemon) and thekera (dried mangosteen,) are also popular.

The most common way of eating fish in traditional Assamese homes is by preparing a stew with herbs, vegetables and greens as per preference and availability. Fish is also prepared by roasting or char grilling. A favorite is small fish roasted in banana leaves (paatotdia). Hukoti is a special fish dish prepared from dried small fish like (puthi maas) pounded with arum stem and dried and stored in

bamboo tubes. Variations of this exist among the ethnic communities of northeast India in general and Assam in particular. Dried and fermented small fish puthi mas (Ticto barb), three to four in number, are roasted with lavish amounts of green chilis, tomatoes, ginger and garlic (all roasted). The ingredients are then pounded in a mortar to make a coarse paste and served with rice. Fish eggs and innards are also cooked and consumed.

Meat

The Assamese meat and fish dishes are characterized by low amount of spices and oil, higher quantity of ginger, noroxinghow paat (curry leaves), Khorisa (fermented bamboo shoot) and lemon juice, and differ completely in taste from the dishes of Bengal and other regions of mainland India. On the other hand the indigenous traditional Assamese cuisine is completely similar to the traditional cuisines of South-East Asia. Local Chicken, Venison, Squab, Mutton, Duck and Pork is very popular among the indigenous ethnic Assamese communities like Koch, Keot(Kaibartta), Bodo, Rabha, Dom/Nadiyal etc . Indigenous Upper caste Assamese Hindus, such as Assamese Brahmins(including Ganaks) and Kayasthas of Assam, some Kalitas of Lower Assam (not the Kalitas of North and Upper Assam as they are actually Mongoloid converts) refrain from pork consumption. Beef is occasionally consumed by Assamese Muslims, although they traditionally refrain from consuming pork.

The basic cooking methods include cooking, shallow and deep frying. Onla, of the Bodos, is made with ground rice and special herbs and constitutes a complete meal in itself. Other meats include squab, duck, chicken, goat meat, pork, venison, and turtle although venison and turtle meat are legally prohibited. The combination of duck/white gourd and squab/papaya or banana flower is very popular. Meat is generally stewed using limited spices as well as a choice of herbs and vegetables.

Most indigenous Assamese communities of Assam are entomophagous. Various indigenous Assamese communities of certain areas partake of silkworm, water bugs, grasshoppers, and other insects. Insects are fried or cooked or roasted in leaves and then prepared according to the timing of the meal. The red ant egg is considered a delicacy during the Rongali Bihu festival.

Greens and vegetables

The environs of Assam are rich in vegetation, and green leafy vegetables, called xaak, are an important part of the cuisine. Some of them are grown while others like the dhekia (fern) grows wild. There is a bewildering variety that is eaten and according to custom, one has to have 101 different xaak (greens) during Rongali Bihu. Herbs, greens and vegetables are commonly eaten by simply cooking in water and salt, lightly frying, as a thick soup or by adding to varieties of lentils. They are also prepared in combination with fish, meat and eggs.

Spices

Among spices there are ginger, garlic, onion, cumin seed, black cumin, black pepper, chilli, turmeric, coriander seed, cinnamon, cardamom, clove, fenugreek seed, white mustard seed, aniseed, Malabar leaf, Cumin, etc. Some herbs peculiar to Assam are maan dhoniya, moran Aada, madhuhulong, bhedai lota, manimuni, maxundawri etc. An Assamese meal is incomplete without green chilis, many varieties of which are available in the region. Assam is famous for the bhut jolokia or ghost pepper which was recognized as the hottest chili in the world. Pas-purawn (mixture of 5 spices) is used for adding flavour to Dal.

Preparations

The indigenous Assamese traditional cuisine of Assam is still rich in traditional dishes which are completely similar to traditional cuisines of South-East Asia and completely different from mainland India.

Khar

The khar is a signature class of preparations made with a key ingredient, also called khar. The traditional ingredient is made by filtering water through the ashes of the sun-dried skin of a few varieties of banana, which is then called kola khar (The name derived from the local term for banana, "kol" or "kola.") A traditional meal invariably begins with a khar dish, which can be prepared with raw papaya, mustard leaves, vegetables, pulses, fish or any other main ingredient.

Xôkôta is a severely bitter type of preparation. It is prepared with dry jute leaf, urad bean and khar. However, the combination of khar (alkaline) and tenga (acidic) is not recommended. The liquid khar is also simply eaten as kharoli with rice which is prepared by adding a few drops of mustard oil. Assamese people have a peculiar tradition of eating a large variety of bitter dishes, many of which are considered delicacies. Some dishes in this category include, fresh bamboo shoot, cooked or lightly fried, cane shoot, Neem leaves fried, titabhekuri, bitter gourd, Xukuta, Titaphool, Sewali Phool etc.

Masawr Tenga

The masawr tenga is a light and sour fish dish, another signature class of preparations. There are numerous ways of preparing the sour fish curry among Assamese people. The souring ingredient could be mangosteen, lemon, etc., but the most popular is made with tomatoes. Fish dishes made with fermented bamboo shoot (khorisa) are generally sour, but they are not called tenga. Fish is fried in mustard oil or stewed with bottle gourd or spinach. Another tenga dish is prepared with matimah (urad bean) and outenga (elephant apple). Bottle gourd can be added to it. Tengamora or noltenga and lentil is a distinct tenga curry.

Narawxinghaw Masawr Jul

The Narawxinghaw Masawr Jul is another authentic dish from Assam. The fishes are cooked in a light gravy of curry leaves which is a common aromatic herb used in southern and some northern parts of India. The curry leaves are called Narawxinghaw paat in Assamese. The fish preparations in Assam emphasize on retaining the natural flavors of the fishes and hence few spices are used.

Pura

Pura refers to various forms of grilled and roasted food. Vegetables, meat and fish are often served in this form. Aalu bengena pura pitika, pura maas pitika (mashed grilled fish), pura mankho etc. are a few of the popular dishes.

Poitabhat

Poitabhat is a favourite dish in Assam during the summer season. Cooked rice is soaked overnight and left to ferment. It is and served with mustard oil, onion, chili, pickles, pitika (mashes), etc. The 'poitabhat' preparation is sometimes made alcoholic according to preference.

Pitika - পিটিকা



Fig 2.58: Dhekiyaxak and outenga

https://commons.wikimedia.org/wiki/File:Dhekiyaxak_aru_outenga.JPG#/media/File:Dhekiyaxak_aru_outenga.JPG



Fig 2.59: Pura maas mankho

https://commons.wikimedia.org/wiki/File:Pura_maas_mankho.jpg#/media/File:Pura_maas_mankho.jpg



Fig 2.60: Panitenga

<https://commons.wikimedia.org/wiki/File:Panitenga.JPG#/media/File:Panitenga.JPG>

Side dishes called pitika - পিটিকা (mashes) is a signature characteristic of this cuisine. The most popular is aloo pitika - আলু পিটিকা (mashed potatoes) garnished with raw onions, mustard oil, green chillies and sometimes boiled eggs. Khorisa tenga is mashed fermented bamboo shoot, sometimes pickled in mustard oil and spices. Kharoli is fermented mashed mustard (*Brassica campestris* var. toria) seed to which a khar has been added, and kahudi to which an acidic agent (lemon juice, dried mangosteen) has been added. Pitikas are also made from roasted or steamed vegetables (tomatoes and eggplants being very popular). Small fish, asiatic pennywort, matikaduri, tengamora leaves, heartleaf, dôrôn (*Leucus longifolia*), etc. are roasted separately wrapped in banana leaves and mashed into 'pitika'.

Pickle

Pickles are made of mango, indian gooseberry, hog plum, Indian olive, Tamarind, star fruit, mangosteen, radish, carrot, elephant apple, Indian jujube, chili, lime, garlic, etc. Panitenga and kharoli are signature Assamese pickles made from ground mustard seeds.

Chutney and salad

Chutney is made of coriander, spinach, tomato, heartleaf, curry leaf, chilli, lentil, chickpea etc. Xukan masor aasar (pickle made of dried fish) is popular among the tribal communities. Salad is made of carrot, radish, tomato, cucumber, beetroot, etc.

Bor

'Bor' is fried balls of mashed lentil or gram — it is equivalent to vada in few other Indian languages. It may contain other green leafy vegetable locally called 'xaak' within it, and it is best while served with 'teteli' (tamarind) curry or dip. There is a huge variety of 'bor' preparations in Assamese cuisine. The base ingredients include greens, vegetables, fruits, flowers, skin, and shoots of various plants. 'Bor' can also be prepared from fish eggs etc.

Pokori (fritter)

Fritter is made of flower and tender leaves of pumpkin, banana, tender leaves of bottle gourd, eggplant, tender leaves of night-flowering jasmine, etc.

Some other preparations

Panitenga

Some other preparations in Assamese cuisine include Kahudi, Panitenga, Khorikatdiya, Tenga sorsoriya, Posola, etc.

Beer

Xaj, a type of rice beer, offered in traditional utensils

Liquor is an integral part of various indigenous Assamese communities in Assam. Rice is a primary ingredient for the many rice beers (lao-pani - লাওপানী) and liquors made in Assam by different indigenous Assamese communities: zou (Bodo), aapong (Mishing), mod(মদ) (Sonowal Kacharis), xaj - সাজ্ (Ahom, Tiwa), hor (Karbi), photika - ফটিকা (Kachari), etc.



Fig 3.60 Xaj, a type of rice beer, offered in traditional utensils

<https://commons.wikimedia.org/wiki/File:%E0%A6%B8%E0%A6%BE%E0%A6%81%E0%A6%9C3.jpg#/media/File:%E0%A6%B8%E0%A6%BE%E0%A6%81%E0%A6%9C3.jpg>

Smoking

In some places, the Assamese smoke pipe mix includes opium, cannabis, tobacco, betel nut extracts and others. This has got religious fervour amongst the people.

Snacks and cakes

Jolpan

Jolpan (snacks) in Assamese is what is breakfast although it is not always served as breakfast in Assamese cuisine. They are eaten as light meals between main meals and widely served during Bihu, weddings, Assamese sadhaws or any other kind of special occasions and gatherings. Some types of jolpan are Bora saul (varieties of sticky rice used in South-East Asia), Kumawl Saul, Xandoh, Chira, Muri, Akhoi, Sunga saul, etc. eaten in combination with hot milk, curd, jaggery, doi (yogurt) or seasonal ripe fruits. These are probably some of the earliest forms of "cereals". Indigenous Assamese people have been eating them mainly as breakfast for many centuries.

Pitha

Pitha (rice cake) is a special class of rice preparation generally made only on occasions like Bihu in Assam. Made usually with soaked and ground sticky rice, they could be fried in oil, roasted over a slow fire or baked and rolled over a hot plate. Some pithas are Til Pitha, Ghila Pitha, Xutuli Pitha, Sunga Pitha, Bhopotdiya Pitha, Lakhimi Pitha, Tora Pitha, Tekeli Pitha, Deksi Pitha, Muthiya Pitha, Kholasapori Pitha, etc.

It is completely similar to rice cakes made in South-East Asia with sticky rice and completely different from mainland Indian dishes.

Laru

Larus are sweet balls that are associated with traditional Assamese food: Laskawra, narikolor laru, tilawr laru are often seen in Assamese cuisine.

Tea

Tea (Saah in Assamese) is an indispensable part of Assamese cuisine. It is served in form of Black tea, Milk tea, Spiced tea, Green Tea, Lemon tea (adding lemon juice to black tea), etc.

Tamul

An Assamese meal is generally concluded with the chewing of Tamul (Assamese: তামোল). Pieces of Betel nut (Areca Catechu) are eaten in combination with Betel leaf (Piper betle), edible limestone and tobacco. It is a routine item after every meal.

CHECK YOUR PROGRESS

- Explain the features of Cuisine of Assam.
- Elaborate the various ingredients used in Cuisine of Assam.
- Explain the various items of rice used in Cuisine of Assam.
- Describe the various fish items used in Cuisine of Assam.
- Discuss the various meat items used in Cuisine of Assam.
- Explain the greens and vegetables used in Cuisine of Assam.
- Explain the spices used in Cuisine of Assam.
- Discuss the khar used in Cuisine of Assam.
- Describe Masawr Tenga dish of Cuisine of Assam.
- Explain Narawxinghaw Masawr Jul dish used in Cuisine of Assam.
- Explain the various pickles used in Cuisine of Assam.
- Explain the snacks and cakes used in Cuisine of Assam.
- Describe Pitha used in Cuisine of Assam.

2.08 CUISINE OF ARUNACHAL PRADESH

The dishes typical of the Indian state of Arunachal Pradesh vary within the region, including according to tribal influence (with the influence of Apatanis, Chuki, adi and Nishi)

Apong or rice beer made from fermented rice or millet is a popular beverage in Arunachal Pradesh, as an alcoholic drink. There are different varieties of rice beer with different flavours. Thukpa is another traditional dish common among "Monpa" a tribe of Arunachal.

The staple food is rice along with fish, meat and many green vegetables. Different varieties of rice are available. Lettuce is the most common and preferred vegetable of all, prepared by boiling it with ginger, coriander and green chillies and pinch of salt. Boiled rice cakes wrapped in leaves is a famous snack.

The momos are also popular. Dishes in eastern districts like Tirap and Changlang have some different method in their way of food preparation.

A lot of wild herbs and shrubs are also part of the cuisine. Dried bamboo shoots are used extensively in cooking.

Prior to Indian Independence when British policy to isolate the Hill people NEFA were in effect, wild birds and animals were big part of their diet but Modern restrictions on hunting has made those non existent.

CHECK YOUR PROGRESS

- Describe the features of Cuisine of Arunachal Pradesh.

2.09 CUISINE OF NAGALAND

Naga cuisine is the traditional cuisine of the Naga people. It features meats and fish, which are often smoked, dried or fermented.

Overview

The various Naga tribes have their own cooking varieties, but they often exchange recipes. A typical Naga meal consists of a meat dish, a boiled vegetable dish or two, rice and a chutney (Tathu). Nagas tend to prefer boiled edible organic leaves. Some common dishes are "fermented bamboo shoot" (made from the tender shoot of the Bamboo tree) with fish and pork. Axone (soybean boiled, fermented and either smoked or sun dried) with smoked pork and beef. Smoked meat is produced by keeping the meat above the fire or hanging on the wall of the kitchen for anywhere between 1 day to 2 weeks or longer, which could last for the whole year ahead. Anishiis fermented taro leaves made into patties and smoked over the fire or sun dried . Naga food tends to be spicy(chillies). There are different varieties of chillies in Nagaland. The ginger used in the Naga cuisine is spicy, aromatic and is different from the common ginger. The garlic and ginger leaves are also used in cooking with meat. Sichuan pepper is a popular spice used by the Nagas.

CHECK YOUR PROGRESS

- Discuss the Cuisine of Nagaland.

2.10 CUISINE OF MANIPUR

Manipuri cuisine is the traditional cuisine of Manipur, a state of India. Dishes are typically spicy foods that use chili pepper rather than garam masala. Oil is uncommon in most Manipuri styles. The cuisine here in the state similar to the cuisines of Southeast/East/Central Asia, Siberia, Micronesia and Polynesia.

Basic Diet



Fig 3.61 Tan Ngang, a bread

https://commons.wikimedia.org/wiki/File:Tan_Ngang.JPG#/media/File:Tan_Ngang.JPG



Fig 3.62 Chahao kheer, a popular dessert of Manipur

https://commons.wikimedia.org/wiki/File:Chahao_kheer.jpg#/media/File:Chahao_kheer.jpg

The staple diet of Manipur consists of rice, fish, large varieties of leafy vegetables (of both aquatic and terrestrial). Manipuris typically raise vegetables in a kitchen garden and rear fishes in small ponds around their house. Since the vegetables are either grown at home or obtained from local market, the cuisines are very seasonal, each season having its own special vegetables and preparations. The taste is very different from other Indian cuisines because of the use of various aromatic herbs and roots that are peculiar to the region and list of these aromatic herbs and roots are listed below.

List of Aromatic Herbs and Roots used by the Manipuris

- Nungshi hidak (Mint)
- Maroi napaakpi (Hooker chives)
- Maroi naakuppi (Chinese chives)
- Awaa phadigom (Mexican coriander)
- Mayang-ton (Lemon Basil)
- Toning-khok (Chameleon plant)
- Khanghuman / Kanghu-maan (*Meriandra dianthera*, formerly *Meriandra bengalensis*)
- Mukthruhi (*Zanthoxylum armatum* / Sichuan peppercorn)
- Phakpai (Vietnamese coriander)

- Chantruk (pepper cress)
- Yaipan (*Curcuma angustifolia*)
- Kang-hu mapaan
- Takhel-manao
- Nongmangkha-mapan
- Leipung-khang (*Solanum anguivi*)

Further, many large varieties of the vegetables that are used in daily meals are found only in and around the region and not seen elsewhere. Some of these are as follows:

- Yendem (a kind of Indian taro)
- Hangam Pere (mustard leaf)
- Hangam angouba (Lettuce)
- Chawai
- Hawai manaa
- Koukhaa (Arrowhead or Katniss)
- Kakthrum
- Loklei
- kengoi
- Punlei
- Kolamni (Water spinach)
- Peruk (Centella)
- Yelaang (Jointweed)
- Kengoi
- Phunin
- Yensil (Creeping woodsorrel)
- Thaanjing (Foxnut)
- Yongchaak (*Parkia javanica*/Stink bean or Bitter bean)
- Yaipan (East Indian Arrowroot)
- khang-mana
- Komprek (Japanese parsley)
- Hei-ba mana
- Yendung
- Chengkhruk
- Tegnou-Maanbi (winged bean)
- Gokhajing
- Ikaithabi
- Sougri (Roselle Leaves)

Various kind of mushrooms also form an important part of the cuisines. These include:

- Uyen (similar to shiitake mushroom)
- Uchi-na (Jelly ear)
- Chengum (Mushroom)
- charu-yen
- Kanglayen (Split gill mushroom),
- Ushoi (Bamboo Shoots), etc.

There are also ingredients in the cuisine that require an acquired taste, such as Hawaijaar (fermented soya bean, somewhat similar to the Japanese Natto), Soibum (fermented bamboo shoot) and Ngaa-ri (fermented fish).

Simple dishes

Eromba- Vegetables boiled or steamed with a lot of red chillies or umorok (king chilli) with ngari (fermented fish), smoked or roasted fish and mashed together. "U-morok" – literally 'tree chilli' u = tree; morok = chilli. It is garnished with herbs like maroi (maroi nakuppi, phakpai, mayang-ton, toning-khok, kaanghumaan, lomba, tilhou, chaantruk, coriander leaves and many more).

Singju is a salad which may be prepared with finely chopped banana stem, laphu tharo (banana flower), cabbage, lotus stem, komprek (a kind of scented herb), kollamni (another herb), tree beans, coriander leaves, sinju pan, ginger, heibi mana and lots of seasonal vegetables mixed with ngari. Boiled kidney beans are optional and the dish is seasoned with red chilli flakes, salt to taste, with roasted sesame powder and roasted chick pea powder.

Chamthong or Kangshoi is a stew of any seasonal vegetables with coarsely chopped onions or spring onion, maroi - both yennam nakuppi and napakpi, ginger, ngari and salt, topped with ngari, dried fish, or fried fish pieces and water. It is soupy in consistency and is eaten with rice.

Morok metpa is a coarse paste prepared with green or dry red chillies mixed with chopped onions, coriander leaves and other local herbs for garnishing. The chillies are steamed or roasted with ngari or simply crushed and then mashed with salt and ngari; fried fish pieces can also be added to it. This is something which accompanies both the meals as a routine side dish.

Other dishes include kang-ngou or kaang-hou (various vegetables stir fried with traditional spices), nganam (prepared with fish and maroi on a pan) or paaknam (sort of a pancake prepared with a mixture of pea flour, maroi napaakpi, laphu tharo, awa phadigom, and ngari wrapped in turmeric and banana leaves and baked in a pan or steam it first and then roasted it for sometime), nga-thongba (fish curry), ooti (a typical Manipuri vegetarian dish), pakoura thongba, chagem pomba (made with fermented soya, mustard leaves, roasted or smoked fish and other herbs), keli chana, alu kangmet (boiled potato mashed with fried red chilli and nakuppi with salt and/or dressed with mustard oil), sana thongba which is prepared with paneer in Manipuri style, a-nganba (steamed vegetables, such as pumpkin, peas, carrots, French beans, etc.).

CHECK YOUR PROGRESS

- Explain the features of Cuisine of Manipur.
- Describe the basic diet of Manipur.
- Explain the various aromatic herbs and roots used by Manipuris.
- List at least five vegetables used in Manipur Cuisine.
- Discuss at least five mushrooms used in Manipuri Cuisine.
- Describe the Eromba dish used in Manipuri Cuisine.

2.11 CUISINE OF TRIPURA

Tripura cuisine is the type of food served in Tripura (situated in northeast India). The Tripuris are essentially nonvegetarians and hence the main courses are mainly prepared using meat, but with the addition of vegetables. Traditional Tripuri cuisine is known as Mui Borok. Tripuri food has a key ingredient called Berma (also called Shidal in Bengali), which is a small, oil-pasted and dry fermented fish. The foods are sometimes considered to be healthy as they are usually prepared without oil. Tripuri food such as bangui rice and fish stews, Muya (Bamboo shoot), local fishes, vegetables, herbs, Batema (this jelly-like food is prepared by making a paste of starchy root of Batema plant with sodium powder and water to remove its raphide, however, it is boiled again after making a bun of it with water containing sodium powder. Since lack of sodium powder may result to itchiness of throat, it is made into pieces and preferred with fresh pasted garlic, and Mosdeng), wahan moso (prepared by adding boiled pork, onion, salt, pasted ginger and chillies) and roasted meat are extremely popular within and outside the state.

Traditional food

The Tripuris are in general non-vegetarian, although some are vegetarians.

The major food items among Tripuris are:

- Chakhwi
- Mwxhwi
- Muitru

Tripuri rice

Rice is called Mai in Kokborok. The different varieties of rice used are

- Maisa
- Mami
- Guriya
- Mui Borok

The Tripuri people call their traditional cuisine Mui Borok.

Chakhwi

- Chakhwi (contains pasted rice and sodium powder)
- Chakhwtwi kwthwng
- Chakhwtwi kumun
- Chatang
- Champrai

Muitru

Auandru, Bwtwi, Hontali, Gudok, Khalok, Uhmai, Pehng, Napehng, Ik, Yokhpra, Sokrang, Maipolok, Yohk, Mur, Sok, Hang, Ser, Irimbak, Mosdeng, Kelua, Mohsotok, Akhata, Aloni, Ruk, Neransi

Mwxhwi (dessert)

- Thentrwi mwkhwi
- Thaiplo mwkhwi
- Belphui mwkhwi
- Dorompai mwkhwi
- Thaihchumu mwkhwi
- Thaihthwi mwkhwi
- Jambi mwkhwi
- Thaihchuk mwkhwtwi
- Thaihstem mwkhwtwi
- Daskuiya mwkhwtwi
- Yasrem mwkhwi

Non-Veg Food Items

The major food items of Tripuris include Wahan (pork), Tohhan (chicken), Puhan (mutton), Kaishing (turtle), Aah (fish), Aathuk (prawns or shrimps), Khangrai (crabs), Shindai (mussels), Shikamuk (common periwinkle or turritella communis), Totobuck (pila (gastropod)) and Yongla (frog).

Tripuri Fruits

Tripuri fruits are Orange, Mango, Yongphak Mwxhwi (Tayberry), Thaichumu (Melon), Dorompai, Momphol (Watermelon), Mogwdam (Corn).

Tripuri Vegetables and Seasonings

Vegetables grown in Tripuri households are mainly Phool Kopi (Cauliflower), Banda Kopi (Cabbage), Muilog (Bottle gourd), Khaklu, Chakumura (Pumpkin), Siping, Moso (Chilli), Phantok (Brinjal), Deraso (Okra), Lubiya or Sobai (Bean), Orai, Khokleng, Khama, Thah, Maising, Banta, Khundrupui, Milokbanta, Muiching, Haiching (Ginger), Swtwi (Turmeric), Wuswndwi, Gunthu, Khumchak, Khumjar, Khumdaga, Khumpui, Khumtwisa, Muitul (Taro), Mukkhi (Taro root) among many others.

Drinks

- Chuak
- Brandy

CHECK YOUR PROGRESS

- Explain the features of Cuisine of Tripura.
- Discuss the traditional food of Tripura.
- Explain the various types of rice used in Tripuri Cuisine.
- Explain the Mwxhwi (dessert) used in Tripuri Cuisine.
- Elaborate the non-vegetarian food items used in Tripuri Cuisine.
- Explain the various Tripuri fruits.

2.12 END QUESTIONS

The following questions should help you prepare for the End Examinations. These questions are for 5 marks each and should take you 11 minutes under examination conditions.

1. Describe the cuisine of Jharkhand.
2. Explain the various foods and dishes of Jharkhand.
3. Elaborate on the features of Cuisine of Odisha.
4. Explain the main ingredients used in Cuisine of Odisha.
5. Elaborate the influence of Jagannath temple on the food of Odisha.
6. Explain the various fish and seafood used in Cuisine of Odisha.
7. Explain the concept of Pakhala used in Cuisine of Odisha.
8. Name at least five rice dishes used in Cuisine of Odisha.
9. Elaborate the concept of Dalma and Dali as used in Cuisine of Odisha.
10. Describe the various types of curries used in Cuisine of Odisha.
11. Explain the concept of khattas used in Cuisine of Odisha.
12. Describe various Saaga (greens salad) used in Cuisine of Odisha.
13. Discuss the Pithas (sweet cakes) used in Cuisine of Odisha.
14. Explain the various egg, chicken and mutton delicacies of Cuisine of Odisha.
15. Discuss the fritters and fries used in Cuisine of Odisha.
16. Describe at least five snacks items used in Cuisine of Odisha.
17. Explain at least five dessert items used in Cuisine of Odisha.
18. Describe at least five sweets items used in Cuisine of Odisha.
19. Elaborate on the features of Cuisine of Bengal.
20. Explain the main ingredients used in Cuisine of Bengal.
21. Elaborate the influence of widows on the food of Bengal.
22. Explain the various fish and seafood used in Cuisine of Bengal.
23. Explain the concept of Khashi or kochi pantha used in Cuisine of Bengal.
24. Elaborate special dishes of Dhaka.
25. Explain at least five of the specialities of Kolkata.
26. Name at least five rice dishes used in Cuisine of Bengal.
27. Describe the various types of Vegetable used in Cuisine of Bengal.
28. Describe Luchi and Poronthha dishes of Cuisine of Bengal.
29. Discuss the various cooking medium and spices used in Cuisine of Bengal.
30. Elaborate on the instruments and utensils used in Cuisine of Bengal.
31. Describe the various types of curries used in Cuisine of Bengal.
32. Discuss the influence of Mughal cuisine on Cuisine of Bengal.
33. Elaborate the influence of British Raj on Cuisine of Bengal.
34. Explain the Chinese influence on Cuisine of Bengal.
35. Discuss a typical daily Bengali meal.
36. Describe the first course (starter) of a Bengali meal.
37. Explain the second course (shak) of a Bengali meal.
38. Explain the third course (dal) of a Bengali meal.
39. Explain the main course of a Bengali meal.
40. Explain the additional main course of a Bengali meal.
41. Discuss the various chutney used in Bengal meal.
42. Elaborate at least five of the desserts used in Cuisine of Bengal.
43. Elaborate at least five of the sweets used in Cuisine of Bengal.
44. Elaborate at least five of the snacks used in Cuisine of Bengal.

45. Explain the features of Cuisine of Sikkim.
46. Describe the various dishes of Sikkim.
47. Explain how Dhindo is prepared.
48. Elaborate how Dhindi is eaten.
49. Discuss the ingredients of Dhindo.
50. Explain the features of Cuisine of Meghalaya.
51. Explain the features of Cuisine of Assam.
52. Elaborate the various ingredients used in Cuisine of Assam.
53. Explain the various items of rice used in Cuisine of Assam.
54. Describe the various fish items used in Cuisine of Assam.
55. Discuss the various meat items used in Cuisine of Assam.
56. Explain the greens and vegetables used in Cuisine of Assam.
57. Explain the spices used in Cuisine of Assam.
58. Discuss the khar used in Cuisine of Assam.
59. Describe Masawr Tenga dish of Cuisine of Assam.
60. Explain Narawxinghaw Masawr Jul dish used in Cuisine of Assam.
61. Explain the various pickles used in Cuisine of Assam.
62. Explain the snacks and cakes used in Cuisine of Assam.
63. Describe Pitha used in Cuisine of Assam.
64. Describe the features of Cuisine of Arunachal Pradesh.
65. Discuss the Cuisine of Nagaland.
66. Explain the features of Cuisine of Manipur.
67. Describe the basic diet of Manipur.
68. Explain the various aromatic herbs and roots used by Manipuris.
69. List at least five vegetables used in Manipur Cuisine.
70. Discuss at least five mushrooms used in Manipuri Cuisine.
71. Describe the Eromba dish used in Manipuri Cuisine.
72. Explain the features of Cuisine of Tripura.
73. Discuss the traditional food of Tripura.
74. Explain the various types of rice used in Tripuri Cuisine.
75. Explain the Mwkhwí (dessert) used in Tripuri Cuisine.
76. Elaborate the non-vegetarian food items used in Tripuri Cuisine.
77. Explain the various Tripuri fruits.

2.13 REFERENCES

1. https://en.wikipedia.org/wiki/Cuisine_of_Jharkhand
2. https://en.wikipedia.org/wiki/Cuisine_of_Odisha
3. https://en.wikipedia.org/wiki/Bengali_cuisine
4. https://en.wikipedia.org/wiki/Sikkimese_cuisine
5. https://en.wikipedia.org/wiki/Meghalayan_cuisine
6. https://en.wikipedia.org/wiki/Cuisine_of_Assam
7. https://en.wikipedia.org/wiki/Cuisine_of_Arunachal_Pradesh
8. https://en.wikipedia.org/wiki/Naga_cuisine
9. https://en.wikipedia.org/wiki/Manipuri_Cuisine
10. https://en.wikipedia.org/wiki/Tripuri_cuisine

UNIT 3 : QUANTITY FOOD PRODUCTION IN WESTERN INDIA

3.00 BEFORE WE BEGIN

In this course we are studying the quantity food production from the various parts of our great nation. Our nation has a diverse culture with a rainbow of languages, cultural practices, traditions, festivals, cities, villages, art, dances and of course, cuisines. You will be studying the cuisines of our nation in the four Units which make up this course. We have divided our Units by abbreviation: NEWS which is short form of North (Unit 1), East (Unit 2), South (Unit 3) and West (Unit 4).

We have studied various issues in the quantity food productions like equipments used in kitchen, menu planning, etc in various courses on Food Production. We would be studying the various dishes in the present course. We have chosen Indian Cuisine as our focus. India is a culturally diverse nation. Our cuisines can be divided into four parts according to the cardinal direction. The cuisines of one part has quite a few dishes which are common to various state or regional cuisines. For example, dosa is a preferred dish of snacks in most regional cuisines (like UP or Bihar) in the South India.

In the first Unit we have learned the cuisine of the Northern India. In the second Unit we had studied cuisine of the Eastern India. This Unit will focus on Western India. The West Indian cuisine has influence of Parsi, Sindhi, Malvani, Maharashtrian, Gujarati and Goan culture, geography and agricultural factors.

3.01 UNIT OBJECTIVES

After studying this unit you will be able to

- List at least five constituents of the West India Cuisine
- Briefly describe the cuisine of Maharashtra.
- Briefly discuss the Malvani cuisine.
- Briefly explain the cuisine of Goa.
- Briefly describe the cuisine of Gujarat.
- Briefly discuss the Sindhi cuisine.
- Briefly elaborate the Parsi cuisine.
- Explain the variety of regular meals of Maharashtrian Cuisine.
- Elaborate the grains used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Explain the legumes used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Discuss the vegetables used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Describe the grains used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Elaborate the spices used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Explain the dairy used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Discuss the meat and poultry used in the non-vegetarian dishes of Maharashtrian Cuisine.
- Elaborate the seafood used in the non-vegetarian dishes of Maharashtrian Cuisine.
- Discuss the typical breakfast used in the Maharashtrian Cuisine.
- Discuss the urban lunch dishes used in the Maharashtrian Cuisine.
- Discuss the rural lunch and dinner used in the Maharashtrian Cuisine.
- Elaborate the concept of “phodani” used in the Maharashtrian Cuisine.

- Explain the various techniques of cooking used in the Maharashtra Cuisine.
- Discuss the various special meat and poultry dishes used in the Maharashtra Cuisine.
- Elaborate the various seafood dishes used in the Maharashtra Cuisine.
- Explain the various special curries and gravies dishes used in the Maharashtra Cuisine.
- Discuss the various special pickles and condiments dishes used in the Maharashtra Cuisine.
- Describe the various special beverages dishes used in the Maharashtra Cuisine.
- Explain the various special sweets and desserts dishes used in the Maharashtra Cuisine.
- Elaborate the importance of Puran Poli in Maharashtra Cuisine.
- Discuss the importance of Modak in Maharashtra Cuisine
- Explain the various street food dishes used in the Maharashtra Cuisine.
- Elaborate the various special dishes prepared in festivals like Makar Sankranti, Maha Shivratri, Holi, Ganesh Chaturthi and Diwali.
- Describe the various dishes used for traditional wedding in the Maharashtra Cuisine.
- Discuss the various dishes used during Hindu fasting days in the Maharashtra Cuisine.
- Explain the features of Malvani Cuisine.
- Elaborate the important dishes in main course of Malvani Cuisine.
- Describe solkadi used in Malvani and Maharashtra cuisine.
- Discuss the various breads and cakes in Malvani Cuisine.
- Explain the features of Goan Cuisine.
- Elaborate the important dishes in main course of Goan Cuisine.
- Describe seafoods used in Goan cuisine.
- Discuss the various new edibles in Goan Cuisine.
- Explain the features of Hindu cuisine of Goa.
- Explain the features of Catholic cuisine of Goa.
- Explain the features of Gujarati Cuisine.
- Elaborate the important dishes in main course of Gujarati Cuisine.
- Describe staple food of Gujarati cuisine.
- Discuss the various sweet dishes in Gujarati Cuisine.
- Discuss the various farsan dishes in Gujarati Cuisine.
- Discuss the various breads dishes in Gujarati Cuisine.
- Discuss the various rice dishes in Gujarati Cuisine.
- Discuss the various kadhi dishes in Gujarati Cuisine.
- Discuss the various vegetable dishes in Gujarati Cuisine.
- Discuss the Undhiyu dishes in Gujarati Cuisine.
- Discuss the various snacks (nasta) dishes in Gujarati Cuisine.
- Discuss the various condiments dishes in Gujarati Cuisine.
- Discuss the various spices seasoning in Gujarati Cuisine.
- Explain the primary meals in Parsi Cuisine.
- Elaborate the popular dishes in Parsi cuisine.
- Discuss the various desserts in Parsi cuisine.
- Briefly describe the various popular Parsi snacks.
- Explain the primary meals in Sindhi Cuisine.
- Elaborate the popular dishes in Sindhi cuisine.
- Discuss the various sweets in Sindhi cuisine.
- Briefly describe the various popular Sindhi non-veg items.
- Elaborate the historical influence on the Sindhi cuisine.
- Explain the various dishes used in special occasions in Sindhi cuisine.

3.02 WESTERN INDIAN CUISINE

Western Indian cuisine is a part of Indian cuisine, from the following cuisines:

- Maharashtra
- Malvani
- Goan
- Gujarati
- Parsi
- Sindhi

Let us see the basic features of these cuisines.

Maharashtrian or Marathi cuisine is the cuisine of the Marathi people from the Indian state of Maharashtra. It has distinctive attributes, while sharing much with other Indian cuisines. Traditionally, Maharashtrians have considered their food to be more austere than others.

Maharashtrian cuisine includes mild and spicy dishes. Wheat, rice, jowar, bajri, vegetables, lentils and fruit are dietary staples. Peanuts and cashews are often served with vegetables. Meat is traditionally used sparsely or by the well off until recently, because of economic conditions and culture.

Malvani cuisine is the standard cuisine of the South Konkan region of Maharashtra and Goa. Although Malvani cuisine is predominantly non-vegetarian, there are many vegetarian delicacies. Although it is an independent cuisine, it overlaps Maharashtrian cuisine and Goan cuisine. Malvan is a town in the Sindhudurg district on the west coast of Maharashtra.

Malvan being a coastal area in Konkan, it has its own distinct way of cooking food. Malvani cuisine uses coconut liberally in various forms such as grated, dry grated, fried, coconut paste and coconut milk.

Many masalas have dried red chilies and other spices like coriander seeds, peppercorns, cumin, cardamom, ginger, garlic, etc. Some dishes also use kokum, dried kokam (amsul), tamarind, and raw mango (kairi). The Malvani masala, a form of dried powder masala is a concoction of 15 to 16 dry spices. This masala is coarsely grounded and stored in jars to be utilized when required.

Goan cuisine consists of regional foods popular in Goa, an Indian state located along India's west coast on the shore of the Arabian Sea. Rice, seafood, coconut, vegetables, meat, pork and local spices are some of the main ingredients in Goan cuisine. The area is located in a tropical climate, which means that spices and flavors are intense. Use of kokum is another distinct feature. Goan food is considered incomplete without fish. It is similar to Malvani or Konkani cuisine.

Gujarati cuisine refers to the cuisine of Gujarat, a state in western India. Despite having an extensive coastline providing wholesome seafood, Gujarat is primarily a vegetarian state due to the influence of Jain vegetarianism. Many communities, however, do include seafood, chicken, and goat in their diet.

The typical Gujarati thali consists of rotli, dal or kadhi, rice, and shaak/sabzi (a dish made up of several different combinations of vegetables and spices, which may be either spicy or sweet). The thali will also include preparations made from pulses or whole beans (called kathor in Gujarati) such as mung, black eyed beans etc., a snack item (farsaan) like dhokla, pathra, samosa etc. and a sweet (mishthaan) like mohanthal, jalebi, doodh pak etc. Gujarati cuisine varies widely in flavour and heat,

depending on a family's tastes as well as the region of Gujarat to which they belong. North Gujarat, Kathiawad, Kachchh, Central Gujarat and South Gujarat are the five major regions of Gujarat that contribute their unique touch to Gujarati cuisine. Many Gujarati dishes are distinctively sweet, salty, and spicy simultaneously.

The basic feature of a Parsi lunch is rice, eaten with lentils or a curry. Curry is made with coconut and ras without, with curry usually being thicker than ras. Dinner would be a meat dish, often accompanied by potatoes or other vegetable curry. Kachumbar (a sharp onion-cucumber salad) accompanies most meals.

Sindhi cuisine refers to the native cuisine of the Sindhi people from Sindh, Pakistan. The daily food in most Sindhi households consists of wheat-based flat-bread (phulka) and rice accompanied by two dishes, one gravy and one dry. Today, Sindhi food is eaten in many countries including India, where a sizeable number of Hindu Sindhis migrated following the independence in 1947.

CHECK YOUR PROGRESS

- List at least five constituents of the West India Cuisine
- Briefly describe the cuisine of Maharashtra.
- Briefly discuss the Malvani cuisine.
- Briefly explain the cuisine of Goa.
- Briefly describe the cuisine of Gujarat.
- Briefly discuss the Sindhi cuisine.
- Briefly elaborate the Parsi cuisine.

3.03 MAHARASHTRIAN CUISINE

Maharashtrian or Marathi cuisine is the cuisine of the Marathi people from the Indian state of Maharashtra. It has distinctive attributes, while sharing much with other Indian cuisines. Traditionally, Maharashtrians have considered their food to be more austere than others.

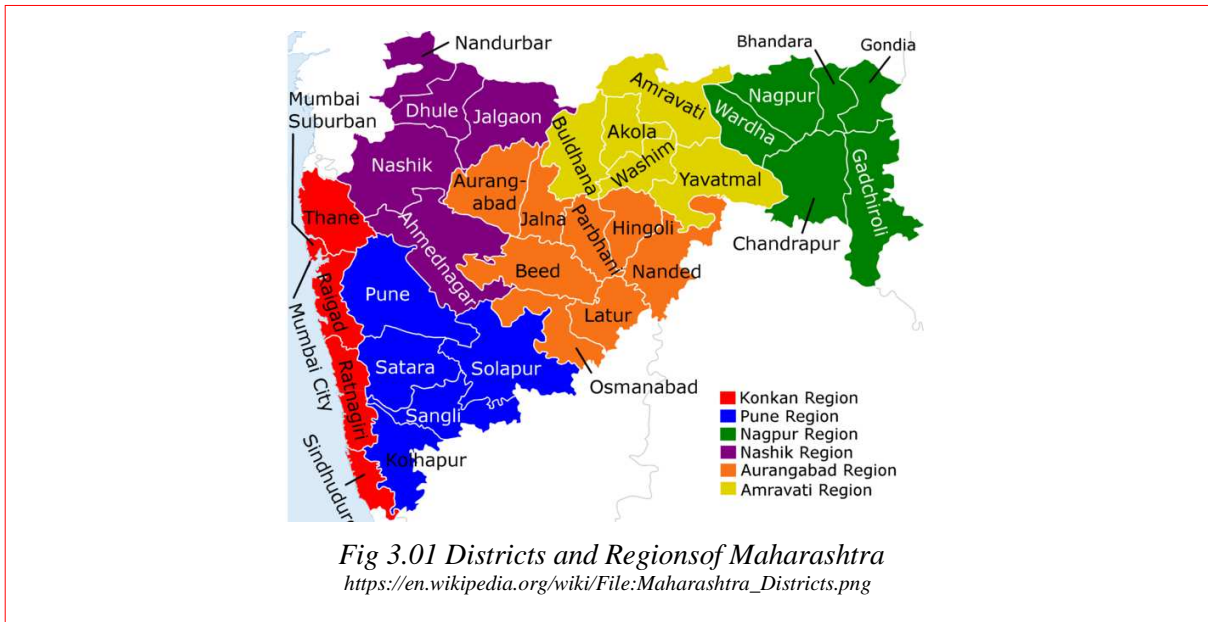
Maharashtrian cuisine includes mild and spicy dishes. Wheat, rice, jowar, bajri, vegetables, lentils and fruit are dietary staples. Peanuts and cashews are often served with vegetables. Meat is traditionally used sparsely or by the well off until recently, because of economic conditions and culture.

The urban population in metropolitan cities such as Mumbai, Pune and others has been influenced from other parts of India and abroad. For example, the Udupi dishes idli and dosa, as well as Chinese and Western dishes, are quite popular in home cooking and in restaurants.

Distinctly Maharashtrian dishes include ukdiche modak, aluchi patal bhaji and Thalipeeth.

Regular meals and staple dishes

Occupying a vast area with distinct geographical differences and food availability, the Marathi people from different regions produced a diverse cuisine. The diversity extends to the family level because each family uses its own unique combination of spices. The majority of Maharashtrians eat meat and eggs, but the Brahmin community is mostly lacto-vegetarian.



The traditional staple food on Desh (the Deccan plateau) is usually bhakri, spiced cooked vegetables, dal and rice. However, North Maharashtrans and urbanites prefer roti or chapati, which is a plain bread made with wheat flour.

In the coastal Konkan region, rice is the traditional staple food. Wet coconut and coconut milk are used in many dishes. Marathi communities indigenous to Mumbai and North Konkan have their own distinct cuisine. In South Konkan, near Malvan, another independent cuisine developed called Malvani cuisine, which is predominantly non-vegetarian. Kombdi vade, fish preparations and baked preparations are more popular there.

In the Vidarbha region, little coconut is used in daily preparations but dry coconut and peanuts are used in dishes such as spicy savjis, as well as in mutton and chicken dishes.

Lacto-vegetarian dishes are based on six main class of ingredients including grains, legumes, vegetables, dairy products and spices.

Grains

Staple dishes are based on a variety of flatbreads and rice. Flatbreads can be wheat-based, such as the traditional trigonal ghadichi poli or the round chapati that is more common in urban areas. Bhakri is an unleavened bread made using from ragi or millet, bajra or bajri or jwari – and forms part of daily meals in rural areas.

Millets

Traditionally, the staple grains of the inland Deccan plateau have been millets, jwari and bajri. These crops grow well in this dry and drought-prone region. In the coastal Konkan region the finger millet called ragi is used for bhakri. The staple meal of the rural poor was traditionally as simple as bajra bhakri accompanied by just a raw onion, a dry chutney, or a gram flour preparation called jhunka. This meal later became fashionable among the urban classes.

Wheat

Increased urbanization has increased wheat's popularity. Wheat is used for making flatbreads called chapati, trigonal ghadichi poli the deep-fried version called puri or the thick paratha. Wheat is also used in many stuffed flatbreads such as Puran poli, Gul poli (with sesame and Jaggery stuffing), and Satorya (with sugar and khoya). Stuffed wheat flatbreads are also made with vegetable stuffings such as peas, potatoes and Gram dal. One of the ancient sought-after breads was Mande. As with rice, flatbreads accompany a meal of vegetables or dairy items.

Rice



Fig 3.02 Bhatwadi, a spoon for serving rice
https://en.wikipedia.org/wiki/File:Chaval_chamcha.JPG

Rice is the staple food in the rural areas of coastal Konkan region but is popular in all urban areas. Local varieties such as the fragrant ambemohar have been popular in Western Maharashtra. In most instances, rice is boiled on its own and becomes part of a meal that includes other items. A popular dish is varan bhaat where steamed rice is mixed with plain dal that is prepared with pigeon peas, lemon juice, salt and ghee. Khichdi is a popular rice dish made with rice, mung dal and spices. For special occasions, a dish called masalebhat made with rice, spices and vegetables is popular. In Marathwada region, a dish made of rice and meat called Tahari' is popular.

Dairy

Milk is important as a staple food. Both cow milk and water buffalo milk are popular. Milk is used mainly for drinking, to add to tea or coffee or to make homemade dahi (yogurt). The yogurt is used as dressing for many salad or koshimbir dishes, to prepare cultured buttermilk or as a side dish in a thali. Buttermilk is used in a drink called mattha by mixing it with spices. It may also be used in curry preparations.

Vegetables

Until recently, canned or frozen food was not widely available in India. Therefore, the vegetables used in a meal widely depended on the season. For example, spring (March–May) is the season of cabbages, onions, potatoes, okra, guar tondali, shevgyachya shenga, dudhi, marrow and padwal. Monsoon season (June–September) for green leafy vegetables, such as aloo (Marathi: आळू), or gourds such as karle, dodka and eggplant. Chili peppers, carrots, tomatoes, cauliflower, French beans and peas become available in the cooler climate of October to February.



Fig 3.03 Common vegetables used as seen on a market cart in Pune

. <https://en.wikipedia.org/wiki/File:Veggies.JPG>

Vegetables are typically used in making bhaajis. Some bhaajis are made with a particular vegetable, while others are made with a combination. Bhaajis can be "dry" such as stir fry or "wet" as in the well-known curry. For example, fenugreek leaves can be used with mung dal to make a dry bhaji or mixed with besan flour and buttermilk to make a curry preparation. Bhaaji requires the use of goda masala, consisting of a combination of onion, garlic, ginger, red chilli powder, green chillies, turmeric and mustard seeds. Depending on a family's caste or specific religious tradition, onions and garlic may be excluded. For example, a number of Hindu communities from many parts of India refrain from eating onions and garlic altogether during chaturmas, which broadly equals the monsoon season.

Leafy vegetables such as fenugreek, amaranth, beetroot, radish, dill, colocasia, spinach, ambadi, sorrel (Chuka in Marathi), chakwat, safflower (Kardai in Marathi) and tandulja are either stir-fried (pale bhaaji) or made into a soup (patal bhaaji) using buttermilk and gram flour.

Many vegetables are used in salad preparations called koshimbirs or raita. Most of these have dahi (yogurt) as the other main ingredient. Koshimbirs popular include those based on radish, cucumber and tomato-onion combinations. Many raita require prior boiling or roasting of the vegetable as in the case of eggplant. Popular raita include those based on carrots, eggplant, pumpkin, dudhi and beetroot respectively.

Legumes

Along with green vegetables, another class of popular food is various beans, either whole or split. Split beans are called dal and turned into amti or thin soup, added to vegetables such as dudhi. Dal may be cooked with rice to make khichadi. Whole beans are cooked as is or more popularly soaked in water until sprouted. Unlike Chinese cuisine, the beans are allowed to grow for only a day or two. Curries made out of sprouted beans are called usal and form an important source of proteins. The legumes popular in Maharashtra include peas, chick peas, mung, matki, urid, kidney bean, black-eyed peas, kulith and toor (also called pigeon peas). Out of the above toor and chick peas are staples. The urid bean is the base for one of the most popular types of papadum".

Oil

Peanut oil and safflower oil are the primary cooking oils, although sunflower oil and cottonseed oil are also used. Clarified butter (called ghee) is often used for its distinct flavor.

Spices and herbs

Depending on region, religion and caste, Maharashtrian food can be mild to extremely spicy. Common spices include asafoetida, turmeric, mustard seeds, coriander, cumin, dried bay leaves, and chili powder. Other spices used especially for garam masala include cinnamon, cloves, black pepper, cardamom and nutmeg. Common herbs to impart flavor or to garnish a dish include curry leaves, and coriander leaves. Many common curry recipes call for garlic, onion, ginger and green chilli pepper. Ingredients that impart sour flavor to the food include yoghurt, tomatoes, tamarind paste, amsul skin or unripe mangoes.

Meat and poultry

Chicken and goat are the most popular meats. Eggs are popular and exclusively come from chicken sources. Beef and pork are mainly consumed by Christian minorities and some Dalit communities. However, these do not form part of traditional Maharashtrian cuisine.

Seafood

Seafood is a staple for many Konkan coastal communities. Most of the recipes are based on marine fish, prawns and crab. A distinct Malvani cuisine of mainly seafood dishes is popular. Popular fish varieties include Bombay duck, pomfret, bangda and surmai (kingfish). Seafood is used in recipes such as curries, pan-fried dishes and pilaf.

Miscellaneous ingredients

Other ingredients include oil seeds such as flax, karale, coconut, peanuts, almonds and cashew nuts. Peanut powder and whole nuts are used in many preparations including, chutney, khosimbir and bhaaji. More-expensive nuts (almonds and cashew) are used for sweet dishes. Flax and karale seeds are used in making dry chutneys. Traditionally, sugar cane based jaggery was used as the sweetening agent, but has been largely replaced by refined cane sugar. Fruit such as mango are used in many preparations including pickles, jams, drinks and sweet dishes. Bananas and jackfruit are also used. Peanut powder is often added to curry recipes.

Typical menus

Urban menus typically have wheat in the form of chapatis and plain rice as the main staples. Traditional rural households would have millet in form of bhakri on the Deccan plains and rice on the coast as respective staples.

Typical breakfast items include misal, pohe, upma, sheera, sabudana khichadi and thalipeeth. In some households leftover rice from the previous night is fried with onions, turmeric and mustard seeds for breakfast, making phodnicha bhat. Typical Western breakfast items such as cereals, sliced bread and eggs, as well as South Indian items such as idli and dosa are also popular. Tea or coffee is served with breakfast.

Urban lunch and dinner menus



Fig 3.04: A Maharashtrian vegetarian meal with a variety of items

https://commons.wikimedia.org/wiki/File:Maharashtrian_Thali.jpg#/media/File:Maharashtrian_Thali.jpg

Vegetarian lunch and dinner plates in urban areas carry a combination of:

- Wheat flatbread such as chapati or ghadichi poli
- Boiled rice
- Salad or koshimbir based on onions, tomatoes or cucumber
- Papadum or related snacks such as sandge, kurdaya and sabudana papdya
- Dry or fresh chutney, mango or lemon pickles
- Aamti or varan soup based on toor dal, other dals or kadhi. When usal is part of the menu, the aamti may be omitted.
- Vegetables with gravy based on seasonal availability such as egg plants, okra, potatoes, or cauliflower
- Dry leafy vegetables such as spinach
- Usal based on sprouted or unsprouted whole legumes

Apart from bread, rice, and chutney, other items may be substituted. Families that eat meat, fish and poultry may combine vegetarian and non-vegetarian dishes, with rice and chapatis remaining the staples. Vegetable or non-vegetable items are essentially dips for the bread or for mixing with rice.

Traditional dinner items are arranged in a circular way. With salt placed at 12 o'clock, pickles, koshimbir and condiments are placed anti-clockwise of the salt. Vegetable preparations are arranged in a clockwise fashion with a sequence of leafy greens curry, dry vegetables, sprouted bean curry (usal) and dal. Rice is always on the periphery rather than in the center.

Rural lunch and dinner menus

In the Konkan coastal area, boiled rice and rice bhakri, nachni bhakri is the staple, with a combination of the vegetable and non-vegetable dishes described in the lunch and dinner menu.

In other areas of Maharashtra such as Desh, Maharashtra, Khandesh, Marathwada and Vidarbha, the traditional staple was bhakri with a combination of dal, and vegetables. The bhakri is increasingly replaced by wheat-based chapatis.

Methods and equipment



Fig 3.05 Maharashtrian kitchen

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Indian_Kitchen.JPG



Fig 3.06 A Maharashtrian kitchen in rural part of Maharashtra in 2011

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Village_kitchen_in_Pune_district,_India_2012_IMG_1583.jpg

Open stove cooking is the most commonly used cooking method. The traditional three-stone chulha has largely been replaced by kerosene or gas stoves. A stove may be used for cooking in many different ways:

Phodani – Often translated as "tempering", is a cooking technique and garnish where spices such as mustard seeds, cumin seeds, turmeric, and sometimes other ingredients such as minced ginger and garlic are fried briefly in oil or ghee to liberate essential oils from cells and thus enhance their flavours. Other ingredients such as vegetables and meat are then added to the pan. Phodani may be the first step in making a bhaaji, aamti or curry. It may also be the last step, as part of a garnish.

Simmering – Most curries and bhaajis are simmered for the meat or vegetables to cook

Deep frying – This is used for making fritters such as onion bhaji, or sweet fried dumplings (karanji)

Pan frying – This is characterized by the use of minimal cooking oil or fat (compared to shallow frying or deep frying); typically using just enough oil to lubricate the pan. This method is used for cooking delicate items such as fish.

Tawa – This is usually a concave metal pan used on an open stove for making unleavened flatbreads such as ghadichi poli, chapatis or bhakris.

Steaming – This method is mainly used for specialties such as ukadiche modak, or aluchya wadya.

Roasting – Vangyache bharit involves roasting eggplant over open fire prior to mashing and adding other ingredients.

Pressure cooking – This technique is used extensively for shortening the cooking time for lentils, meat and rice.

Other methods of food preparation include:

- Baking – Baking is seldom used at home. The bread buns or pav used in popular street foods such as vadapav are baked by commercial bakers.
- Sun drying – Papadum, a popular snack, and related products called papdya and kurdaya, are dried in the sun after rolling out. The dried products keep for many months.
- Fermentation – This is used mainly for making dahi (yogurt) or home-made butter from cream-enriched milk.,

Special dishes

A number of dishes are made for religious occasions, dinner parties or as restaurant items or street food.

Meat and poultry



Fig 3.07 This meal has meat in red and white gravies, solkadhi (pink), chapatis, lemon and onion

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Kolhapuri_Thali_of_Kolhapur,_Maharashtra.jpg

Meat dishes are prepared in a variety of ways:

- Taambda rassa is a hot spicy goat curry with red gravy from Kolhapur.
- Pandhara rassa is also a goat curry from Kolhapur with white coconut-milk-based gravy.

- Popati (पोपटी) – A chicken dish with eggs and val papdi from the Raigad district of the coastal region.
- Malvani chicken
- Kombdi vade – A recipe from Konkan region. Deep-fried flatbread made from spicy rice and urid flour served with chicken curry, more specifically with Malvani chicken curry.

Seafood dishes



Fig 3.08 Fried Bombay duck

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Fried_Bombay_Duck.JPG

Seafood is a staple for many communities that hail from the Konkan region. Popular dishes include:

- Kolambi pulao
- Stuffed crabs
- Crab masala
- Malvani fish curries
- Kolambi masala
- Prawns koliwada
- Stuffed pomfret
- Bombay duck fry
- Prawns fry
- Bangada curry
- Rawasache suke
- Fried surmai
- Fish koliwada

Curries and gravies served with rice

Various vegetable curries or gravies are eaten with rice, usually at both lunch and dinner. Popular dishes include:

Amti – Lentil or bean curry, which is made mainly from toor dal or other lentils such as mung beans or chickpeas. In many instances, vegetables are added to the amti preparation. A popular amti recipe has pods of drumsticks added to the toor dal.



Fig 3.09 Solkadhi and bangda fry

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Solkadi_and_Bangda_Fry.jpg

Kadhi – This type of "curry" is made from a combination of buttermilk yoghurt and chickpea flour (besan). In some recipes fried balls based on besan are added.

Solkadhi – This cold soup is prepared from coconut milk, garlic, cilantro, and kokam concoction, and is a specialty of the cuisine from the coastal region.

Saar – Thin broth-like soups made from various dals or vegetables.

Amsulache saar – Made with kokam.

Pickles and condiments

Chutney and preserves – Popular chutneys and preserves include raw mango chutney, mint, tamarind chutney, cilantro, panchamrit, and mirachicha thecha. Dry chutneys include those based on oil seeds such as flax seed, peanut, sesame, coconut and karale. Chutney based on the skin of roasted vegetables such as bottle gourd is also popular. Most chutnies include green or red chilli pepper for their heat. Garlic may also be added.

Metkut – A dry preparation based on a blend of dry roasted legumes and spices.

Lon'che (pickle) – Maharashtrian and Indian pickles in general are prepared using a base of salt, oil and spices. Vegetables and fruits commonly used for pickling in Maharashtrian cuisine include unripe mango, lemons, Aonla, green chillies and Bhokar. Less commonly garlic, ridge gourd etc. are also used.

Muramba — Made with unripe mangoes, spices and sugar.

Beverages

In Maharashtra, the traditional offering (for a guest) used to be water and jaggery (Gulpani). This has been replaced by tea or coffee. These beverages are served with milk and sugar. Occasionally, along with tea leaves, the brew may include spices, freshly grated ginger or lemon grass. Coffee is served with milk or ground nutmeg. Other beverages include:



Fig 3.10 Kairi cha panha summer drink based on unripe mango and jaggery
[https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Aam_Panna_\(Kairi_cha_Panha\).JPG](https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Aam_Panna_(Kairi_cha_Panha).JPG)

Kairi cha panha – A raw mango and jaggery-based drink which is popular during early summer, served cold.

Piyush – A shrikhand and buttermilk-based sweet preparation.

Kokum sarbat – kokum and sugar, served cold.

Solkadhi -prepared with kokum and coconut milk

Mattha – Spicy buttermilk, served cold.

Sugar cane juice – The juice is obtained by crushing peeled sugar cane in a mill. In Maharashtra in every town there are dozens of juice centers where freshly squeezed sugarcane juice is served.

Banana Shikran – This is consumed with chapatis or puri as part of a meal.

Masala doodh – Sweet and spicy milk.

Sweets and desserts



Fig 3.11 Shira

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Sweet_shira.jpg

Desserts are an important part of festival and special occasion food. Typical sweets include lentil and jaggery mix, stuffed flatbread called puran poli, a preparation made from strained yogurt, sugar and spices called shrikhand, a sweet milk preparation made with evaporated milk called basundi, semolina and sugar based kheer and steamed dumplings stuffed with coconut and jaggery called modak. In some instances, the modak is deep-fried instead of steamed. Traditionally, these desserts were associated with a particular festival. For example, modak is prepared during the Ganpati Festival.



Fig 3.12 Puran Poli

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Obbattu.jpg

- Puran Poli is one of the most popular sweet items in the Maharashtrian cuisine. It is a buttery flatbread stuffed with jaggery (molasses or gur), yellow gram (chana) dal, plain flour, cardamom powder and ghee. It is consumed at almost all festivals. Puran Poli is usually served with milk or a sweet-and-sour dal preparation called katachi amti. In rural areas it used to be served with a thin hot sugar syrup called gulawani.
- Modak is a sweet dumpling that is steamed (ukdiche modak) or fried. Modak is prepared during the Ganesha Festival around August, when it is often given as an offering to Lord Ganesha, as it is reportedly his favorite sweet. The sweet filling is made up of fresh-grated coconut and jaggery, while the soft shell is made from rice flour, or wheat flour mixed with khava or maida flour. The dumpling can be fried or steamed. The steamed version called ukdiche modak is eaten hot with ghee.
- Chirote is a combination of semolina and plain flour.
- Anarsa is made from soaked powdered rice with jaggery or sugar. The traditional process for creating the anarsa batter takes three days.
- Basundi is a sweetened dense milk dessert.
- Amras is a pulp or thick juice made from mangoes, with a bit of sugar or milk.
- Shrikhand is a sweetened yogurt flavoured with saffron, cardamom and charoli nuts. Shrikhand puri is prepared on Gudhipadwa (Marathi new year).
- Amrakhand is Shrikhand flavoured with mango, saffron, cardamom and charoli nuts.
- Ladu are a popular snack traditionally prepared for Diwali. Ladus can be based on semolina, gram flour or bundi.
- Pedha are round balls made from a mixture of khoa, sugar and saffron.
- Amba barfi is made from mango pulp.
- Gul Poli is a stuffed wheat-flatbread with gul paste.
- Amba poli or mango poli: Although called poli or flatbread, this is not one. It is more like a pancake. It is made in summer by sun-drying thin spreads of reduced mango-pulp, possibly

with sugar added, on flat plates. (Traditionally large leaves were used instead of plates.) It has no grain in it. Since it is sun-dried in harsh summer, it is durable and can be stored for several months.

- Phanas poli (Jackfruit poli) is similar to Amba poli but made with jackfruit pulp instead of mango.
- Ambavadi
- Chikki is a sugar peanut or other nut preparation.
- Narali paak is a sugar and coconut cake.
- Dudhi halwa is a traditional dessert made with dudhi and milk.

Other sweets popular in Maharashtra and other regions of India include: kaju katli, gulab jamun, jalebi, various kinds of barfi, and rasmalai.

Street food, restaurant and homemade snacks

In many metropolitan areas, including Mumbai and Pune, fast food is popular. The most-popular forms are bhaji, vada pav, misalpav and pav bhaji. More-traditional dishes are sabudana khichadi, pohe, upma, sheera and panipuri. Most Marathi fast food and snacks are lacto-vegetarian.

Some dishes, including sev bhaji, misal pav and patodi are regional dishes within Maharashtra.

Maharashtrian snacks and street foods are popular throughout the state, but most especially in Mumbai.

- Chivda is spiced flattened rice. It is also known as "Bombay mix" in the UK.
- Pohe is a snack made from flattened rice. It is typically served with tea and is the most likely dish that a Maharashtrian will offer a guest. During arranged marriages, kanda pohe (literal translation, "pohe prepared with onion") is most likely the dish served when the two families meet. It is so common that sometimes arranged marriage itself is referred colloquially as kanda pohay. Other variants include batata pohe (where diced potatoes are used instead of onion shreds). Other famous recipes made with pohe (flattened rice) are dadpe pohe, a mixture of raw pohe with shredded fresh coconut, green chillies, ginger and lemon juice and kache pohe, raw pohe with minimal embellishments of oil, red chili powder, salt and unsautéed onion shreds.
- Upma, sanja or upeeth is similar to the South Indian upma. It is a thick porridge made from semolina perked up with green chillies, onions and other spices.
- Surali Wadi is a chickpea flour roll with a garnishing of coconut, coriander leaves and mustard.
- Vada pav is a fast food dish consisting of a fried mashed potato dumpling (vada), eaten sandwiched in a wheat bread bun (pav). This is the Indian version of a burger and is almost always accompanied with red chutney made from garlic and fried red and green chillies. Vada pav in its entirety is rarely made at home, mainly because home baking is not common.
- Pav bhaji is a fast food dish consisting of a vegetable curry (Marathi: bhaji) served with a soft bread roll (pav).
- Misal Pav is a dish from Kolhapur. It is made from curried sprouted lentils, topped with batata bhaji, pohay, chivda, farsaan, raw chopped onions and tomato. It is sometimes eaten with yogurt. Usually, the misal is served with a wheat-bread bun.
- Thalipeeth is a type of flatbread. It is usually spicy and eaten with curd. It is a popular traditional breakfast that is prepared using bhajani, a mixture of roasted lentils.
-



Fig 3.13 Pav bhaji

. https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Mumbai_Pav_Bhaji.jpg



Fig 3.14 wada pav

. https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Vada_Paav-The_Mumbai_Burger.jpg



Fig 3.15 0Cooked pohe/pohay

. https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Cooked_Poha.jpg



Fig 3.16 Kothimbir wadi

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Maharashtrian_snack.jpg



Fig 3.17 Misal

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Misal_maharashtran_specialty.jpg



Fig 3.18 Batata vada

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Mumbai-vada.jpg

- Sabudana Khichadi: Sautéed sabudana (pearls of sago palm), a dish commonly eaten on religious fast days.
- Sabudana vada is a deep-fried snack based on sabudana. It is often served with spicy green chutney and hot chai and is best eaten fresh.
- Khichdi is made of rice and dal with mustard seeds and onions to add flavor.
- Varanfali is traditional Maharashtrian cuisine made up of pieces of dough cooked in the curry of Toor dal.
- Chana daliche dheerde is a savory crepe made with chana dal.

Like most Indian cuisines, Maharashtrian cuisine is laced with lots of fried savories, including:

- Aluchi vadi is prepared from colocasia leaves rolled in chickpea flour, steamed and then pan fried.
- Kothimbirichi vadi is made with cilantro leaves.
- Suralichi vadi is a savory snack made from gram flour and yogurt. It consists of yellowish, tightly rolled bite-sized pieces.
- Bhelpuri: Bhelpuri (Marathi भेल) is a savoury snack, and is also a type of chaat. It is made of puffed rice, chopped vegetables such as tomatoes and onions and a tangy tamarind sauce. Bhelpuri is often associated with Mumbai beaches, such as Girgaum or Juhu. Bhelpuri is thought to have originated within the cafes and street-food stalls of Mumbai, and has spread across India where it was modified to suit local food availability. It is also said to be originated from Bhadang (भडंग), a spicy puffed-rice dish from Western Maharashtra. Dry bhel is made from bhadang.
- Sev puri type of chaat. It originates from Mumbai. In Mumbai, sev puri is strongly associated with street food, but is also served at upscale locations. Supermarkets stock ready-to-eat packets of sev puri and similar snacks like bhelpuri.
- Ragda pattice is a popular Mumbai fast food. This dish is usually served at restaurants that offer Indian fast food along with other dishes. It is a main item on menus of food stalls. This dish has two parts: ragda, a spicy stew based on dry peas and fried potato patties.
- Dahi puri is a form of chaat and from Mumbai. It is served with mini puri shells that are more popularly recognized from the dish pani puri. Dahi puri and pani puri chaats are often sold from the same vendor.

Special occasions and festivals

Makar Sankrant



Fig 3.19 Two types of tilgul, a Maharashtrian sweet snack
https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Tilgul_kha_god_god_bola.jpg

This festival falls on January 14 of the Gregorian calendar. Maharashtrians exchange tilgul or sweets made of jaggery and sesame seeds along with the customary salutation, tilgul ghya aani god bola, which means "Accept the tilgul and be friendly." Tilgul Poli or gulpoli are the main sweet preparations. It is a wheat-based flatbread filled with sesame seeds and jaggery.

Mahashivratri

Marathi Hindu people fast on this day. Fasting food includes chutney prepared with pulp of the or kavath fruit (Limonia).Some communities use the pulp of Bael/.

Holi

As part of Holi, a festival that is celebrated on the full moon evening in the month of Falgun (March or April), a bonfire is lit to symbolize the end of winter and the slaying of a demon in Hindu mythology. People make puran poli as a ritual offering to the holy fire. The day after the bonfire night is called Dhulivandan. Marathi people celebrate with colors on the fifth day after the bonfire on Rangpanchami.

Ganesh Chaturthi



Fig 3.20 Modak offered to Lord Ganesha

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Modak_offered_to_Lord_Ganesh.jpg

Modak is said to be the favorite food of Ganesh. An offering of twenty-one pieces of this sweet preparation is offered on Ganesh Chaturthi and other minor Ganesh-related events.

Diwali



Fig 3.21 A typical Diwali plate of snack (faral). Clockwise from top: chakli, kadboli, shev, gaathi, chivda and in the center are yellow besan and white rava ladu.

https://en.wikipedia.org/wiki/Maharashtrian_cuisine#/media/File:Diwalicha_pharal.JPG

Diwali is one of the most popular Hindu festivals. In Maharashtrian tradition family members have a ritual bath before dawn and then sit down for a breakfast of fried sweets and savory snacks called as Diwali Faral . These sweets and snacks are offered to visitors and exchanged with neighbors. Typical sweet preparations include ladu, anarse, shankarpali and karanjya. Popular savory treats include chakli, shev and chiwda. High in fat and low in moisture, these snacks can be stored at room temperature for many weeks without spoiling.

Champa Sashthi

Many Maharashtrian communities from all social levels observe the Khandoba Festival or Champa Shashthi in the month of Mārgashirsh. Households perform Ghatasthapana of Khandoba during this festival. The sixth day of the festival is called Champa Sashthi. For many people, the Chaturmas period ends on Champa Sashthi. It is customary for many families not to consume onions, garlic and eggplant during the Chaturmas. Following the festival, the consumption of these foods resumes with ritual preparation of vangyache bharit (baingan bharta) with rodga.

Traditional wedding menu

The traditional wedding menu among Maharashtrian Hindu communities used to be a lacto-vegetarian fare with mainly multiple courses of rice dishes with different vegetables and dals. Some menus also included a course with puris. In some communities, the first course was plain rice and the second was dal with masala rice.) The main meal typically ended with plain rice and mattha. Some of the most-popular curries to go with this menu and with other festivals were those prepared from taro (Marathi: अलत) leaves. Buttermilk with spices and coriander leaves, called mattha, is served with the meal. Popular sweets for the wedding menu were shreekhand, boondi ladu and jalebi.

Hindu fasting cuisine

Marathi Hindu people fast on days such as Ekdashi, in honour of Lord Vishnu or his Avatars, Chaturthi in honour of Ganesh, Mondays in honour of Shiva, or Saturdays in honour of Maruti or Saturn. Only certain kinds of foods are allowed to be eaten. These include milk and other dairy products (such as dahi), fruit and Western food items such as sago, potatoes, purple-red sweet potatoes, amaranth seeds, nuts and varyache tandul (shama millet). Popular fasting dishes include Sabudana Khichadi or danyachi amti (peanut soup).

Christmas

East Indian Community of North Konkan also have their own special recipes for Christmas. These sweets are offered to visitors and exchanged with neighbors and friends. ; .

CHECK YOUR PROGRESS

- Explain the variety of regular meals of Maharashtrian Cuisine.
- Elaborate the grains used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Explain the legumes used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Discuss the vegetables used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Describe the grains used in the lacto-vegetarian dishes of Maharashtrian Cuisine.

- Elaborate the spices used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Explain the dairy used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
- Discuss the meat and poultry used in the non-vegetarian dishes of Maharashtrian Cuisine.
- Elaborate the seafood used in the non-vegetarian dishes of Maharashtrian Cuisine.
- Discuss the typical breakfast used in the Maharashtrian Cuisine.
- Discuss the urban lunch dishes used in the Maharashtrian Cuisine.
- Discuss the rural lunch and dinner used in the Maharashtrian Cuisine.
- Elaborate the concept of “phodani” used in the Maharashtrian Cuisine.
- Explain the various techniques of cooking used in the Maharashtrian Cuisine.
- Discuss the various special meat and poultry dishes used in the Maharashtrian Cuisine.
- Elaborate the various seafood dishes used in the Maharashtrian Cuisine.
- Explain the various special curries and gravies dishes used in the Maharashtrian Cuisine.
- Discuss the various special pickles and condiments dishes used in the Maharashtrian Cuisine.
- Describe the various special beverages dishes used in the Maharashtrian Cuisine.
- Explain the various special sweets and desserts dishes used in the Maharashtrian Cuisine.
- Elaborate the importance of Puran Poli in Maharashtrian Cuisine.
- Discuss the importance of Modak in Maharashtrian Cuisine.
- Explain the various street food dishes used in the Maharashtrian Cuisine.
- Elaborate the various special dishes prepared in festivals like Makar Sankranti, Maha Shivratri, Holi, Ganesh Chaturthi and Diwali.
- Describe the various dishes used for traditional wedding in the Maharashtrian Cuisine.
- Discuss the various dishes used during Hindu fasting days in the Maharashtrian Cuisine.

3.04 MALVANI CUISINE

Malvani cuisine is the standard cuisine of the South Konkan region of Maharashtra and Goa. Although Malvani cuisine is predominantly non-vegetarian, there are many vegetarian delicacies. Although it is an independent cuisine, it overlaps Maharashtrian cuisine and Goan cuisine. Malvan is a town in the Sindhudurg district on the west coast of Maharashtra.

Malvan being a coastal area in Konkan, it has its own distinct way of cooking food. Malvani cuisine uses coconut liberally in various forms such as grated, dry grated, fried, coconut paste and coconut milk.

Many masalas have dried red chilies and other spices like coriander seeds, peppercorns, cumin, cardamom, ginger, garlic, etc. Some dishes also use kokum, dried kokam (amsul), tamarind, and raw mango (kairi). The Malvani masala, a form of dried powder masala is a concoction of 15 to 16 dry spices. This masala is coarsely grounded and stored in jars to be utilized when required.

However, not all of the cuisine is hot and spicy. The 'Konkanastha Brahmin' style of food is quite bland yet very tasty and vegetarian too.

Fish dishes dominate the Malvani cuisine. The fiery seafood curries may be a bit too spicy for some people but are quite tasty. The Malvani cuisine is very similar to Goan or coastal South Indian cuisine. The cuisine, particularly the seafood dishes are quite popular in the metropolis of Mumbai

Solkadhi is a pink colored appetizer drink made from the kokam fruit (*Garcinia indica*) and Coconut Milk, often drunk after particularly hot and spicy Konkani / Malvani meal as it is very soothing.

Important Dishes

Main course

Kombdi Vade (कोंबडी वडे) or Chicken Malvani is a non-vegetarian dish, which is quite popular in Maharashtra. The dish consists of the traditional Malvani chicken curry (including chicken pieces with bones), vade (like a puri, which is a fluffy, fried bread of wheat and nachni flour), onion, lemon, and solkadhi.

Mori Masala (मोरीचां मटण) or Shark curry is a highly popular dish along with the Konkan coast.

Solkadhi (सोलकडी) is soup, highly popular in Konkan. It is made from coconut milk and kokam. It is usually served with Kombdi Vade, various fish delicacies and Mutton Malvani.

Bangda Fry (तळलेलो बांगडो) is a popular dish, especially in Mumbai. The head of the Bangda (mackerel) fish is removed and discarded and the other part is fried as a whole.

Malvani Mutton Curry (मटणाचो रस्सो) is a popular dish throughout the Konkan region. It is similar to Murgh Malvani except that the spices are slightly different.

Kavda Curry (कवड्याचां मटण) is an extremely delicious dish made from a local Konkani bird called "Khavda".

Bombil Fry or Bombay Duck Fry (तळलेलो बॉंबिल) is a popular dish, especially in north Konkan regions such as Mumbai and Raigad.

Paplet Saar (पापलेट सार) is a dish consisting of Pomfret cooked in traditional Malvani fish curry.

Phanasachi Bhaji (फणसाची भाजी) is a vegetarian dish, made from Jackfruit, chilies and spices.

Kaju Chi Aamti (काजूची आमटी) is a spicy curry of caju (cashews).

Prawn curry (कोळंब्यांचा रस्सा)

Kolambi Fry (तळलेली कोळंबी) is a common dish of prawns marinated in spices and rolled in a mixture of rice flour and semolina before frying

Kalya Vatanyanchi Chi ussal (काळ्या वाटाण्यांची उस्सळ) is a black peas curry made using coconut and Malvani Masala

Breads and cakes

Dhondas or Cucumber Cake is a baked preparation made from cucumber, rava, and jaggery.

Ghavan or Ghavane is a fried pancake and is especially popular in the Sindhudurg district. Its has netted appearance and soft feel. Soft. These are made of thick iron tava(pan). Ghavane is served with black tea, coconut ras, chawali usual, chikan rassa.

Khaproli (खापरोळी) is a sweet dish, highly popular in southern Konkan. The dish consists of a fluffy pancake dipped in yellow sweet juice.

Tandalachi Bhakri (तांदळाची भाकरी) is a Bhakri made of rice flour. It is the Malvani equivalent of the Maharashtrian Jowari Bhakri or Bajri Bhakri, which is popular throughout the Deccan.

Ras-Poli is a sweet deep-fried delicacy, highly popular in Maharashtra. The dish consists of a fried pancake served with sweetened coconut milk.

Amboli: Generally called Poli. Made on bida. Preparation of the rice flour is same like idli, not ready mix idli. The flour is kept overnight for more fluffy. Delicious bread is served with any usual, chicken, mutton, coconut chutney.

Shevaya + Ras : This is soft rice noodle. A special tool 'shevaga' is needed to make shevaya. Balls of rice flour are well cooked in boiling water and pressed hot in shevaga. soft white noodles are served with delicious coconut ras.

CHECK YOUR PROGRESS

- Explain the features of Malvani Cuisine.
- Elaborate the important dishes in main course of Malvani Cuisine.
- Describe solkadi used in Malvani and Maharashtrian cuisine.
- Discuss the various breads and cakes in Malvani Cuisine.

3.05 GOAN CUISINE

Goan cuisine consists of regional foods popular in Goa, an Indian state located along India's west coast on the shore of the Arabian Sea. Rice, seafood, coconut, vegetables, meat, pork and local spices are some of the main ingredients in Goan cuisine. The area is located in a tropical climate, which means that spices and flavors are intense. Use of kokum is another distinct feature. Goan food is considered incomplete without fish. It is similar to Malvani or Konkani cuisine.



Fig 3.22 Goan prawn curry at a restaurant in Calangute, Goa. It is popular throughout Goa

https://en.wikipedia.org/wiki/File:Goan_prawn_curry.jpg

The cuisine of Goa is originated from its Hindu roots, and influenced by the four hundred years of Portuguese colonialisation and the Muslim rule that preceded the Portuguese. Many Catholic dishes are either similar to or variants of their Portuguese counterparts in both naming or their use of ingredients.

Seafood

The cuisine is mostly seafood-based; the staple foods are rice and fish. Kingfish (vison or visvan) is the most common delicacy. Other seafood delicacies include pomfret, shark, tuna, and mackerel. Among the shellfish are crabs, prawns, tiger prawns, lobster, squid, and mussels. The food of Goan Christians is heavily influenced by the Portuguese.

Introduction of new edibles to Goan cuisine

The Portuguese introduced potatoes, tomatoes, pineapples, guavas, and cashews from Brazil to Goa and consequently India. The chili pepper is the most important aspect of Goan cuisine, which was introduced by the Portuguese and became immensely popular as a very important spice for wider India cuisine. None of these above-mentioned ingredients were used in Goan cuisine before the advent of the Portuguese. The Portuguese also introduced beef and pork to the converts of Catholicism, which were and still are considered a taboo by Hindus of Goa. However it is common to see people of either faith enjoy delicacies of the other.

Hindu cuisine

Hindu cuisine in Goa is mainly pescetarian and lacto-vegetarian, but lately the younger generation have taken up a taste for chicken & mutton, which was not common before. Hindu cuisine mainly uses less heat, tamarind and kokum for souring, and jaggery for sweetening. It uses asafoetida, fenugreek, curry leaves, mustard, and urad dal. It is not very spicy; less onion and garlic are used. It also includes more vegetables, such as lentils, pumpkins, gourds, bamboo shoots, roots, etc. It is less oily and the medium of cooking is coconut oil. Many parts of coastal Karnataka such as Udupi and Dakshina Kannada have adopted the Goan lacto-vegetarian cuisine, whereas few major parts of Uttara Kannada have adopted the pescetarian cuisine.

Popular Goan Hindu dishes include:

- Humann (हूमण) – Fish curry and rice (शीत or भात), also known as kadi or ambot
- Fried fish (तळील्ले नूस्ते)
- Fish suke or dhabdhabit (सुकें) – Dry spicy preparation of fish, eaten as a side dish
- Fish udid methi or uddamethi (उदमेथी) – Type of curry consisting of fenugreek and mackerel; a vegetarian version of this dish is also prepared using hog plums (or anything sour and tangy, such as pieces of raw mango)
- Kismur (किस्मुर) – A type of side dish normally consisting of dried fish (mostly mackerel or shrimp), onions, and coconut
- Dangar – Goan fish cutlets (डांगर)
- Kalputi – A dish normally prepared from the head of a large fish, with onions and coconut
- Bhaaji or shak – A generic term for stews, Curries, stir fries made from different vegetables and fruits (भाजी or शाक)

- Bhaji - Fried Fritters with Besan batter. Different kind of bhajis can be made by changing the vegetable used with Besan. Popular bhajis include those containing onion or chilies.
- Khatkhate (खतखतें)
- Varan - A lentil preparation often made with coconut milk tempered with mustard, hing, curry leaves, and chilies, served as an accompaniment to rice for the Naivedya, prepared during all Hindu festivals, and an integral part of wedding feasts.
- Tondak – A dish made with beans, cashews, etc. (तोंडाक)
- Different varieties of sweets made from rice and lentils, such as payasu, patoli, madgane, kheer, etc. (गोड्शें)

Different varieties of pickles and papads (लोणचे or पापड)

- Solachi kadi – A spicy coconut and kokum curry (कडी)

Catholic cuisine



Fig 3.23 Chamuças, Goan samosas

. https://en.wikipedia.org/wiki/Goan_cuisine#/media/File:Chamu%C3%A7as.jpg

Catholic cuisine in Goa is a fusion of Indian and Portuguese cooking styles. Vinegar (made from the toddy of local coconut trees) is used to give the zingy taste to the meat dishes.

Popular Goan Catholic dishes include:

- Ambot tik – A spicy and sour curry prepared with fish
- Arroz doce – A Portuguese derivative of kheer (sweetened rice custard)
- Balchão – A curry made with prawns/shrimp
- Bebik – A pudding traditionally eaten at Christmas
- Cafreal – A masala marinade mostly used for chicken or fish made from coriander leaves, green chilies, and other spices.
- Canja de galinha – A type of chicken broth served with rice and chicken, which is originally a Goan recipe
- Chamuça – A Goan/Portuguese derivative of the samosa
- Chouriço – A spicy pork sausage



Fig 3.24 Crab xec xec

https://en.wikipedia.org/wiki/Goan_cuisine#/media/File:Crab_xec_xec.JPG



Fig 3.25 Left Tandoori lobster with fries and vegetables Right Tandoori prawns with sauce.

https://en.wikipedia.org/wiki/Goan_cuisine#/media/File:Prawns_tandoori_and_Lobster.jpg



Fig 3.26 Fried pomfret

https://en.wikipedia.org/wiki/Goan_cuisine#/media/File:Pompret-fried-fish.jpg

- Patoleo or patoli – A dish of turmeric leaves stuffed with rice, dal, jaggery, and coconut
- Croquettes – Breaded and fried shredded beef rolls, a common snack among Goan Christians and the Portuguese
- Feijoada – A stew brought by the Portuguese. It is made with meat (beef or pork), beans, and cabbage.
-
- Roast beef and beef tongue – Popular entrees at Goan celebrations
- Ros omelette – An omelette drowned in spicy chicken or chickpea gravy and served with pão (Portuguese-Goan bread)
- Samarein chi kodi – Goan curry made with fresh and dried prawns
- Sanna – A dry rice cake; a variant of idli
- Solantule kodi – A spicy coconut and kokum curry
- Sorpotel – A very spicy pork dish eaten with sannas or pão (Goan bread – spelled the same way as in Portugal)
- Vindaloo – A spicy curry made with pork, chicken, or lamb. The name is derived from the Portuguese term for a garlic and wine (vinho e alho or vinha d'alhos) marinade; this dish is popular in the West, particularly the United Kingdom, the United States, Australia, and New Zealand; not related to aloo (potato)
- Xacuti – Type of curry made with roasted grated coconut and pieces of chicken or lamb
- Cashew laddus, nevrvo, khaje, revdyo, peda, puran poli, sakhar bhat, madgane, and payasa are other well-known dishes. There are several types of halwa, such as dali kapa (halwa made from red gram), cashew halwa, mango halwa, banana halwa, pumpkin halwa, and dodol.

CHECK YOUR PROGRESS

- Explain the features of Goan Cuisine.
- Elaborate the important dishes in main course of Goan Cuisine.
- Describe seafoods used in Goan cuisine.
- Discuss the various new edibles in Goan Cuisine.
- Explain the features of Hindu cuisine of Goa.
- Explain the features of Catholic cuisine of Goa.

3.06 GUJARATI CUISINE

Gujarati cuisine refers to the cuisine of Gujarat, a state in western India. Despite having an extensive coastline providing wholesome seafood, Gujarat is primarily a vegetarian state due to the influence of Jain vegetarianism. Many communities, however, do include seafood, chicken, and goat in their diet.

The typical Gujarati thali consists of rotli, dal or kadhi, rice, and shaak/sabzi (a dish made up of several different combinations of vegetables and spices, which may be either spicy or sweet). The thali will also include preparations made from pulses or whole beans (called kathor in Gujarati) such as mung, black eyed beans etc., a snack item (farsaan) like dhokla, pathra, samosa etc. and a sweet (mishthaan) like mohanthal, jalebi, doodh pak etc. Gujarati cuisine varies widely in flavour and heat, depending on a family's tastes as well as the region of Gujarat to which they belong. North Gujarat, Kathiawad, Kachchh, Central Gujarat and South Gujarat are the five major regions of Gujarat that

contribute their unique touch to Gujarati cuisine. Many Gujarati dishes are distinctively sweet, salty, and spicy simultaneously.

Staple foods

Staples include homemade khichdi (rice and lentil or rice and mung bean), and chaas (buttermilk) and pickles as side. Main dishes are based on steamed cooked vegetables with different spices and dals that are added to a vaghar, which is a mixture of spices heated in oil that varies depending on the main ingredients. Salt, sugar, lemon, lime, and tomatoes are used frequently to prevent dehydration in an area where temperatures reach 50 °C (122 °F) in the shade. It is common to add a little sugar or jaggery to some of the 'Vegetable dishes and dal. The sweet flavour of these dishes is believed to neutralize the slightly bland taste of the vegetables.



Fig 3.027 Gujarati Thali, a variety filled traditional dish served in Gujarat
https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:The_Gujarati_Thali.jpg

The cuisine changes with the seasonal availability of vegetables. In summer, when mangoes are ripe and widely available in market, for example, Keri no Ras (fresh mango pulp) is often an integral part of the meal. The spices used also change depending on the season. Garam masala and its constituent spices are used less in summer. Regular fasting, with diets limited to milk, dried fruits, and nuts, are commonplace.

In modern times, some Gujaratis have become increasingly fond of very spicy and fried dishes. There are many chefs who have come up with fusions of Western and Gujarati food. Gujaratis are predominantly vegetarians, even though pockets of the state consume chicken, eggs and fish.

Flat bread prepared with Bajra has nutritional value similar to other foods based on flours. Common meals in villages near Saurashtra during the cold winters consists of thick rotis, termed bhakri, made of wheat flour, garlic chutney, onion, and chaas.

Sweets (desserts) served as part of a thali are typically made from milk, sugar, and nuts. "Dry" sweets such as magas and ghooghra are typically made around celebrations, such as weddings, or at Diwali.

Gujarati cuisine is also distinctive in its wide variety of farsan — side dishes that complement the main meal and are served alongside it. Some farsan are eaten as snacks or light meals by themselves.

Gujaratis will often refer to dal-bhat-rotli-saak as their everyday meal. For special occasions, this basic quartet is supplemented with additional shaak, sweet dishes, and farsan. A festive Gujarati thali often contain over a dozen items. Dietary rules restrict the permissible combination of dishes. For example, if kadhi is to be served, then a lentil preparation such as chutti dal, vaal, or mug ni dal will also be included. The sweet dish accompanying kadhi will likely be milk or yogurt-based, like doodhpak or shrikhand. However, a yogurt-based raita would not be served with such a meal. Festive meals based on dal will typically have a wheat-based sweet dish like lapsi or laddoo as the sweet accompaniment. Many Gujarati families make and consume moong dal in their diet on Wednesdays. There are established combinations of spices that some believe to facilitate digestion, that are eaten with different foods.

In coastal Gujarat, the Kharwa community has developed a cuisine consisting of fresh and dried fish. Common seafood are pomfrets, khandwas, gedadas, surmai, prawns, crabs, lobster. and narsinga (calamari).

Gujarati thali is sometimes seen as being "no-frills" even though it can be elaborate. India's current prime minister, Narendra Modi has often arranged Gujarati food for his special overseas guests like Shinzo Abe or Portuguese Prime Minister Antonio Costa. Modi himself has been said to prefer Khichdi. even when visiting overseas, something that opposing politicians sometimes mocked.

List of Gujarati dishes

Breads

Bajri no rotlo (બાજરીનો રોટલો): Thick millet flour flatbread usually grilled over coals.

Makai no rotlo: Thick corn flour flatbread usually grilled over coals.

Bhakri: Made with whole wheat flour, thicker than Rotli, crispy.

Phulka rotli (Also called rotli or chapati): Made with whole wheat flour, rolled thin.

Juvar no rotlo: Thick sorghum flatbread.

Parotha: Fried whole wheat flatbread.

Puran poli (Also known as vedmi): Whole wheat bread filled with sweet Chickpea daal filling usually made for special occasions.

Puri: Made with whole wheat flour, deep fried.

Thepla/dhebra (થેપ્લા/ઢેબરા) : Made with a mixture of flours, pan fried, mildly spiced, usually contains shredded vegetables.

Poodla (sweet): Made with a mixture of flours, pan fried.

Rice

In addition to plain rice, Gujarati cuisine also includes rice based dishes such as:

- Biranj: Steamed rice flavoured with saffron, sugar, and dried fruit.



Fig 3.28 Kadhi

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Gujaratikadhi.jpg



Fig 3.29 Bajari no rotlo with onion and green chilli

<http://saasbahurasoi.com/sb/recipe/kathiyawadi-bajra-no-rotlo-bajri-ki-roti/>



Fig 3.30 Khaman Dhokla

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Khaman_Dhokla.jpg

- Khatta-mittha bhaat (sour and sweet rice): Rice, boiled with potatoes and spices, yellow in colour and accompanied with lemon peel.
- Doodhpak: Rice pudding made by boiling rice with milk and sugar, and flavoured with cardamom, raisins, saffron, cashews, pistachios, or almonds. It is typically served as a dessert.
- Khichdi (rice & a dal): Cooked like porridge accompanied with ghee, dahi (yogurt), and pickle.
- Pulao (rice with vegetables)
- Khichu: Kneaded rice flour made by heating it with water, salt, green chillies, and cumin.
- Vegetables (Shaak/Subzi)
- Bateta nu shaak (potato curry)
- Bateta sukhi bhaji (dry potato)
- Bateta Kanda nu shaak (Potato and onion curry)
- Bateta Ringan nu shaak (Potato and Eggplant Curry)
- Bateta Guvar nu shaak (Potato and Cluster beans curry)
- Bateta Chawli nu Shaak (Potato and glossary long beans)
- Lasaniya Bateta (Garlic flavored Potato curry)
- Bharela Ringan (stuffed dry Eggplant)
- Bharela bhinda (stuffed dry okra)
- Bharela karela (stuffed dry bitter gourd)
- Bhinda nu shaak (dry okra)
- Bhinda Bateka nu shaak (dry Okra & potato)
- Vatana bataka nu shaak (potato and peas curry)
- Cholaa nu shaak (black eyed peas curry)
- Chawli Ringan Bateka nu Shaak (glossary long beans, brinjal and potato curry)
- Dhana capsicum nu shaak (dry coriander, capsicum and chickpea flour curry)
- Dudhi bateta nu shaak (bottle gourd and potato curry)
- Ringan bateta nu shaak (eggplant and potato curry)
- Dudhi chana ni daal nu shaak (bottle gourd and split black chickpea curry)
- Dudhi ganthia nu shaak (bottle gourd)
- Dudhi mag ni dal nu shaak (bottle gourd and mung bean Curry)
- Dudhi nu shaak (bottle gourd curry)
- Fansi ma dhokli nu shaak (French bean curry with Dumplings)
- Fansi nu shaak (dry green bean curry)
- Ganthia nu shaak
- Gathoda nu shaak
- Guvar nu shaak (cluster beans curry)
- Kadhi (curry made from buttermilk chhash and gram flour, usually either sweet or tangy)
- Kanda bataka nu shaak (onion and potato curry)
- Karela nu shaak (bitter melon curry)
- Kobi bateta nu shaak (dry cabbage and potato curry)
- Keri nu shaak (Mango curry)
- Kobi Papdi nu shaak (dry Cabbage and broad beans curry)
- Mag nu shaak (mung bean curry)
- Methi nu shaak (fenugreek)
- Methi bateta nu shaak (fenugreek potato curry)
- Panchkutiyu shaak (five-vegetable curry consisting of ridge gourd, potato, bottle gourd, eggplant, and green peas)
- Parwal bateta nu shaak (pointed gourd and potato curry)
- Ringan nu shaak (eggplant)

- Ringan no olo (roasted eggplant mashed curry)
- Sev tameta nu shaak (curry made of green (unripe) tomatoes)
- Sambhariyu Shaak (Stuffed Ivy gourd, baby potatoes, sweet potatoes and eggplant curry)
- Tameta bateta nu shaak (tomato and potato curry)
- Tindoda nu shaak (ivy gourd curry)
- Tindoda batetanu shaak (ivy gourd curry)
- Tameta muthiyanu shaak
- Palak nu shaak (Spinach curry)
- Undhiyu: A mixed vegetable casserole that is traditionally cooked upside down underground in earthen pots fired from above. This dish is usually made of the vegetables that are available on the South Gujarat coastline during the winter season, including (amongst others) green beans, unripe banana, muthia, and purple yam. These are cooked in a spicy curry that sometimes includes coconut. Surti Undhiyu is a variant that is served with puri at weddings and banquets. Again it is a mixed vegetable casserole, made with red lentils and seasoned with spices, grated coconut, and palm sugar in a mild sauce. It is garnished with chopped peanuts and toasted grated coconut, and served with rice or roti. This dish is very popular all over Gujarat, and most Gujarati families eat it at least once a year on Makar Sankranti.
- Val papadi nu shaak (Flat bean)

Side dishes (Farsan)

Farsan are side dishes in Gujarati cuisine.

- Dabeli (A bread stuffed with the spicy masala mixture)
- Bhajiya (Deep fried savoury snacks. A popular variety is pakora.)
- Dal Vada (Deep fried savoury snacks. A popular variety is Dal Pakoda.)
- Locho (famous Surti variety made from chickpea flour)
- Aloo Puri (Another famous Surti variety)
- Chaat (A mixture of potato pieces, crispy fried bread, and spices topped with chutney, cilantro, and yogurt.)
- Dahi vada (Fried dumplings soaked in yogurt and topped with salt, cumin, and cayenne pepper.)
- Dhokla (Steamed cake made primarily of rice flour.)
- Handvo (Steamed cake made of rice flour, beans, yogurts, and calabash.)
- Kachori (A deep fried dumpling made of flour and filled with a stuffing of yellow moong dal, black pepper, cayenne pepper, and ginger.)
- Khaman (Steamed cakes made out of gram flour, garnished with green chili pepper and cilantro.) Types Of Khaman : Nylon Khaman & Vati Dal na Khaman
- Khandvi (Roll made of gram flour and dahi (yogurt) topped with mustard seed, cilantro, and Grated coconut.)
- Khichu (A thick porridge-like mixture made of rice flour and seasoned with cumin seeds. Once prepared, the mixture is often topped with oil, cayenne pepper, and salt.)
- Lilva kachori (A variety of kachori made with pigeon peas.)
- Patra (Patarveliya)
- Methi na gota (Fried fenugreek Dumplings)
- Muthia (Steamed dumpling made of gram flour, fenugreek, salt, turmeric, and cayenne pepper. The steamed dumpling can also be stir fried with Mustard Seed.)
-
-



Fig 3.31 Handvo

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Sour_cake_%27Handvo%27.jpg



Fig 3.32 Khandvi, a popular Gujarati snack (Farsan).

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Khandvi,_Gujarati_snack.jpg

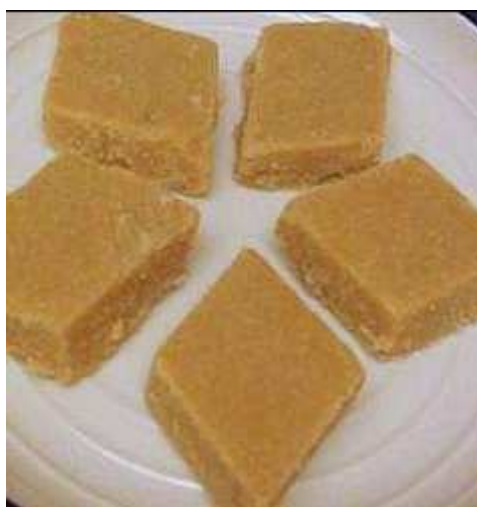


Fig 3.33 Sukhadi

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Sukhdi.jpg

- Pani puri (A round hollow flatbread that is fried crisp and filled with potato, and black chickpeas and topped with water seasoned with mint and green chili pepper, and tamarind chutney.)
- Sev khamani (Khaman topped with crispy, fried gram flour.)
- Vegetable handva (Serve it hot either with chutney or tomato sauce or pickle.)
- Dal vada, Vaati dal na bhajiya
- Makai no dana (Corn chevda)
- Khichdo
- Bhel

Snacks (Nasta)

Most nasta (singular nasto) are deep fried and made with Gram Flour.

- Chakri
- Chorafali
- Fafda
- Ghanthia
- Khakhra
- Mathia
- Sev (palak Sev, Aloo sev)
- Sev mamra
- Lasaniya mamra
- Dhokla
- Porbandar khajli
- KHANDVI
- Methi sakarpara
- Methi Muthia
- Ragda Pettis
- Nachni Methi Muthias
- Tuver lilva kachori
- Khichu Papdi

Dal (pulses)

Moong Dal

Meethi (Sweet) kadhi

Kadh (an intermediate between kadhi and daal)

Tuer dal

Mix dal

Mithai (sweets)

- Mohanthar (Gramflour Fudge)
- Adadiya
- Jadariyu
- Sutarfeni



Fig 3.34 Malpua

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Malpua.jpg



Fig 3.35 Mohanthal (Gram flour Fudge)

https://en.wikipedia.org/wiki/Gujarati_cuisine#/media/File:Mohanthal.jpg

- Kansar
- Maisur
- Halvasan
- Malpua
- Keri no ras
- Basundi
- Ghari
- Ghughra
- Ghebar or Ghevar
- Son Papdi
- Magas (or Magaj)
- Sukhadi
- Mohanthal/Mohanthal (gram flour fudge)
- Gud papdi (Gol papdi)
- ghaum ni sev (wheat flour sev)

- Ronvelia
- Penda
- Barfi
- Ladu
- Shiro
- Ghooghra
- Jalebi
- Shrikhand
- Sweet Sev
- Lapsi
- Doodhpak
- Shakkarpara
- Kopra paak
- Gaajar halwo
- Dudhi no halwo gur
- Kaju katri
- Gulab jambu
- Velan lapsi
- Beet no halwo
- Moong dal Halwa Halwa

Condiments

- Chutney
- Raita
- Athanu
- Papad
- Kachu
- Chhundo
- Murbbo
- Chhas (Buttermilk)

Spices and seasonings

- Kokum
- Aambli or Aamli (Tamarind)
- God (Jaggery)
- Chaat Masala
- Hardar or Havej (Turmeric powder)
- Kothmir (Coriander)
- Elaichi (Cardamom)
- Garam Masala (Mix of dry spices, roasted and made powder)
- Hing (Asafoetida)
- Jeeru (Cumin)
- Kesar (Saffron)
- Lilu marchu (Green chilli)
- Lal marchu (Cayenne pepper)
- Methi (Fenugreek - leaves and seeds)
- Phoodino or pudina (Mint)

- Soonth (ginger powder)
- Laving (cloves)
- Mitho limbdo (curry leaves)
- Dhanano (Coriander seeds)
- Singadana (Ground Nuts)

CHECK YOUR PROGRESS

- Explain the features of Gujrati Cuisine.
- Elaborate the important dishes in main course of Gujrati Cuisine.
- Describe staple food of Gujrati cuisine.
- Discuss the various sweet dishes in Gujrati Cuisine.
- Discuss the various farsan dishes in Gujrati Cuisine.
- Discuss the various breads dishes in Gujrati Cuisine.
- Discuss the various rice dishes in Gujrati Cuisine.
- Discuss the various kadhi dishes in Gujrati Cuisine.
- Discuss the various vegetable dishes in Gujrati Cuisine.
- Discuss the Undhiyu dishes in Gujrati Cuisine.
- Discuss the various snacks (nasta) dishes in Gujrati Cuisine.
- Discuss the various condiments dishes in Gujrati Cuisine.
- Discuss the various spices seasoning in Gujrati Cuisine.

3.07 PARASI CUISINE

Parsi Cuisine refers to the traditional cuisine of the Parsis of India and Pakistan.

Primary meals

The basic feature of a Parsi lunch is rice, eaten with lentils or a curry. Curry is made with coconut and ras without, with curry usually being thicker than ras. Dinner would be a meat dish, often accompanied by potatoes or other vegetable curry. Kachumbar (a sharp onion-cucumber salad) accompanies most meals.

Popular Parsi dishes include:

- Chicken Farcha (Fried chicken appetizer)
- Dhansak (Lamb, mutton, goat, chicken or vegetables in a mixed lentil or toor daal gravy served with brown rice)
- Patra ni Machhi (Fish - Pomfret or Surmai stuffed heavily with green coconut chutney and wrapped in a banana leaf - steam cooked.)
- Sali Murghi (Spicy chicken with fine fried matchstick potatoes)
- Saas ni Machhi (Yellow rice with pomfret fish fillets in white sauce)
- Kolmi no Patio (Shrimp in spicy tomato curry)
- Jardaloo Sali Boti (Boneless mutton in an onion and tomato sauce with apricots and fried matchstick potatoes)
- Khichri (rice with toor daal or moong daal)

- Tamota ni Ras Chaval (mutton cutlets with white rice and tomato sauce)

Also popular among Parsis, but less so elsewhere, are the typical Parsi eeda (egg) dishes, which include akuri (scrambled eggs with spices) and the pora ("Parsi" omelette). Also, vegetables like okra, tomato, potato and others are often cooked with eggs on top.

Traditional breakfasts during the 1930s in Mumbai or in many South Gujarat villages consisted of khurchan (offal meats cooked with potatoes in a spicy gravy), and some variant of the ubiquitous deep-fried, fried or half-fried eggs. In agrarian communities, this would be washed down by copious quantities of coconut toddy, often straight off the tree.

Although in the not-so-distant past, vegetables were considered a 'poor peoples food', there is a presently a trend towards light eating, no red-meat and even vegetarianism.

Desserts

Common desserts include sev (vermicelli), ravo (sweet semolina pudding) and malido (a nutty fudge). Also popular are faluda and kulfi, both of which are adoptions from the cuisines of the Irani and Persian-speaking communities. Wedding feasts traditionally include Lagan nu Custard.

Snacks

Popular Parsi snacks include bhakhra (deep fried sweet dough), batasa (tea biscuits), dar ni pori (sweetened lentils stuffed in a light pastry), doodh na puff (milk froth) and khaman na ladva (dumplings stuffed with sweetened coconut).

CHECK YOUR PROGRESS

- Explain the primary meals in Parsi Cuisine.
- Elaborate the popular dishes in Parsi cuisine.
- Discuss the various desserts in Parsi cuisine.
- Briefly describe the various popular Parsi snacks.

3.08 SINDHI CUISINE

Sindhi cuisine (Sindhi: سنڌي ڪاڏا) refers to the native cuisine of the Sindhi people from Sindh, Pakistan. The daily food in most Sindhi households consists of wheat-based flat-bread (phulka) and rice accompanied by two dishes, one gravy and one dry. Today, Sindhi food is eaten in many countries including India, where a sizeable number of Hindu Sindhis migrated following the independence in 1947.

Historical influences

The arrival of Islam within South Asia influenced the local cuisine to a great degree. Since Muslims are forbidden to eat pork or consume alcohol and the Halal dietary guidelines are strictly observed, Muslim Sindhis focus on ingredients such as beef, lamb, chicken, fish, vegetables and traditional fruit and dairy. Hindu Sindhi cuisine is almost identical with the difference that beef is omitted. The influence of Central Asian, South Asian and Middle Eastern cuisine in Sindhi food is ubiquitous.



Fig 3. 36 The Sindhi "Sai bhaji" is a famous curry
https://en.wikipedia.org/wiki/Sindhi_cuisine#/media/File:Sindhi_Sai_Bhaji.JPG



Fig 3.37 Sindhi biryani, the Sindhi variant of the biryani rice dish
https://en.wikipedia.org/wiki/Sindhi_cuisine#/media/File:Sindhi_Biryani.JPG



Fig 3.38 Sindhi Kadhi
https://en.wikipedia.org/wiki/Sindhi_cuisine#/media/File:Sindhi_Kadhi.JPG

Food for special occasions

Certain dishes are served on special occasions such as Diwali a Bahji (vegetable dish) called Chiti-Kuni is made with seven vegetables. Special dishes are also served on recovery from serious illness for example when someone makes a full recovery from Chicken Pox, it is common to make an offering and make "mitho lolo", a sweet griddle-roasted flatbread: the dough is wheat flour mixed with oil (or ghee) and sugar syrup flavored with ground cardamom.

Sai bhaji chawal, a popular dish from Sindh consists of white steamed rice served with spinach curry which is given a 'tarka' with tomatoes, onions and garlic.

- Koki is another popular Sindhi flat-bread that is prepared with wheat flour and goes well with any dal, sabzi or even curd or chai.
- Seviyan (Vermicelli), typically served as a sweetened (sometimes milk-based) dessert, is popular: Muslim Sindhis serve it on Bakri-Id and Eid ul-Fitr. On special religious occasions, mitho lolo, accompanied with milk, is given to the poor.
- Sindhi Kadi is a unique and special dish prepared on festive occasions specially by Sindhis residing in India. It consists of a thick spicy gravy made from chick pea flour unlike buttermilk usually used for kadi preparation along with seasonal vegetables. It is served hot with rice.
- Mitho lolo is also served with chilled buttermilk called Matho on various occasions.
- A special sweet dish called 'Kheer Kharkun' are prepared and served on Eid ul-Fitr, it is prepared by mixing dates and milk, and slowly simmering the mixture for few hours. The dish is eaten hot in winters and cold in summers.
- Taryal Patata, a staple of Sindhi diet, is a form of thinly sliced, pan fried potatoes with local spices. They are consumed in most rural households typically at dinner but can be consumed even for breakfast and lunch alongside other meals. One popular Sindhi way of having "patatas" is to eat it with plain white rice with daal to accompany it.
- Pallo Machi is a popular Sindhi delicacy, is Hilsha fish prepared with numerous cooking methods. It can be deep fried and garnished with local spices, can be cooked with onions and potatoes into a traditional fish meal or barbequed. The fish often has roe, which is called "aani" in Sindhi and is enjoyed as a delicacy. Often fried alongside the palla and served with the fish fillets.
- Palli, is a saag or leafy green from the Chickpeas, and is enjoyed either cooked by itself like spinach or with fish cooked in the palli and called "Machi Palli". The saag has a unique flavor and is quite different from spinach or mustard saag and has a slightly sour and salty taste to it. It can take getting used to for the uninitiated.

Meals

<Sindhi Beeh Ji Bhaji

Bhee (simply means 'lotus root' in English). A high quality lotus root is grown in the north of Sindh which is then cooked in clay-pot using various spices, which then results in an excellent delicacy that is famous all over Pakistan. Sindhi Briyani, Sindhi Curry, Sabu Dal Chawar (yellow daal with rice).

Drinks

- Thadai (famous Sindhi drink made from almonds and poppy seeds - khashkhaash).
- Khirni (hot drink made with milk, flavours of cardamoms and saffron).



Fig 3.39 Sindhi Fish Curry

https://en.wikipedia.org/wiki/Sindhi_cuisine#/media/File:Sindhi_Fish_Curry.JPG



Fig 3.40 Sindhi beej ki bhaaji

https://en.wikipedia.org/wiki/Sindhi_cuisine#/media/File:Sindhi_Bhee_Ji_Bhaji.JPG



Fig 3.41 Thandiay (Thadal)

[https://en.wikipedia.org/wiki/Sindhi_cuisine#/media/File:Thandiay_\(Thadal\).JPG](https://en.wikipedia.org/wiki/Sindhi_cuisine#/media/File:Thandiay_(Thadal).JPG)

- Sherbet (drink made from rose petals or sandal wood).
- Falooda (vermicelli and ice on top of an ice cream)
- Lassi (dahi (yogurt)-based traditional drink)

Translations

This section provides the translations between Urdu/Hindi, Sindhi and English (British and American) cooking terms of common Sindhi food.

There are occasional differences in Sindhi dialects for instance Hyderabad Sindhi will refer to an egg as 'bedo' however Sindhis from other parts will refer to it as 'ando'.

Herbs

Urdu/Hindi	Sindhi	English
Sokha Dhan-ia	Sukka Dhaanna (سڪاڏاڻا)	Coriander Seed
Hara Dhan-ia	Sawa Dhaanna	Coriander Leaves
podeena	Phoodno	Mint leaves
methi	Hurbo	Fenugreek
taez paat	Kamaal Pat	Bay leaf
Kadhi pata	Curry Leaves	

Spices

Urdu/Hindi	Sindhi	English
Amchoor	Amba-choor	dry mango powder
elaichi	Photo (ڦوٽا)	Cardamon Pods
Badi elaichi	Wado photo	Black Cardamon
namak	Loonn (لوڻ)	Salt
kali mirch	Kaari Mirch	Black Pepper
lah-sun	Thoom(ٿوم)	Garlic
adrak	adrak(ادرڪ)	Ginger
Zeera	Jiro(جيرو)	Cummin Seeds

Haldi	Haidda(ہید)	Turmeric Powder
Heeng	Hing/Vagaranee	Asafoetida
Zafran	Zafran/Kaisar(کيسر)	Saffron
gur	Gud (گڑ)	Jaggery
mirch	mirch(مرچ)	chillies
imli	Gida-mi-ri(گدامڑي)	Tamarind
Khaskhas(کسکس)	Khaskhash	poppy seeds
		Caraway
Rae	Rai	mustard seeds
Long	Lua-nga (لونگ)	Clove
Til	Tirr	Sesame Seed
Garam Masala	garam masalo	.
Dalchini	Mithi Kathi	Cinnamon
Sauf	Sauf	Aniseed
Sauf	Sauf	Aniseed
Methi dana	Hurbo	Fenugreek seeds
Lal mirch	Gharo mirch	Red Chilli

Fruit, Vegetable and Pulses

- Aalu Patata (some parts of northern sindh also calls batala) Potato

Urdu/Hindi	Sindhi	English
Baigan	Vaangan واڱڻ	Aubergine (UK) or Eggplant (US).
Band Gobi	Band/Pata Gobi	Cabbage
Gaajar	Gajjar(گجر)	Carrot
Daal	Daal	Lentil
Sag	Sagg	Mustard Greens (Vegetable)

Khajoor Qatal or Khark(کارک یا کنٹل) Dates

Nuts

Urdu/Hindi	Sindhi	English
Mongphali	Behi-munga or Munghera(مڱيرا) Kha-ja	Peanuts
Kaju	Kaju	Cashewnuts
Badaam	Badaamyoon(باداميون)	Almond
Pista	Pista/dodiyun	Pistachio
Akhrot	Akhrot	Walnut

Other

Urdu /Hindi	Sindhi	English
Ghee	Gheehu/Ghay	Clarified Butter
Chapati	Maani/Phulko/Daggri (قلڪو)	Thin wrap
Cheeni or Shakkar Khand(ڪنڊ), Khandra		Sugar
Bheja or Maghaz	Maghz(مغز)	Brain
Papar	Pa-pper(پاپڙ)	Poppodum
double-roti	double-roti/Dhabbal	Bread
Aata	Atto(اتو)	Wholewheat flour (Chappati flour)
Anda	Bedo (Hyderbadi Sindhi) or Ando(آنو) Egg	
Murghi	Kukkar (ڪڪڙ)	Chicken
Paplate	Paplet پاپليٽ	Pomfret fish
Chhota Gosht	Nandho Gosht	Mutton
Barra Gosht	Wado Gosht	Beef
Palla machhli	Pallo(پلو)	shad/Hilsa (fish)

Vegetarian cuisine

Certain sects of the Sindhi community are vegetarians. The Thathai, Halai and Kutchi Bhatias are followers of Vallabh Acharya. He put forward a way to worship Sri Krishna called Pushtimarg. They

are strict vegetarians who do not eat even onions and garlic and are devoted to Srinathji, the child form of Sri Krishna.

CHECK YOUR PROGRESS

- Explain the primary meals in Sindhi Cuisine.
- Elaborate the popular dishes in Sindhi cuisine.
- Discuss the various sweets in Sindhi cuisine.
- Briefly describe the various popular Sindhi non-veg items.
- Elaborate the historical influence on the Sindhi cuisine.
- Explain the various dishes used in special occasions in Sindhi cuisine.

3.09 END QUESTIONS

The following questions should help you prepare for the End Examinations. These questions are for 5 marks each and should take you 11 minutes under examination conditions.

1. List at least five constituents of the West India Cuisine
2. Briefly describe the cuisine of Maharashtra.
3. Briefly discuss the Malvani cuisine.
4. Briefly explain the cuisine of Goa.
5. Briefly describe the cuisine of Gujrat.
6. Briefly discuss the Sindhi cuisine.
7. Briefly elaborate the Parsi cuisine.
8. Explain the variety of regular meals of Maharashtrian Cuisine.
9. Elaborate the grains used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
10. Explain the legumes used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
11. Discuss the vegetables used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
12. Describe the grains used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
13. Elaborate the spices used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
14. Explain the dairy used in the lacto-vegetarian dishes of Maharashtrian Cuisine.
15. Discuss the meat and poultry used in the non-vegetarian dishes of Maharashtrian Cuisine.
16. Elaborate the seafood used in the non-vegetarian dishes of Maharashtrian Cuisine.
17. Discuss the typical breakfast used in the Maharashtrian Cuisine.
18. Discuss the urban lunch dishes used in the Maharashtrian Cuisine.
19. Discuss the rural lunch and dinner used in the Maharashtrian Cuisine.
20. Elaborate the concept of “phodani” used in the Maharashtrian Cuisine.
21. Explain the various techniques of cooking used in the Maharashtrian Cuisine.
22. Discuss the various special meat and poultry dishes used in the Maharashtrian Cuisine.
23. Elaborate the various seafood dishes used in the Maharashtrian Cuisine.
24. Explain the various special curries and gravies dishes used in the Maharashtrian Cuisine.
25. Discuss the various special pickles and condiments dishes used in the Maharashtrian Cuisine.
26. Describe the various special beverages dishes used in the Maharashtrian Cuisine.
27. Explain the various special sweets and desserts dishes used in the Maharashtrian Cuisine.
28. Elaborate the importance of Puran Poli in Maharashtrian Cuisine.
29. Discuss the importance of Modak in Maharashtrian Cuisine

30. Explain the various street food dishes used in the Maharashtra Cuisine.
31. Elaborate the various special dishes prepared in festivals like Makar Sankranti, Maha Shivratri, Holi, Ganesh Chaturthi and Diwali.
32. Describe the various dishes used for traditional wedding in the Maharashtra Cuisine.
33. Discuss the various dishes used during Hindu fasting days in the Maharashtra Cuisine.
34. Explain the features of Malvani Cuisine.
35. Elaborate the important dishes in main course of Malvani Cuisine.
36. Describe solkadi used in Malvani and Maharashtra cuisine.
37. Discuss the various breads and cakes in Malvani Cuisine.
38. Explain the features of Goan Cuisine.
39. Elaborate the important dishes in main course of Goan Cuisine.
40. Describe seafoods used in Goan cuisine.
41. Discuss the various new edibles in Goan Cuisine.
42. Explain the features of Hindu cuisine of Goa.
43. Explain the features of Catholic cuisine of Goa.
44. Explain the features of Gujarati Cuisine.
45. Elaborate the important dishes in main course of Gujarati Cuisine.
46. Describe staple food of Gujarati cuisine.
47. Discuss the various sweet dishes in Gujarati Cuisine.
48. Discuss the various farsan dishes in Gujarati Cuisine.
49. Discuss the various breads dishes in Gujarati Cuisine.
50. Discuss the various rice dishes in Gujarati Cuisine.
51. Discuss the various kadhi dishes in Gujarati Cuisine.
52. Discuss the various vegetable dishes in Gujarati Cuisine.
53. Discuss the Undhiyu dishes in Gujarati Cuisine.
54. Discuss the various snacks (nasta) dishes in Gujarati Cuisine.
55. Discuss the various condiments dishes in Gujarati Cuisine.
56. Discuss the various spices seasoning in Gujarati Cuisine.
57. Explain the primary meals in Parsi Cuisine.
58. Elaborate the popular dishes in Parsi cuisine.
59. Discuss the various desserts in Parsi cuisine.
60. Briefly describe the various popular Parsi snacks.
61. Explain the primary meals in Sindhi Cuisine.
62. Elaborate the popular dishes in Sindhi cuisine.
63. Discuss the various sweets in Sindhi cuisine.
64. Briefly describe the various popular Sindhi non-veg items.
65. Elaborate the historical influence on the Sindhi cuisine.
66. Explain the various dishes used in special occasions for Sindhi cuisine.

3.10 REFERENCES

1. Maharashtra cuisine - Wikipedia
2. Malvani cuisine - Wikipedia
3. Goan cuisine – Wikipedia
4. Gujarati cuisine – Wikipedia
5. Parsi cuisine – Wikipedia
6. Sindhi cuisine - Wikipedia

UNIT 4 : QUANTITY FOOD PRODUCTION IN SOUTH INDIA

4.00 BEFORE WE BEGIN

In this course are studying the quantity food production from the various parts of our great nation. Our nation has a diverse culture with a rainbow of languages, cultural practices, traditions, festivals, cities, villages, art, dances and of course, cuisines. You will be studying the cuisines of our nation in the four Units which make up this course. We have divided our Units by abbreviation: NEWS which is short form of North (Unit 1), East (Unit 2), South (Unit 3) and West (Unit 4).

We have studied various issues in the quantity food productions like equipments used in kitchen, menu planning, etc in various courses on Food Production. We would be studying the various dishes in the present course. We have chosen Indian Cuisine as our focus. India is a culturally diverse nation. Our cuisines can be divided into four parts according to the cardinal direction. The cuisines of one part has quite a few dishes which are common to various state or regional cuisines. For example, samosa is a preferred dish of snacks in most regional cuisines (like UP or Bihar) in the North India.

In the first Unit studied the cuisine of the Northern India. The north Indian cuisine has influence of Awadhi, Bhojपुरi, Bihari, UP, Kashmir, Mughlai, Punjabi and Rajasthani culture, geography and agricultural factors. Similarly in the second Unit we had studied the cuisine of Eastern India and in the third Unit we studied the cuisine of the Western part of our nation. In this last Unit, we will learn about the cuisine of the South. As you all know, the southern dishes like upma, dosa, etc have made a mark in the restaurants in India and abroad. Similarly, hyderabadi biryani has become world famous. It will be interesting to learn about the cuisine of Karnataka, Kerala, Mangalore, Udipi, Tamil Nadu, Telangana and Hyderabad.

4.01 UNIT OBJECTIVES

After studying this unit you will be able to

- Explain the concept of South Indian cuisine.
- Elaborate the similarities and difference among the south Indian cuisines.
- Briefly explain the features of Andhra cuisine.
- Describe the regional variation in the three regions of Andhra Pradesh with respect to their cuisine.
- Discuss various popular Andhra dishes.
- Discuss the main features of Karnataka food.
- Describe the regional variations of the Karnataka cuisine.
- Elaborate the features of Coastal Karnataka cuisine.
- Elaborate the features of North Karnataka cuisine.
- Elaborate the features of Coorgi (Karnataka) cuisine.
- Elaborate the features of South Karnataka cuisine.
- Elaborate the features of Udipi hotels.
- Discuss the main features of Kerala food.
- Explain some of the popular Kerala dishes.

- Discuss the main features of Tamil Nadu food.
- Explain the concept of gravy dishes to be mixed with rice as used in Tamil Nadu.
- Discuss Chettinad cuisine.
- Describe the concept of Saraswat Cuisine.
- Discuss various Sarswat dishes.
- Elaborate Rajapur Sarswat cuisine.
- Explain Citrapur Saraswat Cuisine.
- Describe a typical Karnataka meal.
- Describe typical South Karnataka cuisine.
- Discuss the features of cuisine common to all regions of Karnataka.
- Explain various types of dosa in Karnataka cuisine.
- Elaborate various types of breads in Karnataka cuisine.
- Elaborate various types of chutneys in Karnataka cuisine.
- Elaborate various types of side dishes in Karnataka cuisine.
- Elaborate various types of sweet and spicy dishes in Karnataka cuisine.
- Elaborate various types of breads in Karnataka cuisine.
- Explain the concept of Koshambari in Karnataka cuisine.
- Elaborate various types of saaru (gravy) in Karnataka cuisine.
- Elaborate various types of pickles in Karnataka cuisine.
- Elaborate various types of snacks in Karnataka cuisine.
- Describe Malenadu cuisine.
- Discuss various dishes of Malenadu cuisine.
- Describe Kodagu's cuisine.
- Discuss various dishes of Kodagu's cuisine.
- Explain the concept of Udupi cuisine.
- Discuss the typical Udupi dishes.
- Discuss the popular Udupi dishes.
- Discuss the Udupi dishes served in regular course.
- Describe Udupi restaurants and hotels.
- Discuss the concept of Mangalorean catholic cuisine.
- Discuss the meat based cuisine of the Mangalore Catholic.
- Discuss the vegetarian cuisine of the Mangalore Catholic.
- Explain the concept of Kuswar in Mangalore Catholic cuisine.
- Discuss the concept of Mangalorean cuisine.
- Discuss the meat based cuisine of the Mangalore.
- Discuss the concept of Telangana cuisine.
- Discuss the staple food in Telangana cuisine.
- Explain the various ingredients in Telangana cuisine.
- Discuss the vegetarian food in Telangana cuisine.
- Explain the various pickles in Telangana cuisine.
- Explain the various non-vegetarian food in Telangana cuisine.
- Explain the various sweets and snacks in Telangana cuisine.
- Discuss the concept of Telugu cuisine.
- Discuss the features of Coastal Andhra cuisine.
- Discuss the features of North Andhra (Uttarandhra) cuisine.
- Discuss the features of South Andhra (Rayalseema) cuisine.
- Discuss the features of Andhra breakfast (tiffin).
- Explain the various dishes in Andhra lunch and dinner.
- Explain the presentation of dishes in Andhra cuisine.

- Describe the various courses of Andhra cuisine.
- Explain which dishes appear in the main course of Andhra cuisine.
- Elaborate the various dal in Andhra cuisine.
- Discuss the vegetarian food in Telugu cuisine.
- Explain the various pickles in Telugu cuisine.
- Explain the various non-vegetarian food in Telugu cuisine.
- Explain the various sweets and savory in Telugu cuisine.
- Elaborate the features of rural Andhra cuisine.
- Explain the importance of Hyderabadi cuisine.
- Elaborate the history of medieval hyderabadi cuisine.
- Elaborate the history of modern hyderabadi cuisine.
- Elaborate the history of medieval hyderabadi cuisine.
- Discuss the various course of Hyderabadi dinner.
- Explain the concept of Lukhmi in Hyderabadi cuisine.
- Describe the concept of Haleem in Hyderabadi cuisine.
- Elaborate the concept of Biryani in Hyderabadi cuisine.
- Elaborate the various variations in biryani of Hyderabadi cuisine.
- Explain the various dessert items of Hyderabadi cuisine.
- Elaborate the feature of cuisine of Kerala.
- Explain the historical and cultural influences on Kerala cuisine.
- Describe the features of Hindu Kerala cuisine.
- Explain the food offering at ritual for Kerala cuisine.
- Describe the features of Christian Kerala cuisine.
- Explain the features of cuisine of Tamil Nadu.
- Describe the typical meal for Tamil cuisine.
- Elaborate the various dishes in Tamil cuisine.
- Discuss the various breakfast dishes in Tamil cuisine.
- Describe the various side dishes in Tamil cuisine.
- Elaborate the various drinks in Tamil cuisine.
- Explain the various Lunch and Dinner dishes in Tamil cuisine.
- Describe the various dessert dishes in Tamil cuisine.
- Elaborate the regional variation in the Tamil cuisine.

4.02 SOUTH INDIAN CUISINE

South Indian cuisine includes the cuisines of the five southern states of India—Andhra Pradesh, Karnataka, Kerala, Tamil Nadu and Telangana—and the union territories of Lakshadweep, Pondicherry, and the Andaman and Nicobar Islands.

Similarities and differences among cuisines

The similarities among the five states' cuisines include the presence of rice as a staple food, the use of lentils and spices, dried red chilies and fresh green chilies, coconut, and native fruits and vegetables including tamarind, plantain, snake gourd, garlic, and ginger. The four cuisines have much in common and differ primarily in the spiciness of the food.

Kerala, Tamil Nadu, south and coastal Karnataka and most parts of Andhra Pradesh use more rice. People also consume ragi, or finger millet, in large quantities in southern Karnataka. North Karnataka, on the other hand, consumes more bajra (pearl millet) and sorghum, while the Telangana state uses

more jowar and pearl millet. Consumption of rice is more common among certain Brahmin communities.

Andhra food

The cuisines of Andhra are the spiciest in all of India. Generous use of chili and tamarind make the dishes tangy and hot. The majority of dishes are vegetable- or lentil-based.

Regional variations

The three regions of Andhra Pradesh vary in their cuisines. The Telangana region, which shares borders with Central India and Vidharba, has more sorghum- and pearl millet-based rottas in the staple diet.

The Rayalaseema district shares borders with eastern Karnataka and Tamil Nadu, and its cuisine has similarities to that of those regions.

The more fertile Andhra coastal region has a long coastline along the Bay of Bengal, and its cuisine has a distinctive flavor with the inclusion of seafood. Hyderabad, the capital of Telangana, has its own characteristic cuisine, which is considerably different from other Andhra cuisines. The Nizams patronise the Hyderabadi cuisine, which is very much like the Nawabi and Lucknowi cuisine. The only difference is that the Nizams of Hyderabad prefer their food to be spicier, resulting in the distinct Hyderabadi cuisine, which includes delicacies like kacche gosht (raw meat) ki biryani, dum ka murgh (chicken cooked in Hyderabadi style), baghara baingan (eggplant), and achaari subzi (vegetable gravy with the taste of pickles).

Popular Andhra/Telangana dishes

Vegetarian

Tiffins (breakfast): pesarattu (mung bean pancake), attu, bobbatlu, pulihora or pulihaara (tamarind and lemon rice), upma

<Andhra chapala pulusu, or Andhra tamarind fish curry

Pickles (pachhallu):(cut raw mango) pickle, maaghaya, gongura pachadi, pandumirapakayala pachadi, tomato pachadi, allam (ginger) pachadi, dosakaya pachadi, dosavakaya, chintakaya (tamarind)

Curries (kooralu): gutti vankaya, bendakaya fry, dondakaya fry, cabbage pesara pappu, carrot fry

Pappu (lentils) varieties: thotakura (amaranth–pigeon pea stew) pappu, chukkakoora pappu, menthikura pappu, palakura pappu (spinach – pigeon pea dal), dosakaya (yellow cucumber – pigeon pea stew), tomato, beerakaya, sorakaya

Pulusu: palakoora pulusu, sorakaya pulusu, thotakoora pulusu, anapakaya pulusu, gongura pulusu koora

Chaar: tomato chaaru, miriyala chaaru (pepper), ulava chaaru

Chaar and curd variations: perugupachadi/majjiga chaaru with potlakaya (snake gourd), sorakaya (bottle gourd)

Snacks: sakinalu, chekkalu, murukulu, jantikalu, chakkilalu



Fig 4.01: Rice is the staple food in the whole of South India

https://commons.wikimedia.org/wiki/File:Steamed_rice_in_bowl_01.jpg#/media/File:Steamed_rice_in_bowl_01.jpg



Fig 4.02: A vegetarian Andhra meal served on important occasions

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Vegetarian_Andhra_Meal.jpg



Fig 4.03: Pesarattu served with ginger pachadi

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Pesarattu_and_Ginger_chutney.jpg

Sweets: pootarekulu, kaaja, ravva laddu, boondi laddu, pesara laddu, sunnundalu, thokkudu laddu, ariselu, nuvvula laddu

Chutney and pickles

Raw pachadi-vankaya pachadi, dosakaya vanakaya pachadi, tomato pachadi, cabbage pachadi, pickles of avakaya (mango), usirikaya (Indian gooseberry), ginger, citroen, gongura, tomato, garlic

Non-vegetarian

Hyderabadi biriyani and various Hyderabadi meat dishes make up part of Hyderabadi cuisine. The rest of Andhra cuisine has various versions of lamb and chicken, and the coastal region has extensive varieties of seafood. Dishes include kodi iguru (chicken stew), kodi pulusu (chicken gravy), chepa pulusu (fish stew), fish fry and prawn curry.

Karnataka food

Karnataka cuisine is very diverse. The famous traditional south Indian breakfasts like idli, vada and masala dosa was invented in Karnataka in the temple streets of Udupi, which has now become the traditional South Indian food. Described as the mildest in terms of spice content of the five southern states' cuisines, there is a generous use of jaggery, palm sugar and little use of chili powder; however, Northern Karnataka cuisine, which can be extremely hot, is an exception. Since the percentage of vegetarians in Karnataka is higher than other southern states, vegetarian food enjoys widespread popularity.

Regional Karnataka cuisine

North Karnataka cuisine

In North Karnataka, the staple grains are sorghum and pearl millet, along with rice. Rotis made out of these two grains, along with side dishes made of eggplant, fresh spiced salads of vegetables sometimes with raw lentils, spiced and stewed lentils are popular and routinely eaten. North Karnataka people also consume a variety of spicy condiments including chutney powders (Shenga pudi, Gurol pudi, agasi pudi, yellu chatni pudi), raw chutneys and pickles. Of all the other regional cuisines in Karnataka, this is known for its fiery spice level and heat. Eateries called Khanavali, often run by families, serve inexpensive but tasty home-style food. Most of them are run by Veerashaiva and are vegetarian, but Khanavalis serving non-vegetarian food are not uncommon. North Karnataka is one such geographical area in India with a lower per capita consumption of meat.

Coastal Karnataka cuisine

The cuisine of coastal Karnataka is marked by widespread use of seafood, coconut and coconut oil. Rice is the staple grain and is the centerpiece of every meal. Gravies called "gassi" in Tulu language made from chicken, fish, meats are served with rice. Lentils and vegetables cooked with coconut, spices and tempered with mustard, curry leaves, and generous asafoetida, in a dish called huli, is also served with rice. A rasam-like preparation called saaru is also served with rice. The meal will also contain vegetable side dishes called palya. Other accompaniments include curd-based tambli, sweet-tangy gojju, pickles and happala, sandige(fryums) or papads. Some of the distinct breakfast foods served here include bun, biscuit roti, goli bajji, and patrode.

Popular pickles dishes include appemidi (found in Dandeli forest), bettada nelli, lemon, amateykai, and mixed vegetables. Chutneys include ground nut chutney, coconut chutney, and onion chutney.



Fig 4.04: Andhra chapala pulusu, or Andhra tamarind fish curry
https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:TamarindAndhiaFishCurry.JPG



Fig 4.05: Staple vegetarian meal of Karnataka Jolada rotti, Palya, and anna-saar.
https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Another_Vegetarian_Meal.jpg



Fig 4.06: Karnataka is famous for Bisi Bele Bath
[https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Bisi_Bele_Bath_\(Bisibelebath\).JPG](https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Bisi_Bele_Bath_(Bisibelebath).JPG)

Coorgi cuisine

Coorgi cuisine is very distinct from the other regional cuisines of Karnataka, much like their culture. The hallmark of Coorgi cuisine is the widespread use of pork, game, and meats. Kokum is generously used in their cooking. The staple food remains rice and rice-based preparations like kadambattu, steamed rice dumplings and rice rotis.

South Karnataka cuisine

The south Karnataka or the old Mysore cuisine is dominated by ragi, or finger millet, and rice. Ragi in the form of ragi mudde of dumplings or steamed rice is the centerpiece of a meal. Often served with these two dishes are vegetable sides or palya, and a selection of soups known as saaru. Items commonly made are gojju (a type of thick sweet and sour gravy with vegetables), uppinakai (pickled vegetables), tovve (a very mild soup of lentils, sometimes with vegetables), huli (a spiced sour soup of lentils, tamarind, and vegetables), and tili saaru (a type of thin, peppery soup). Certain preparations like bassaaru (a spiced soup of lentil stock with vegetables or greens), uppusaaru (a mild lentil stock based soup often accompanied with a raw chutney), masoppu (mashed spiced greens), and masekai (mashed spiced vegetables), are typical homestyle food from south Karnataka.

Avare kal (Indian beans) is a popular vegetable consumed during winter. They are used in a variety of dishes including usali, upma, huli, and hitakida bele saaru. Rice preparations usually served as the second course of a traditional meals include bisi bele baath, chitranna and puliyogre (tamarind rice)

Dahi (yogurt) is a typical part of every meal in all the regions of Karnataka and is probably the most popular dairy product. Generally, yogurt with rice constitute the final course of a meal. Buttermilk laced with spices and curry leaves is also served with meals, especially during the summer. Ghee and butter are popular cooking mediums for those who can afford them, and are mostly reserved for festivals and special occasions.

Udupi hotels

The credit for popularising these foods elsewhere in India goes to Udupi hotels. In north India, Udupi hotels are often synonymous with south Indian food, even though the range of foods they serve is mostly restricted to the Karnataka cuisine. These small establishments serve inexpensive vegetarian breakfast dishes throughout the day all over India. The hotels are mostly run by people native to the Canara region. The famous masala dosa traces its origin to Udupi cuisine and was subsequently popularised by Udupi restaurants.

Karnataka dishes

People from Karnataka are notorious for their sweet tooth. Belagavi Kunda, Mysore pak, obbattu/holige, dharwad pedha, pheni, and chiroti are popular sweets. Other lesser-known sweets include "hungu," kajjaya, coconut mithai, karjikai, rave unde, sajapa, pakada pappu, chigali, a variety of kadubus, tambittu, paramanna, and hayagreeva. Most of these sweets are not milk-based, unlike the popular sweetmaking tradition elsewhere in India, but rather are made using jaggery instead of refined sugar.

Some typical breakfast dishes include masala Dosa, ragi rotti, akki rotti, Vangibath, menthya baath, tamato baath, khara baath, kesari baath, shavige baath, davanagere benne dosa, uppittu, plain, thatte(plate idli) and rave idli, mysore masala dosa, kadubu, poori, and avalakki.



Fig 4.07: Davangere Benne dosa

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Benndose.jpg



Fig 4.08: Churumuri or Mandakki or Girmitt, a popular evening snack

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:%E0%B2%9A%E0%B3%81%E0%B2%B0%E0%B3%81%E0%B2%AE%E0%B3%81%E0%B2%B0%E0%B2%BF.JPG



Fig 4.09: Typical Mysore lunch

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Kerala_Style_Lunch_at_Gundlupet.jpg

Lunch items include (sambar) huli, (rasam) thili, kootu, gojju, a delicacy called bisi bele baath, chitranna, kosambri (salad), pachadi, and mosaru bajji.

Snack items include kodabale, chakkali, nippatu, maddur vade, aamb vade, golli bajji, and mangalore bun. Children enjoy the tangy Tamarind Chigali.

Kerala food

Kerala cuisine is very diverse, a diversity is best classified on the basis of the various communities. The Syrian Christian dishes and Malabari Muslim dishes are famous. Since Kerala's main export is coconuts, almost all of the dishes, irrespective of the variety in the cuisines of the different communities, have coconuts associated with them, either in the form of shavings or oil extracted from the nut. Seafood is also very popular in the coastal regions and eaten almost every day.

Popular Kerala dishes:

- Vegetarian: olan, paalpradaman, nendarangai chips, aviyal, pulissery, erucherri, sambar, rasam, kalan, upperis, pachady, vegetable stew and kichadi
- Non-vegetarian: shrimp coconut curry, fish curry (various versions depending on the region), fish fry, chicken fry with shredded coconuts, fish pickle, podimeen fry, meen thoran (fish with coconut), karimeen (pearl spot fish) pollichathu, shrimp masala, chicken stew, mutton stew, duck curry, malabari fish curry, fish molly, kakka (shells) thoran, kallumekka, crabs, Pork Mappas (Panni Mappas), Pork vindallu (Panni Vindallu), Pork Roast, Beef ularthiyadhu (Pothu Ularthiyadhu), malabar biriyani, thalassery biriyani, pearl spot fish, jewel fish, mussels, squid, kappa boiled, kappa (tapioca) vevichathu with non-vegetarian curries
- Snacks: upperi, payasam, banana fry (ethaykkappam or pazham pori), ullivada, kozhukkatta, avalosunda, unniyappam, neeyyappam, unnaykka, thira, churuttu, boli, modhakam, paal vazhaykka, cutlets, halwas, cakes, vattayappam, kinnathappam, and irattymadhuram
- Breakfast: puttu (with banana or kadala curry, egg curry, or beef fry), Appam (velayappam, palappam) with curry, vegetable stew, fish molee, chicken or mutton stew, beef curry, duck roast, pork masala, and idiyappam, pidi with mutton curry or chicken curry, porotta with chicken curry or mutton curry, idli, dosai with chutney, kanji with dry beans, pickle, pappadam made with black lentils.

Typical Indian masala dosa (Kerala style), is a combination of shredded, cooked, and fried vegetables with Indian sauce and several spices as the basic stuffing, enveloped by a thick brown dosa made out of a dal and rice batter. To embellish this unique preparation, it is served with hot sambhar and coconut chutney.

Tamil Nadu food

A typical Tamil meal consists of many spicy and non-spicy dishes. Many of these dishes are generally mixed and eaten with steamed rice, which is the staple food of the region. Except for Brahmins and a couple of non-Brahmin castes, most Tamilians eat non-vegetarian food. However, on a typical day, a Tamil family will eat mostly vegetarian food, and the intake of meat is lower than in most parts of the world.

Restaurants serving Tamil food are traditionally of two types: so-called Saiva restaurants (serving only vegetarian food) and so-called Asaiva restaurant (serving both non-vegetarian and vegetarian food). Saiva restaurants serve people from all castes and religions. Fresh coffee and tea remain a staple drink served in both restaurants.



Fig 4.10: Dharwad pedha, originated at the city of Dharwad
https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Dharwad_peda.jpg



Fig 4.11: Mysore pak is one of the popular sweets in Karnataka
https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Mysore_pak.jpg



Fig 4.12: Green colored kesari bhath with cashew nuts. Commonly, it is prepared with orange or yellow color in Karnataka

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Kesari_bhath.jpg

Tamil cuisine groups dishes under five slightly overlapping categories.

Gravy dishes to be mixed in rice

First are the dishes that necessarily are mixed with rice. The sub-categories under this head are: kuzhambu, sambar, paruppu, rasam, and thayir. There is a great variety of dishes under each sub-category. For example, under "kuzhambu", common dishes include puli kuzhambu, vaththal kuzhambu, Molagu kozhambu, payarru kuzhambu, and mor kuzhambu. Non-vegetarian kuzhambu include chicken and fish curries are also now commonly mixed with rice meals.

Accompaniments

Foods in the second category are the side dishes that accompany such mixtures, including kootu , poriyal, varuval, thokku, aviyal, usuli, oorukaai (pickles), vadaam, vaththal and Pappadam.

Standalone snacks

In the third category are the short snacks and their accompaniments, including vada, bonda, bajji, various chutneys, and thayir Pachadi.

Dessert

The fourth category encompasses the rich, sweet dishes that serve as desserts, including payasam, Kesari, thirukannamidu, sarkarai Pongal, Akkaravadisil, Theratti Paal and a plethora of other Indian sweets.

Fast foods, or light meals

The fifth category includes "tiffin," or light meals, which includes various types of idlis, dose, poori, pongal, uppma, idiyappam, aappam, adai, parotta, and paniyaram. Preparations from the fifth category are served for breakfast and early dinners, but usually not as a midday meal.

Tamil cuisine offers primarily light breakfast, lighter dinner, a heavy midday meal and evening snacks, often served with tea or coffee. The rasam is mixed with rice, usually eaten accompanied by crisps. The last of the courses will invariably be rice with curd or yogurt, usually taken along with pickles.

Throughout the meal, the side dishes are served and eaten with the courses, depending upon one's taste or choice. Side dishes are constantly replenished during any meal. Desserts are served as the last course. After the meal, guests retire to the living room and conclude with bananas and freshly made paan, consisting of betel leaves, betel nuts and lime. Paan is considered a digestive aid.

Tamil non-vegetarian meals are similar, except that the first and second courses are usually replaced by various biryanis and non-vegetarian gravies.

In either case, a typical meal (lunch or dinner) will be served on a banana leaf. Meals are often accompanied by various pickles and appalams.

Food is generally classified into six tastes—sweet, sour, salt, bitter, pungent and astringent. Traditional Tamil cuisine recommends that one includes all of these six tastes in each main meal eaten. Each taste has a balancing ability and including some of each provides complete nutrition, minimises cravings and balances the appetite and digestion.



Fig 4.13: a typical Kerala lunch on plaintain leaf
https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Sadhya_DSW.jpg



Fig 4.14: Syrian Christian fish fry
https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Keralacuisinesfish.jpg



Fig 4.15: Fish Moilee Kerala Style (aka Kerala Fish Molly)
[https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Fish_Moilee_Kerala_Style_\(aka_KeralaFish_Molly\).JPG](https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Fish_Moilee_Kerala_Style_(aka_KeralaFish_Molly).JPG)



Fig 4.16: Dosa with chutney and sambar traditionally served in banana leaf.

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Dosa_with_chutney_and_sambar_traditionally_served_in_banana_leaf.jpg



Fig 4.17: Medhu Vada is a popular snack in Tamil Nadu served with chutneys. This dish also was invented in Karnataka, Udupi

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Medhu_Vada_is_a_popular_snack_in_Tamil_Nadu.JPG



Fig 4.18: Masala Dosa as served in Tamil Nadu, India. Masala dosa was listed as one of the World's 50 most delicious foods compiled by CNN Go.com

https://en.wikipedia.org/wiki/South_Indian_cuisine#/media/File:Masala_Dosa_as_served_in_Tamil_Nadu,India.JPG

Sweet: milk, butter, sweet cream, wheat, ghee (clarified butter), rice, and honey

Sour: limes and lemons, citrus fruits, yogurt, mango, and tamarind

Salty: salt or pickles

Bitter: bitter gourd, greens of many kinds, turmeric, and fenugreek

Pungent: chili peppers, ginger, black pepper, clove, and mustard

Astringent: beans, lentils, turmeric, vegetables like cauliflower and cabbage, and cilantro

Chettinad cuisine

Chettinad cuisine is famous for its use of a variety of spices in preparing mainly non-vegetarian food. The dishes are hot and pungent with fresh ground masalas, and topped with a boiled egg that is usually considered an essential part of a meal. They also use a variety of sun-dried meats and salted vegetables, reflecting the dry environment of the region. The meat is restricted to fish, prawn, lobster, crab, chicken and mutton. Chettiars do not eat beef and pork.

Most of the dishes are eaten with rice and rice-based accompaniments such as dosais, appams, idiyappams, adais and idlis. The Chettinad people, through their mercantile contacts with Burma, learnt to prepare a type of rice pudding made with sticky red rice.

Chettinad cuisine offers a variety of vegetarian and non-vegetarian dishes. Some of the popular vegetarian dishes include idiyappam, panyaram, vellai panyaram, karuppatti panyaram, paal panyaram, kuzhi panyaram, kozhakattai, masala panyaram, adikoozh, kandharappam, seeyam, masala seeyam, kavuni arisi and athirasam.

Popular Chettinad dishes:

- Vegetarian: kevar kalli, idli, sambar, vadai, rasam, dosa, thayir sadam (yogurt rice), thayir vadai (yogurt-soaked fritters), kootu (vegetables in wet style), poriyal/kari (vegetables in dry style), murukku, uthappam, idiappam, appalam (deep fried lentil-flour crisps) and papadum (baked lentil-flour crisps), freshly made thayir pachidi (yogurt mixed with fresh vegetables)
- Non-vegetarian: karuvattu kuzhambu (salted, dried fish in sauce), chettinad pepper chicken, fish fry, and Kanji with "old fish" gravy

CHECK YOUR PROGRESS

- Explain the concept of South Indian cuisine.
- Elaborate the similarities and difference among the south Indian cuisines.
- Briefly explain the features of Andhra cuisine.
- Describe the regional variation in the three regions of Andhra Pradesh with respect to their cuisine.
- Discuss various popular Andhra dishes.
- Discuss the main features of Karnataka food.
- Describe the regional variations of the Karnataka cuisine.

- Elaborate the features of Coastal Karnataka cuisine.
- Elaborate the features of North Karnataka cuisine.
- Elaborate the features of Coorgi (Karnataka) cuisine.
- Elaborate the features of South Karnataka cuisine.
- Elaborate the features of Udipi hotels.
- Discuss the main features of Kerala food.
- Explain some of the popular Kerala dishes.
- Discuss the main features of Tamil Nadu food.
- Explain the concept of gravy dishes to be mixed with rice as used in Tamil Nadu.
- Discuss Chettinad cuisine.

4.03 SARASWAT CUISINE

Saraswat cuisine is the cuisine of the Saraswat Brahmins from the Konkan region on the western coast of India. Saraswat cuisine differs from sub-Saraswat Brahmin sects and region. Saraswat cuisine originally hails from Goa, India. Goan Saraswat cuisine is known throughout the western coast of India. Each variation has its unique flavour and makes uses of different vegetables and fruits available in the region. Saraswat cuisine is usually pescio-vegetarian. This community regards seafood in general as vegetables from the sea. They refrain from eating any land-based animals..

Lacto-vegetarian Saraswat cuisine

Their curries use a lot of coconut, coconut oil, tamarind, and curry leaves and the cuisine is largely influenced by South Indian cuisine. It is slightly similar to Malvani or Konkani and Udupi or Mangalorean cuisine. Their cuisine is less spicy and has less Portuguese cuisine influences than the cuisine of their Goan Catholic counterparts. Hooman ani Xit (fish curry and parboiled rice) is the staple food of the Saraswat Brahmins of Goa, whereas the regular consumption of Indian breads such as puris, chapatis and parathas are seen mainly amongst the Saraswat Brahmin of Maharashtra, India. Satvik Brahmin (sub-sect of Saraswat Brahmins) cuisine is similar to Jain cuisine, which is a strictly vegetarian cuisine that does not use vegetables that are plucked from underground, such as onions, potatoes, garlic, etc. Dishes such as Savalem ranapp are prepared among the Bhats (Priests), Orthodox Goud Saraswat Brahmins and Chitrapur Saraswat Brahmins. This is followed by most Konkani families on Holy days and on festivals like Ganesh Chaturthi follow this style of cooking. On certain days (Mondays in particular), all Saraswat Brahmins eat only vegetarian food. This is particularly true in families whose Kuldev (family deity) or other family deities like Mangesh, Nagueshi or any other form of Lord Shiva.

Various Saraswat cuisine

Rajapur Saraswat cuisine

This cuisine forms a part of lacto-vegetarian cuisine. This cuisine has the combination of Goan, Udupi and Malvani cuisine culture. Khatkhatem, a stew containing at least six vegetables, is popular. Other popular dishes include bhaji or shaak (made from different vegetable curry and fruit), "vaal bhaji" (a curry/dish made out of drumsticks) usli/usal (spicy pulses in a thin watery gravy), misal (usal topped with fried snacks), tondak (beans combined with cashews), rass (coconut-based dishes), "undri" (a dish made out of rice flour, jaggery, and coconut), ghawan (a special variant of dosa, which is similar

to "neer dose," a Tuluva dish) hoomans (different types of curries), karams (vegetable salads), lonche (Indian pickles) and papads/happal (flatbread). Fast foods include Moongacho gathi (curried green gram), botatyache patal bhaji (potato curry), tur dal ross (split pigeon pea curry), etc.

Chitrapur Saraswat cuisine

This is unique and its various forms have been published in the Ras Chandrika book both in Marathi and English. These are recipes that would have been passed down from mother to daughter or daughter-in-law. It is out of print and each copy is guarded zealously by the owner though at least one upstart has included them in a vegetarian cookbook. The cuisine consists either of curries and vegetables made with ground fresh coconut gratings or tempered beans, sprouts, pulses (dals) garnished with coconut gratings. However, nowadays, for health reasons, the use of coconut gratings is kept to a minimum. Typical Bhanap or Amchi (as the Chitrapur Saraswats refer to themselves) dishes are Batata Song (potatoes cooked with tamarind, onions, garlic, chili powder and turmeric), Kairus (ground coconut base with spices, capsicum, potatoes, tamarind, peanuts and cashews), sukke (ground coconut base, spices and a variety of vegetables like potatoes, knolkhol (kohlrabi), peas, cauliflower, okra, ghashees, and ambats, all coconut-based. Apinmedi pickle made with a certain variety of raw mango is a staple.

Pesco-vegetarian cuisine

Most Saraswat Brahmins are pesco-vegetarians. The inclusion of fish in the diet is not looked upon as non-vegetarian. Legend has it that when the Saraswati River dried up, the Saraswats who could not farm were permitted to eat sea food/fish. The fish were euphemistically called "sea vegetable" or झळके from (जल काय -Jal Kaay). Oysters, for example, are sometimes called "samudra phalam", or "sea fruit".

A typical breakfast in a Saraswat home may include pez (congee) of ukdem tandhul (parboiled rice) and lonche (pickles) and papad. Wealthier homes may serve dosa, idli (in South Canara, Karnataka and other parts of South India) or sannas (in Goa), along with chutney or sambhar. Shevaiyn phann or phow are other breakfast foods occasionally served. Rotis and bhakris are typical types of bread eaten along with tondak or seasoned batatabhaji (potato stir-fry preparation).

Lunch and dinner may feature daat dalitoi and rice (xit, pronounced sheeth) in a Dorke's home, whereas Bhanaps would prefer ambat with their rice for kalvani. A typical Saraswat lunch would have sheeth, roass or varann; if the diner is not vegetarian, lunch may include hoomann, bhaji, tondak, lonche, papodd, and toi or kadhi. Kadhi is made to serve the dual purpose of mukhashuddhhi (mouth purification, perhaps after all the relatively spicy stuff) and jeervonn (digestive kadhhis include asafoetida, vomvom, jeera, fennel seed). Sometimes the kadhhis are seasoned simply with karivel and sanswam (mustard seeds). Typically, this is a watery preparation which the luncher cups in his hand as it is poured onto his plate and drinks it before mixing a small portion of his rice with it to eat at the end of the meal. The most savoured as well as preferred kadhhis amongst the Konkani Saraswat Brahmins is the kokumachi kadhi or konkam kadhi. Kokum is a fruit found and grown within the western Konkan coast of India and is commonly used in Saraswat cuisine. Formally it is often said that no meal is complete without kokum khadhi.

CHECK YOUR PROGRESS

- Describe the concept of Saraswat Cuisine.
- Discuss various Sarswat dishes.
- Elaborate Rajapur Sarswat cuisine.
- Explain Citrapur Saraswat Cuisine.

4.04 CUISINE OF KARNATAKA

The cuisine of Karnataka includes many vegetarian and non-vegetarian cuisines. It is one of the oldest surviving cuisines and traces its origin to the Iron Age. ragi is mentioned in the historical works by the great poet Adikavi Pampa and in the ancient Sanskrit medical text Sushruta Samhita. The varieties of the Karnataka cuisine have drawn influence from and influenced the cuisines of neighbouring states like Tamil Nadu, Andhra Pradesh, Kerala and Maharashtra. Some typical dishes include Bisi bele bath, Jolada rotti, Chapati, Ragi rotti, Akki rotti, Saaru, Idli - Vada Sambar, Vangi Bath, Khara Bath, Kesari Bath, Benne dose, Neer Dose, Ragi unda, Paddu (Gundponglu), Koli Saaru (chicken curry - Kannada style), Maamsa Saaru (Mutton Curry - Kannada style), and Uppittu. The well-known Masala Dosa traces its origin to Udupi cuisine. Plain and rava idli, Mysore Masala Dosa and Maddur Vade are popular in South Karnataka. Kodagu (Coorg) district is famous for spicy varieties of pork curries while coastal Karnataka boasts of many tasty seafood specialities. Among sweets, Mysore Pak, Holige, Obbattu, Dharwad pedha, Kunda, Chiroti, Sajjige, Kadabu/ Karjikaayi are well known.

Although the ingredients differ from one region to another, a typical Kannadiga Oota (Kannadiga meal) includes the following dishes in the order specified and is served on a banana leaf: Uppu (salt), Kosambari, Pickle, Palya, Gojju, Raita, dessert, Thovve, Chitranna, rice and ghee.

After ghee is served to everyone, one may start the meal. This step is taken to ensure that everyone seated has been served completely.

What follows next is a series of soup-like dishes such as Saaru, Muddipalya, Majjige Huli or Kootu, eaten with hot rice. Gojju or Raita is served next, then two or three desserts are served, and finally fried dishes such as Aambode or Bonda are served. The meal is completed with a serving of curd rice.

There is some diversity in core food habits of North and South Karnataka. While northern-style dishes have jola and rice as the primary cereals the south uses ragi and rice.

North Karnataka cuisine

The North Karnataka cuisine can be primarily found in the northern districts of Karnataka which include Dharwad, Bijapur, Gulbarga, Belgaum, Bidar, Yadgir, Bagalkot, Raichur, Davangere, Gadag, Haveri, Koppal and western and northern areas of Bellary. The cuisine is also considered a specialty in the cities of Southern Karnataka like Bengaluru, Tumakuru and Mysuru, with several restaurants offering this cuisine to meet the growing demand.

The following is the typical menu of a vegetarian Northern Karnataka meal:

- Jolada rotti. Thin flatbread usually made from Jowar flour, baked on fire or iron skillet. Bajra and wheat flour is also used as an alternative.



Fig 4.19: Obbattu (holige)

[https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%92%E0%B2%AC%E0%B3%8D%E0%B2%AC%E0%B2%9F%E0%B3%8D%E0%B2%9F%E0%B3%81_\(%E0%B2%B9%E0%B3%8B%E0%B2%B3%E0%B2%BF%E0%B2%97%E0%B3%86\).ino](https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%92%E0%B2%AC%E0%B3%8D%E0%B2%AC%E0%B2%9F%E0%B3%8D%E0%B2%9F%E0%B3%81_(%E0%B2%B9%E0%B3%8B%E0%B2%B3%E0%B2%BF%E0%B2%97%E0%B3%86).ino)



Fig 4.20: Fenugreek akki rotti with ghee and peanut coconut chutney

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%85%E0%B2%95%E0%B3%8D%E0%B2%95%E0%B2%BF_%E0%B2%B0%E0%B3%8A%E0%B2%9F%E0%B3%8D%E0%B2%9F%E0%B2%BF.JPG



Fig 4.21: North Karnataka meal

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:Uttar_Karnataka_food.JPG

- Enne-gai / Tumbu-gai - Small badane kaayi (aubergine) bulbs stuffed with dry stuffing including ground peanut, ground sesame, ginger, garlic, garam masala and salt, then sauteed with onions and other spices. Aubergine is also substituted with any other suitable vegetable.
- popular sweets and desserts ..Shenga undegodi hugg
- Peanut/Sesame chutney. A variety of powder/dry chutney made from ground peanut or sesame.
- Kempu Khaara, also called "Ranjaka" - chutney paste made with/of red chillis, consumed as a condiment
- Kosambari
- Bele or kaalu palya dal, whole or sprouted kadale, hesaru (mung bean), Lentils, cooked with greens such as methi, spinach, dill and scallion, and sauteed with onions, ginger, garlic and other spices.
- Raita bajji - salad made from yogurt
- Raw Salads - of scallion, onion, green chili, methi leaves, sometimes with oggaraNe of sasive or jeerige
- Anna (Rice)
- Saaru - Lentil soup made with pepper, cumin, coriander seeds, asafoetida, tomatoes or tamarind.
- Papadum
- Dahi (yogurt) and buttermilk
- Butter or ghee
- Jhunka or Pitla - salty masala cakes made from Channa Dal powder
- Raw greens - spinach, methi (fenugreek), and hakkarike (arugula)
- Raw vegetables - radish, cucumber, onions, carrots, green chilis etc.

South Karnataka cuisine

The South Karnataka or old Mysuru region (also known as Bayaluseeme or the plains) includes the present-day Kolar, Bengaluru, Mysuru, Tumakuru, Mandya, Haasana, Chamarajanagara. Ragi and rice are the most important staple grains, Jowar and bajra are also cultivated and consumed in the drier parts of the region. The first meal of the day is the breakfast which is quite substantial. Regular meals consists of Ragi unda or steamed dumpling made from ragi flour, a curry to roll bits of the dumpling often called Saaru, Rice and Yogurt. Optional accompaniments include a salad called Kosambari, various Palyas (fried, boiled or sauteed spicy vegetables) and assorted pickles.

Formal vegetarian meals are usually served in a particular order and required to be consumed in a particular order as well. These meals are served on Plantain leaves or Mutuka leaves, dry Tendu-like leaves staples together into big circular discs. First accompaniments are served which includes variety of Palya, Kosambari, sweet-savory gojju, hot spicy chutney Pickles, bajji, bonda, vade, Papads. The first course alternates between sweets and rice preparation. The second course is a set of curries to be consumed with rice. It generally starts with Tovve, a mild lentil dish laced with ghee, Majjige Huli, vegetables simmered in a mild yogurt sauce, followed by Huli, lentils and vegetables spiced and tempered with ghee, mustard, asafoetida and curry leaves. This is followed by tili Saaru which is a thin lentil stock spiced and laced with ghee and curry leaves. The final course of the meal is rice and curd with pickles. Buttermilk is also served to be consumed at the end of the meal. Mysuru is also famous for its sweet "Mysur Pak", made of milk, sugar, ghee and gram flour.



Fig 4.22: Uppittu

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%89%E0%B2%AA%E0%B3%8D%E0%B2%AA%E0%B2%BF%E0%B2%9F%E0%B3%8D%E0%B2%9F%E0%B3%81.JPG



Fig 4.23: Puliogare

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%AA%E0%B3%81%E0%B2%B3%E0%B2%BF%E0%B2%AF%E0%B3%8R%E0%B7%07%E0%B7%00%E0%B3%86.JPG



Fig 4.24: Ragi rotti

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%B0%E0%B2%BE%E0%B2%97%E0%B2%BF_%E0%B2%B0%E0%B3%8A%E0%B2%9F%E0%B3%8D%E0%B2%9F%E0%B2%BF.JPG

The hilly district of Kodagu (Coorg) also has its own unique cuisine which includes spicy meat (Pandi (Pork) Curry, Chicken, Mutton), Kadumbutt (Round balls made up of rice), Paputt, Thaliyaputt. The spicy meat curries derives a tangy taste from Kokum Kachampuli.

Karnataka cuisine - common to all regions

Some common vegetarian dishes prepared on a regular basis are:

Rice dishes

- Bisi bele bath - rice cooked with lentils, vegetables and spices; like Huli with rice, but often richer
- Vaangi baath - cooked rice mixed with vegetables cooked in oil and spices; the vegetables are usually made into a palya beforehand and the vaangi baath mixed before serving
- Chitranna - cooked rice flavoured with spices, particularly oil-popped mustard seeds and turmeric
- Mosaranna - curd rice sometimes given a fried spicy touch with fried lentils and oil-popped mustard seeds.
- Puliogare - cooked rice flavoured with spicy tamarind paste
- Maavinkaayi chitranna - cooked rice flavoured with raw green mango and spices
- Nimbekaayi chitranna - cooked rice flavoured with lemon and spices
- Avalakki - Akki (means rice), avalakki is baked flat rice that is soaked briefly and stirfried with cumin seeds, turmeric powder, peanuts, onions, green chillies, garnished with shredded coconuts and cilantro leaves.
- Mandakki - Puffed rice that is soaked briefly and stirfried with cumin seeds, turmeric powder, peanuts, roasted ground grams, onions, green chillies, garnished with shredded coconuts and cilantro leaves.

Dosas

The Dosa made in Karnataka has a lot of variety and is popular across the world.

- Benne dose or Butter dose - originating from central Karnataka city of Davangere.
- Mysore Masala dosa
- Set dosa - Thick pan cakes made of rice batter garnished with a hint of coriander leaves, grated carrot and coconut, served with saagu and Coconut chutney
- Saagu Masala dosa - dosa stuffed with saagu.
- Masala dosa (butter and non butter variants)- inside of the dosa is smeared with Red chutney made of onion, red chili and garlic. Stuffed with Aloo gadde palya (made of potato and onion)
- Godhi dōse or dōsa made from wheat.
- Ragi dōse or dōsa made from ragi.
- Rave dōse or dōsa made from Rave

Breads

- Ragi rotti - A flat thick pancake made with ragi dough and flavoured with chillies and onions; the dough is shaped and flattened by hand.
- Akki rotti - A thick, flat pancake-like dish made with a dough of rice flour, chillies, onions and salt; the dough is shaped and flattened by hand.
-



Fig 4.25: Lunch served on a plantain leaf

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:Lunch_from_Karnataka_on_a_plantain_leaf.jpg



Fig 4.26: Capsicum and paneer pulao with yogurt

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%AA%E0%B2%B2%E0%B2%BF%E0%B2%B5%E0%B3



Fig 4.27: Rave Dosa with chutney

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%B0%E0%B2%B5%E0%B3%86_%E0%B2%A6%E0%B3

- Jolada rotti - A flat pancake dish made with a dough of Sorghum flour and salt; the dough is shaped and flattened by hand. Jowar may be sometimes replaced with bajra.
- Ragi unda- Steamed dumplings made by adding ragi flour to boiling water.
- Gunpangalu - Also known as Gundupongla, Mane Kaavali (skillet with houses), or Poddu. It is made with a rice batter (similar to dosa) and cooked in a special skillet with compartments.
- Sajje rotti/Bhakri - A thick, flat pancake-like dish made with a dough of pearl millet flour and salt; the dough is shaped and flattened by hand and sprinkled with sesame seeds

Chutneys

- Kadalekaayi chutney - roasted peanuts/groundnuts ground with dry red chillies . May have garlic and be tempered with hot oil fried mustard and curry leaves
- Hurali chutney
- Kaayi chutney - grated coconut ground with dal (kadale) salted and garnished with oil-fried mustard and curry leaves
- Kaayi chutney (green) - grated coconut ground with dal, green chillies and coriander salted and garnished with oil-fried mustard and curry leaves
- Kaayi chutney (red) - grated coconut chutney ground with dal and dried red chillies salted and garnished with oil-fried mustard and curry leaves
- Maavina chutney - grated raw green mango ground with grated coconut, dal, salted and garnished oil-fried mustard and curry leaves.
- Heerekai chutney - grated ridge-gourd peel ground with grated coconut, dal, salted and garnished oil-fried mustard and curry leaves.
- Eerulli chutney - grated onion peel ground with grated coconut, dal, salted and garnished oil-fried mustard and curry leaves.
- Uddina Bele chutney - fried Black Gram Dal with Tamarind, Red Chillies, salted and garnished oil-fried mustard and curry leaves.
- Pudina chutney - fried pudina leaves along onion, groundnut, black gram, green chilli, tamarind. Add sugar and grind to fine paste.

Palya or side dishes

- Hurali kaayi palya
- Hurali palya
- Hurali happala
- Badnekaayi palya
- Bendekaayi palya
- Allugade palya
- Ballekaayi palya

Kosambari

A salad prepared using simple ingredients such as lentils, green chillies and finely chopped coriander. The dish is generally finished with a tempering of mustard seeds and asafoetida. Common variants include kosambari made with the above ingredients in addition to grated cucumber or carrot.

Sweet and spicy dishes

- Menasinakaayi gojju



Fig 4.28: Cucumber kosambari

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:Cucumber_kosambri.jpg



Fig 4.29: Peni, laddoo, and almond milk

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:Pheni1.jpg



Fig 4.30: Rave unde

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%B0%E0%B2%B5%E0%B3%86_%E0%B2%89%E0%B2%82%E0%B2%A1%E0%B3%86.JPG

- HuNuse gojju - made with tamarind
- Bendekaayi gojju - boiled okra(ladyfinger) cooked in a gravy sweetened with jaggery and soured by tamarind.
- Tomato gojju - cooked cut or mashed tomato with a sweet-sour gravy.
- Eerulli (Onion) and Tomato gojju - cooked cut or mashed tomato mixed with cut onion with a sweet-sour gravy.
- Haagalakaayi gojju - Bittergourd pieces marinated with salt and turmeric to remove some bitterness cooked with a sweet and sour gravy.
- Thondekaayi gojju

Saaru (Gravy)

- Huli- Combination of vegetables and lentils simmered with spices, coconut, tamarind and seasoned with Ghee, asafoetida, curry leaves and mustard, it is an integral part of every formal meal.
- Majjige Huli- Cooked vegetables simmered in yogurt with coconut, spices, asafoetida, curry leaves and mustard.
- Tovve- Mushy lentils cooked till creamy, spiked with spices and Ghee. Vegetables are also added to this dish like Ridged gourd, cucumber etc.
- Obbatinna saaru - made from the left over broth while preparing the sweet obbattu.
- Bas saaru - made from the broth of boiled lentils and spring beans
- Mosoppinna - made from lentils and spinach
- Maskai- Combination of vegetables cooked and mashed with spices and seasoning.
- Menasina saaru - rasam made from pepper, turmeric, and other spices
- Bele saaru - has toor dal as one of the ingredients
- Kaalina saaru - Legumes cooked with coconut, spices, tamarind and tempered with asafoetida, curry leaves and mustard. Popular legumes include Kadale kaalu or Chickpeas, Halasande Kaalu black-eyed peas, Hesaru kaalu moong beans, Hurali kaalu Horse gram, Avare kaalu Indian beans
- Haagalakaayi saaru - Haagalakai, the Indian bitter gourd is simmered with coconut, tamarind and spices and spiked with Jaggery and asafoetida, curry leaves and mustard The bitterness of the gourd is cut through by the sweetness of the jaggery and tartness of the tamarind.
- Gojju- traditionally this is thicker than the Saaru but thinner than chutney. It is served with hot rice and is sweet, tangy and spicy. It is served in between courses as a palate cleanser. It is made from diverse ingredients including eggplants, okra, fenugreek, tamarind, pineapple, bitter gourd, tomatoes, lemon-lime, etc.
- Tambuli - A yogurt based cold dish similar to Raita made from Doddapatre soppu. Optional ingredients in this dish includes vegetables and greens.
- Fish / Mutton / Chicken Saaru - A very famous local curry made mainly from assorted spices and meats. Often mixed and eaten with Ragi unda and Rice or Bhakri

Sweets

- Huggi - cooked rice and kadale or hesaru (mung bean), with coconut, milk, elakki and sweetened with bella (jaggery)
- Ginnu - sweetened, flavoured and steam boiled colostrum of cow, buffalo or goat
- Kajjaya - Rice and jaggery fritters deep fried in Ghee.
- Kadabu - deep fried (kari kadubu) or steamed pastry with assorted sweet filling.
- Karjikaayi - deep fried crisp pastry with dry sweet filling



Fig 4.31: Pumpkin puri unde

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%AA%E0%B3%81%E0%B2%B0%E0%B2%BF_%E0%B2



Fig 4.32: Phenori, a sugar-coated fried sweet from Karnataka

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:Phenori.JPG



Fig 4.33: Sabakki vade

[https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%B5%E0%B2%A1%E0%B3%86\(%E0%B2%B8%E0%B2%AC%E0%B3%8D%E0%B2%AC%E0%B2%95%E0%B3%8D%E0%B2%95%E0%B2%BF\).JPG](https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%B5%E0%B2%A1%E0%B3%86(%E0%B2%B8%E0%B2%AC%E0%B3%8D%E0%B2%AC%E0%B2%95%E0%B3%8D%E0%B2%95%E0%B2%BF).JPG)

Unde - ball shaped sweets with the following variations :

- Chikkina unde - ellu and bella
- Chigali unde - made from ellu
- Rrave unde - made from semolina
- Pumpkin puri unde
- Shenga unde - made from peanut
- Mandakki unde - made from mandakki
- avalakki unde - made from avalakki
- Hesarunde Moong dal ladoo.
- Godhiunde- made from Wheat
- Gulaadike Unde- made from Maida and Sugar - A Davangere speciality,
- Besanunde - made from besan
- Tambittu - made from rice or wheat flour and jaggery.
- Sikkinunde - made from jaggery, dried coconut and maida .
- Sakkare achhu - little sugar statues/toys made during Sankranti
- Haalubaayi - A fudge made with ground rice, jaggery and coconut.
- Mysore pak- A fudge made with Chickpea flour, sugar and ghee.
- Dharwad pedha- Milk scalded and thickened with sugar. Synonymous with Dharwad
- Karadantu - Gokak town in Belgaum district and Amingarh of Hunagunda Taluk in Bagalkot district of Karnataka is famous for the karadantu, the most famous form has a mixture of dry fruits and edible gum.
- Sheekarani - pulp of ripe fruit (usually mango or banana) with additions such as sugar, elakki, jaakayi, jaapatri, milk, etc.
- Damrottu - Ash gourd toasted in ghee and simmered with sugar, milk solids and sweet spices
- Kunda - prepared from thickened milk, a speciality from BeLagaavi
- Senige Huggi - A very famous sweet made during diwali in Shikaripur near Shimoga

Sweet Pastries - The following can be grouped together. These are often accompanied by milled sugar or warm milk flavoured with saffron and almonds.

- Mandige - huge flat leavened pastry. It is quite a treat to watch chefs making large (>36 inches in diameter) pastries with bare hands and baking them on upturned clay pots over fire.
- This is an ancient dish mentioned in a few inscriptions as the Sanskritised mandaka. For instance, a Western Chalukya inscription of A.D. 1121 mentions that Govinda-Dandadhipa, a famous general of Vikramaditya VI, is said to have made a provision for offering this dish as naivedya to Brahma, Vishnu and Maheshvara, at Pauthage.
- Chiroti, phenori - unleaved, layered, sugar-coated fried sweets.
- Shaavige chiroti - vermicelli pastry.
- Kesaribhath, Sira - This is made of rice (or semolina in southern karnataka) cooked with sugar/jaggery, cardamom, saffron, milk, dry fruits (mostly raisins), and sometimes fresh fruits like banana, mango and pineapple. Popularly colored yellow/orange/saffron or left white. In North Karnataka, the semolina version is called Sihi Sajjige or Sheera or Sira; kesaribhath usually refers to the rice version.
- Hayagreeva - A chickpea based dessert prepared on special occasions; popular amongst the Maadhwa community
- Paramanna - Rice pudding with Ghee and Jaggery
- Mamu Puri - Flour, Ghee, Sugar, Khoa, first khoa is packed between 2 halves of chapati then fried. It is exported mainly to gulf.

- Maaldi - A delicious sweet dish made of powdered 'baked wheat roti's', poppy seed, jaggery, hurakadle (daria), and served with ghee. It is a must sweet on the occasion of marriages .

Pickles

Pickles are usually raw seasoned vegetables and sea food, but there are cooked varieties as well called Bisi Uppinakayi (hot pickle). The seasoning varies from plain salt to spices like green chilli, red chilli powder, black pepper, whole and powdered mustard seeds, coriander seeds, etc. They significantly differ from North Indian pickles or achar in that considerably less oil is usually used in the pickles; salt is the main preservative.

- Mavinkayi - Raw green mango
- Midi Mavinkaayi - Immature raw mangoes, usually used whole
- Amtekayi
- Nimbekayi - Whole and sliced lemon and lime
- Gaja Nimbekayi - A larger variety of lemon, resembling a grapefruit
- Bettada Nellikayi
- Nellikayi
- Tomato
- Heralikayi - a green citrus fruit, only the peel is used in the pickle.
- Hagalakayi - bitter gourd
- Prawn, shrimp and crab, especially in coastal areas
- Avakaya
- Avarekai

Snacks

- Churumuri (puffed rice)
- Pakoda
- Vadey - Ambode, Sabbakki vadey, Bele vadey etc.

<Sabakki vade

- Chakkuli
- Nippattu
- Nuchchina Unde
- Kodubale
- Khaara Mandakki - Puffed rice mixed with Khara(Commonly called as Mixture), onions, green chilies, coriander, dash of lemon and salt.
- Aalugadde Bonda - A bonda made by deep frying lightly seasoned boiled mashed potato dipped in chickpea batter.
- Nargis Mandakki - A puffed rice dish popular in central and north Karnataka, especially in Devanagari district.
- Menasin kai bajji - Green chilli bajji, popular across the state of Karnataka.
- Dappa menasin kai bonda - Capsicum bonda.
- Baaley Kai Bajji - Raw unripe Banana bajji.
- Baalaka - deep fried vegetable and fruit chips or wafers. The vegetables are usually dried and seasoned with spices, and even butter milk. Common candidates are potato, sweet potato,

yam, cassava, ripe jack fruit, banana, plantain, chilli, bitter gourd, varieties of suitable green bean pods (usually gori kaayi/chaLLe kaayi), etc.

- Chigali (Hunase/Tamarind Chigali)

Malenadu cuisine

The Malenadu of Karnataka can be culturally divided (on basis of food culture) as South Malnad comprising Northern Somawarpete in North Kodagu, Sakaleshapura, Mudigere, southern part of Chickamagaluru taluk and western part of Belur and Alur taluks in Hassan. Central malnad consisting of chickamagalur, Koppa, Malnad region of Shivmoga, and western ghat regions of Uttara Kannada. Even though Western ghat regions of Uttara kannada and Belagavi can be considered as Northern malnad the food culture of these regions is unaware to the rest of Malnad, which may be due to inadequate communication with the other parts of Malnad and Karnataka. Although many refer to the malenadu cuisine as an amalgam of Coorgi and Mangalorean cuisine, it has its own distinct style. The Kodava (Coorg) and the Bunt (coastal Mangalorean) regions are distinct from the rest of the Malnad (hilly Karnataka) region hence the cuisines are also different. The word Malenaadu means "land of mountain ranges". The cuisine is heavily influenced by the variety of fruits and vegetables available in the rich forests of western ghats. The ingredients like tender bamboo shoots, colocassia leaves, turmeric leaves, raw jackfruit are easily found in the Sahyadri ranges. Steaming is the favored method of cooking in Malenaadu. More often than not, there is little use of oils in malenaadu cuisine.

- Kaalu kadabu – small kadubus (dumplings) as small as kaalu (beans) made by pounding water-washed rice into powder and then steamed to make it sticky enough to make dumplings. Once the kadubus (thousands in number) are made is given typical malnad masale (red chili, oil, mustard, graped coconut, jeera, little tamarind juice, curry leaves, salt to taste, etc.) and served hot with hot thuppa (homemade ghee from cow's or buffalo's milk). Prepared around the region of Hanubalu, in Sakaleshpura taluk of Hassan district.
- Chattituttu – An evening snack usually prepared by grinding rice with other ingredients such as chili, salt, coconut and tiny square sliced onions are added to make a thick mixture. Which then will be spread (1/2 inch to 3/4 inch thick and approximately 6 inches in diameter) over thoroughly oiled bisi henchu (hot tava) once it becomes hard enough kenda (burning charcoal) will be placed over it make it enough crispy. Prepared around the region of Hanubalu, in Sakaleshpura taluk of Hassan district.
- Kotte kadabu
- Kadabu
- Chicken saaru
- Chicken fry
- Voththu Shaavige with chicken curry
- Voththu shaavige with ghasghase paayasa or kaayi haalu – Steamed rice noodles with a sweet payasa or sweetened coconut milk
- Voththushaavige uppittu – Steamed rice noodles stir fried with oil, mustard seeds, onions, green chillies and curry leaves
- Akki rotti – rice rotti or flat bread made with rice
- Bamboo shoot pickle – Kalule` uppinnakayi
- Bamboo shoot curry – Kalule` palya
- Halasina haNinna kadabu, paayasa
- Halasina haNinna happla
- Maavina midi uppinnakkayi
- Halasina haNinna dose - jackfruit dose



Fig 4.34: Chakli in hot oil

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%B8%E0%B2%BF%E0%B2%A6%E0%B3%8D%E0%B2%A6%E0%B3%87%E0%B2%9A%E0%B2%B3%E0%B2%8D%E0%B2%B3%E0%B2%91%E0%B2%A4%E0%B2%8D%E0%B2%81%E0%B2%B2%E0%B2%BF.png



Fig 4.35: Chakli

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:%E0%B2%9A%E0%B2%95%E0%B3%8D%E0%B2%95%E0%B3%81%E0%B2%B2%E0%B2%BF.png



Fig 4.36: Breakfast Mysore style

https://en.wikipedia.org/wiki/Cuisine_of_Karnataka#/media/File:Aramana_Restaurant,_Mysore.jpg

- Akki Tari Kadabu – breakfast dish made with broken rice
- Gangala dose – steamed dosa
- Anju or Thode-daaga – very thin sweet crepe made with a thin batter of rice and jaggery
- Kaayi Holige – a dessert made with fresh coconut, jaggery and maida
- Haalu Payasa – rice pudding, flavoured with turmeric leaves and cardamom
- Haalu Hittu - semi-soft milk pudding made with milk, rice paste and sugar
- Kesina Soppina Palya – A side dish prepared using colocasia leaves as the main ingredient, served with akki rotti
- Kesuvina gantu- A dish made by rolling tender colocassia leaves and making a gantu(knot) sometimes a single hunk of rock salt and a garlic petal will be placed inside. The gantu should be tight enough that it should not open while steaming. The steamed gantus are given little touch of tamrind juice and chilli. Can be consumed with akki rotti, rice, chapathi. Or just as it is.[Again a dish prepared in the region of Hanbalu in Sakaleshpura].
- Thumbuli – a cool saaru usually made in summer using yogurt, ginger, pepper and other spices. Served with steamed rice.
- Maaldi – a coarse cereal made from ground whole wheat, jaggery, black til and other ingredients. Usually served in a bowl with either milk or ghee.
- Aralu pudi - a rice cereal made of ground toasted or puffed rice, Jaggery, Elaichi are pounded to powder thin. Usually served in a bowl with warm milk. This cereal is also used as a filling in a special dessert called hurulu kadabu.
- Hoorulu kadabu - A traditional dessert made with aralu pudi, jaggery, coconut and other ingredients. The mixture is shaped and steamed in turmeric leaves.
- Kaadu mavinahannina saaru – a sweet and sour saaru made with whole tiny ripe mangoes. Served with cooked rice.
- Kaapi-Coffee- fresh grounded, filtered coffee well mixed with thick milk and sugar. It's served at least five to six times a day in coffee growing regions of Malnad such as Somawarapete, Sakaleshapura, Mudigere, Chickamagaluru taluk and western part of Belur and Alur taluks in Hassan.

Kodagu cuisine

Kodagu's staple food is rice. Traditional dishes include

- Pandi curry or pork curry
- Kadambuttu or steamed rice dumplings
- Koli saaru or chicken curry
- Bimbale curry or Bamboo shoot curry
- Paputtu or steamed rice cake
- Nool putt and koli curry

North Canara (Coastal/Malenadu Karnataka) cuisine

Uttara Kannada (North Canara) is known for a variety of seafood delicacies. Fish curry and rice is the staple diet of the locals, Cashews and Coconut.

The staple diet includes a portion of steamed Rice and a vegetable and/or seafood accompaniment. Seafood is immensely popular due to its ease of availability, and is prepared with a lot of local spices. Tea is the most popular beverage and is sometimes supplemented with cardamom or mint to give them a distinct flavour.

- Kadubu: The main ingredients are jackfruit pulp and jaggery. The batter is prepared and, with additional ingredients, the batter is put into a container and steamed. The dessert is a local delicacy and is served hot with ghee.
- Holge: These are similar to the sweet equivalents of tortillas. One variant is made with gram flour and jaggery, while the other is made with coconuts.
- Todadevu: is a special kind of thin-crust dosa made out of jaggery or sugarcane juice. (Most local desserts of Sirsi have jaggery rather than sugar.)
- Kesaribath: is rice cooked in sugar, ghee, and kesari.
- Karakali: is a special kind of chutney which tastes very spicy. It is prepared from colocasia leaves.
- Kotte Roti: A form of idli-like preparation, steam cooked in a conical shaped container constructed using jackfruit leaves.
- Patrode : a special dish prepared by steaming stuffed colocasia leaves.
- Neer Dose: A soft thin pancake made of batter of boiled rice, coconut milk and salt
- Kajmiji
- Koli Kajjaya and Hosagere Kajjaya are made of rice flour and fried in oil is a famous dish often using roti. Often served with thick potato sambar or Nati chicken curry, it is a delicacy among the non-vegetarian communities in Siddapura.
- Banana Buns
- Ankola Koli Saaru
- Appe Huli
- Patholi
- Kalali Masala
- Tambuli (Tambli)
- Rave Rotti
- Sea Food
- Chippikal Sukkha (Clams Fry)
- Kalga Sukkha
- Dry Fish chutney
- Dry Prawns chutney
- Fish barbecue
- Crab Curry
- Jackfruit, banana chips, and fresh sugarcane juice are common ingredients in the area.

CHECK YOUR PROGRESS

- Describe a typical Karnataka meal.
- Describe typical South Karnataka cuisine.
- Discuss the features of cuisine common to all regions of Karnataka.
- Explain various types of dosa in Karnataka cuisine.
- Elaborate various types of breads in Karnataka cuisine.
- Elaborate various types of chutneys in Karnataka cuisine.
- Elaborate various types of side dishes in Karnataka cuisine.
- Elaborate various types of sweet and spicy dishes in Karnataka cuisine.
- Elaborate various types of breads in Karnataka cuisine.
- Explain the concept of Koshambari in Karnataka cuisine.
- Elaborate various types of saaru (gravy) in Karnataka cuisine.
- Elaborate various types of pickles in Karnataka cuisine.

- Elaborate various types of snacks in Karnataka cuisine.
- Describe Malenadu cuisine.
- Discuss various dishes of Malenadu cuisine.
- Describe Kodagu's cuisine.
- Discuss various dishes of Kodagu's cuisine.

4.05 UDUPI CUISINE

Udupi cuisine is a cuisine of South India. It forms an important part of Tuluva-Mangalorean cuisine and takes its name from Udupi, a city on the southwest coast of India in the Tulunadu region. Udupi cuisine has its origin in the Tulu Ashta Mathas of Udupi founded by Madhvacharya.

Udupi cuisine comprises dishes made primarily from grains, beans, vegetables, and fruits. The variety and range of dishes is wide, and a hallmark of the cuisine involves the use of locally available ingredients.

It adheres strictly to the Satvik tradition of Indian vegetarian cuisine, using no onions or garlic, as well as no meat, fish, or shellfish. However, the cuisine may also be adapted for those who consume these restricted items. Following the tradition of chaaturmasa vrata, which is a restriction of certain food ingredients in a certain period or season, may have led to the innovation of a variety of dishes in Udupi cuisine. Pumpkins and gourds are the main ingredients in sambar, a stew prepared with ground coconut and coconut oil as its base.

The ubiquitous Indian dish dosa has its origins in Udupi, according to P. Thankappan Nair. Saaru, a spicy pepper water, is another essential part of the menu, and so are jackfruit, colocasia leaves, raw green bananas, mango pickle, red chillies, and salt. Adyes (dumplings), ajadinas (dry curries or stir fry curries), and chutneys, including one made of the skin of the ridge gourd, are specialities.

Typical dishes

- Ale Bajji
- Adde or Uh-day (a 'pancake' of various grams)
- Bajji
- Bakshya (sweet or dessert)
- Huli (Similar to sambhar with ground coconut in the base)
- Kayathno or KaaYaadhina (fried items)
- Kodelu or sambar
- Kosambari (seasoned salad of lentils)
- Menaskai (variation of Sambhar)
- Paayasa (kheer)
- Paramanna (kheer)
- Rasayana (juice or squash or syrup)
- Saaru or rasam
- Spiced rice
- Tallu or Ajethna or ajadina (dry curry)
- Tambuli or watery vegetable paste (generally leafy vegetables) seasoned

Dishes served in a full course Udupi meal

The full course Udupi meal is served on a plantain leaf, which is traditionally kept on the ground. The dishes are served in a particular sequence, and each dish is placed on a particular spot of the plantain leaf. All the people eating this meal are expected to begin and end eating the meal together. A person cannot get up in middle of the meal, even though he has finished his meal. The start and end of meal is done by saying "Govinda," the name of Lord Vishnu. A typical meal is served with the following (in sequence):

- Abbhigara or Ghee
- Salt
- Pickle
- Kosambari (seasoned salad made from split Bengal gram or pea)
- Bajji or chutney
- Ajethna
- Spiced rice (chitranna)
- Happalla
- Steamed rice
- Saaru and Rasam (a spicy watery soup)
- Menaskai
- Koddalu
- Majjige Huli, Puli kajippu
- Sweets like laddu, holige or Kesari bhath
- Fried items like bonda, chakli, vada
- Paramanna or Kheer (pudding) or Payasa
- Buttermilk/curd

Depending upon the occasion, individual taste, and money, each dish may be made from different ingredients.

Popular dishes of Udupi cuisines

- Buns (Mangaluru Buns), a sweet dish baked out of Maida flour and Bananas.
- Different types of spicy rices, such as chitranna or Bisi bele bath
- Idli, Dosa, Masala dosa, neer dose, uppu huli kara dosa
- Gashi or Ghasi (thick gravy-like dish made by use of peas or pulses with coconut)
- Kadubu
- Kashi halva from musk pumpkin, jackfruit, banana, and bottle gourd
- Kodhel or sambar (sambar made from lentil, coconut and vegetable of choice)
- Kosambari (salads of green gram or Bengal gram lentils, seasoned)
- Mangalore bajji or Golibaje
- Menaskai (especially made of Amtekai or ambade)
- Patrode (colocasia leaves dipped in batter and steamed cooked)
- Putnis
- Pelakai appa (fried dumplings made from jackfruit)
- Pelakai gatti/gidde (jackfruit dumpling)
- Pelakai halwa (jackfruit halwa)
- Puddings or paramanna or payasa or kheer
- Saaru or rasam (rasam made from lentil and tomato)
- Sajjige and bajil (upma made from coarse semolina and seasoned beaten rice)
- Sweet dishes like sajjige, maddi, kaai holige, undae (laddu)

- Uddinahittu (urad flour or potato mashed mixed in curd and seasoned)

Udupi restaurants and hotels

Udupi or Udipi restaurants and hotels serving Udupi cuisine can be found all over India and many parts of the world. In the past, these restaurants were run by cooks and priests trained at Krishna matha in Udupi. With rising popularity, many others have entered this business claiming to serve authentic Udupi cuisine. Most Udupi restaurants and hotels are family run, with ownership passing among kith and kin of the original owner. Udupi restaurants have undergone many changes in their menu in recent times, adapting to changing economic structure and social statuses in India. They have included vegetarian delicacies from other Indian cuisines.

The first major South Kanara hotel owner, K. Krishna Rao, who worked first joined Sharada Vilas Brahmins Hotel in George Town as a kitchen servant. He is the inventor of Masala Dosa. In 1925 his employer offered him one of his restaurants for Rs 700 monthly. In 1939 Rao started his first hotel, now called Old Woodlands. The other prominent chain of Udupi hotels is the Dasaprakash group founded by K. Seetharama Rao, who gave up a low-grade salaried position in Mangalore to join his brothers' snack food ("tiffin") business in Mysore in 1921.

CHECK YOUR PROGRESS

- Explain the concept of Udupi cuisine.
- Discuss the typical Udupi dishes.
- Discuss the popular Udupi dishes.
- Discuss the Udupi dishes served in regular course.
- Describe Udupi restaurants and hotels.

4.06 MANGALOREAN CATHOLIC CUISINE

The Mangalorean Catholic Cuisine is the cuisine of the Mangalorean Catholic community and is largely influenced by Mangalorean, Goan, and Portuguese cuisines.

Mangalorean Catholics are Roman Catholics from Mangalore and the former South Canara district on the southwestern coast of India. They are Konkani people and speak the Konkani language. Most of the ancestors of Mangalorean Catholics were Goan Catholics, who had migrated to South Canara from Goa, a state north of Canara, between 1560 and 1763 during the Goa Inquisition and the Portuguese-Maratha wars. The culture of Mangalorean Catholics is a blend of Mangalorean and Goan cultures. After migration, they adopted the local Mangalorean culture but retained many of their Goan customs and traditions.

Meat Based Cuisine

Their curry uses a lot of coconut and curry leaves while ginger, garlic and chilli are also used. Mangalorean Catholic cuisine has distinct Portuguese influence as can be seen in Laitao, the famous pork roast served as the *Pièce de résistance* at wedding dinners, and Pork Sorpotel. Fabled cooks like Davidam or Alicebai were called in to help with the repast. Mangalorean Catholics mix pork blood and other parts in most of their pork delicacies as can be seen from Pork Bafat, Cabidela and Kalleze



Fig 4.37: A Fried Fish in Mangalorean Catholic style
https://en.wikipedia.org/wiki/Mangalorean_Catholic_cuisine#/media/File:Pan-fried-fish.jpg



Fig 4.38: Sanna–Dukra Maas
https://en.wikipedia.org/wiki/Mangalorean_Catholic_cuisine#/media/File:Mangalorean_Catholic_Sanna_Dukra_mass.jpg



Fi g 4.39: Kuswar
[https://en.wikipedia.org/wiki/Mangalorean_Catholic_cuisine#/media/File:Kuswar_\(Bombay\).jpg](https://en.wikipedia.org/wiki/Mangalorean_Catholic_cuisine#/media/File:Kuswar_(Bombay).jpg)

un Kiti (heart and intestines). Sanna–Dukra Maas (Sanna – idli fluffed with toddy or yeast; Dukra Maas – Pork) and Unde–Dukra Maas (Unde – leavened bread; Dukra Maas – Pork) are popular dishes. Chicken Indaz is also popular. The traditional Rosachi kadi (Ros Curry), a fish curry made with ros (coconut milk) is quite popular and is served during the Ros (anointing) ceremony that is held 1 or 2 days before a Mangalorean Catholic wedding. Their fish curry especially their Fish Roe Curry, is known for its taste in the whole of coastal India while fried fish in their style is well known. The Sheveo Roce and Pathal Bakri (a variant of Kori Rotti) are dry rice flakes dipped in chicken gravy dishes.

Vegetarian cuisine

The "Balthazaar Chutney" is a popular condiment. The dish originated when Balthazaar, a Mangalorean Catholic nobleman, was taken prisoner by Tippu Sultan in 1784 during the Captivity of Mangalorean Catholics at Seringapatam. Unable to stomach the indifferent camp food, he offered to make a chutney for the captured Mangalorean Catholics.

The Pollu, a type of Sambhar with Galmbi (powdered dried fish) or Kambulmas (Dried Tuna) is popular. The traditional Fode is a popular pickle. Thail Piao, which means literally vegetables dumped with oil and onions and left to boil on the fire wood is quite popular. Karamb (Cucumber salad) and Foka (Lady's finger combined with cashewnuts). The Appam (rice balls) and Panpole (a type of pancake) are popular delicacies made of soaked rice, water and salt. The Thath Bakri is a banana leaf rice dish made with ground red boiled rice mixed with raw scraped coconut and roasted on a tava on a banana leaf. The Mitais, Mandas, Ushae, Pitae and Mani are well known sweet dishes.

Kuswar

Kuswar is a term often used to mention a set of unique Christmas goodies which are part of the cuisine of the Mangalorean Catholic community. There are as many as 22 different traditional recipes that form this distinct flavour of Christmas celebration in Mangalore. Neuries are puffs stuffed with plums, nuts, and fried theel (sesame) and sugar. Kidyo or Kulkuls are curly concoctions dipped in sugar treacle, pathekas are savoury of green nandarkai bananas, theel laddus and jaw snapping Golios. Macaroons is what Manglore is famous for and the subtle flavored rose cookies are a hot favorite. But it is the Rich Plum Cake which takes the better part of a week to make. Candied fruit, plums, currents, raisins are dexterously cut and soaked in rum. Flour sieved and gently warmed in the sun. Nuts shelled and chopped and the whole family comes together to make the cake. Jobs are allotted, one to whip up the eggs, while another creams the butter and sugar, cake tins are lined, and a strong pair of arms requisitioned to do the final mixing and stirring.

Patrode or Pathrade, a dish of colocasia leaves stuffed with rice, dal, jaggery, coconut, and spices is also popular. The Mangalorean Catholic version of this steamed delicacy is a slight variation on the Tuluva recipe. More spicy, it is fried in Meet Mirsang (salt and chilly), a red chilli masala, which is a popular condiment used to flavour Mangalorean Catholic dishes.

CHECK YOUR PROGRESS

- Discuss the concept of Mangalorean catholic cuisine.
- Discuss the meat based cuisine of the Mangalore Catholic.
- Discuss the vegetarian cuisine of the Mangalore Catholic.

- Explain the concept of Kuswar in Mangalore Catholic cuisine.

4.07 MANGALOREAN CUISINE

Mangalorean cuisine is a collective name given to the cuisine of Mangalore which comprises cuisines like Udupi as well as cuisine of the Mangalorean communities like that of the Tuluvas, Rajapur Saraswat Brahmins, Goud Saraswat Brahmins, Mangalorean Catholics and the Bearys.

Mangalorean cuisine is largely influenced by the South Indian cuisine, with several cuisines being unique to the diverse communities of the region. Coconut and curry leaves are common ingredients to most Mangalorean curry, as are ginger, garlic and chili. Mangalorean Fish Curry is popular dish in Karnataka. Well-known Tuluva dishes include Neer Dosa, Masala Dosa, Chicken Ghee Roast, Chicken Sukka, Kori Rotti (dry rice flakes dipped in gravy), Bangude Pulimunchi (spicy sour silver-grey mackerels), Beeja-Manoli Upkari, Neer dosa (lacy rice-crêpes), Boothai Gasi, Kadubu, and Patrode. The Konkani community's specialties include Daali thoy, bibbe-upkari (cashew based), val val, avnas ambe sasam, Kadgi chakko, paagila podi, and chane gashi. Tulu vegetarian cuisine in Mangalore, also known as Udupi cuisine, is known and liked throughout the state and region.

Since Mangalore is a coastal town, fish forms the staple diet of most people. Mangalorean Catholics' Sanna-Dukra Maas (Sanna – idli fluffed with toddy or yeast; Dukra Maas – Pork), Pork Bafat, Sorpotel and the Mutton Biryani of the Muslims are well-known dishes. Pickles such as happala, sandige and puli munchi are unique to Mangalore. Khali (toddy), a country liquor prepared from coconut flower sap, is popular.

Meat-based cuisine

Their curry uses a lot of coconut and curry leaves while ginger, garlic and chilli are also used. Mangalorean Catholic cuisine has distinct Portuguese influence as can be seen in Laitao, the famous pork roast served as the Pièce de résistance at wedding dinners, and Pork Sorpotel. Mangalorean Catholics mix pork blood and other parts in most of their pork delicacies as can be seen from Pork Bafat, Cabidela and Kalleze un Kiti (heart and intestines). Sanna-Dukra Maas (Sanna – idli fluffed with toddy or yeast; Dukra Maas – Pork) and Unde-Dukra Maas (Unde – leavened bread; Dukra Maas – Pork) are popular dishes. Bifa Maas (beef), Bokrea Maas (mutton) and Kunkda Maas (chicken) with dishes such as Chicken Indaz are popular. The traditional Rosachi kadi (Ros Curry), a fish curry made with ros (coconut milk) is quite popular and is served during the Ros (anointing) ceremony that is held one or two days before a Mangalorean Catholic wedding. Their fish curry, especially their Fish Roe Curry, is known for its taste in the whole of coastal India while fried fish in their style is well known. The Sheveo Roce and Pathal Bakri (a variant of Kori Rotti) are dry rice flakes dipped in chicken gravy dishes.

CHECK YOUR PROGRESS

- Discuss the concept of Mangalorean cuisine.
- Discuss the meat based cuisine of the Mangalore.

4.08 TELANGANA CUISINE

Telangana cuisine is a food culture unique to Telangana region. The Telangana state lies on the Deccan plateau and its topography dictates more millet and roti (unleavened bread) based dishes. Jowar and Bajra features more prominently in their cuisine. Due to its proximity with Maharashtra, Chhattisgarh and northwest Karnataka, it shares some similarities of the Deccan plateau cuisine.

Style of cooking

There are many styles of cooking in Telangana. In the villages, people still employ the traditional methods in cooking. This includes wood-fired and masonry ovens.

Staple food

Telangana in its cuisine, there is special place for roti's made from millets, such as jonna rotte (sorghum), sajjja rotte (penisetum), or Sarva Pindi" and Uppudi Pindi (broken rice). In Telangana a gravy or curry is called Koorra and Pulusu (Sour) in based on Tamarind. A deep fry reduction of the same is called Vepudu. Kodi pulusu and Mamsam (meat) vepudu are popular dishes in meat. Vankaya Brinjal Pulusu or Vepudu, Arintikaya Banana pulusu or Vepudu are one of the many varieties of vegetable dishes. Telangana palakoora is a spinach dish cooked with lentils eaten with steamed rice and rotis. Peanuts are added as special attraction and in Karimnagar District, cashew nuts are added.

Popular Telangana curry dishes (known as Koorra) include Boti and Thunti Koorra made out of Red Sorrel leaves. Potlakaya pulusu, or Snake gourd stew is one of the daily staple dish. Sakinalu is the most popular snack made of rice flour during festivals like Dusshera and Sankranthi makes it very delicious and one of its kind dishes of South India.

Ingredients

The locally found ingredients are mainstay in the cuisine. Fresh vegetables like tomatoes, brinjal, bitter gourd, pulses, tamarind play a big role in the vegetarian dishes. The dishes based on goat and lamb are preferred over chicken in the dishes. As the region does not have a coast, only fresh water fish like korra matta is occasionally prepared.

Vegetarian food

In Telangana regions Tamarind, red chilies (koraivikaram) and Asafetida are predominantly used in Telangana cooking. Roselle is a major staple used extensively in curries and pickles.

- Sarva pindi, a spicy pancake, is a staple breakfast, made with rice flour, chana dal, ginger, garlic, sesame seeds, curry leaves and green chiles.
- Puntikura Chana Dal: A vegetarian alternative to 'Gongura Ghosht', chana dal is cooked in spices and tempered with mustard and curry leaves.
- Bachali Kura: A tangy spinach curry cooked with tamarind paste.
- Pachi Pulusu: A spicy, raw rasam made with tamarind, chili and onions. Prepared mainly in Summer.
- Pappu chaaru
- Saaronkaya koorra
- Alogadda kurma
- Saaronkaya
- Dosakaya - Dosakaya Pappu, Doasaya Thokku

- Bagara annam
- Kattu Chaaru
- Popukar delicacies
- Sajja Rotti
- Makka Rotti
- SarvaPindi
- Upudu Pindi
- Kudumulu
- Rail Palaram
- Passham (sweet) – done in 2 ways; one with jaggery and milk and the other with talukalu prepared of dough.
- Odapa
- Pyalalu
- Sabhudhana upma
- Antuvuls also called as Bajji – (Pulusu with vegetables)
- Kadambam
- Makka Gudalu
- Bebarla Gudallu
- Salla chaaru
- Pachi Pulusu
- Challa Charu – A dish prepared by tempering buttermilk.
- Atukulu – Poha
- Makkajona Garelu
- Ponganallu
- Sajja Kudumulu with onion chutney
- Sadhulu – varieties of Rice, mainly cooked for Sadhula Bathukama Festival different flavors are as follows- Sesame(Nuvulu), Groundnuts(Palilu), Bengal Gram (Putnalalu),Coconut(Kobari), Tamarind (Chintapandu pulusu), Lemon (nimakaya), Mango (Mamidikaya), yogurt(Perugu)
- Guddalu – prepared with different beans, Blackeye beans, corns, Chana, Sprouts along with some spice and onion
- Kallegura(a.k.a. kallegalapula Kura) – mixed vegetable curry generally prepared during Sankranthi Festival
- Sakinalu – rice flour Snack
- Garije – a sweet filled with a combination of either sugar or jaggery, with lentils.

Pickles

- Rotu Tokkulu – generally, they are prepared by semi fry the vegetables and grind it on a stone grinder tools, or in a mixer with adding thadka to it.
- Mamidikaya thokku (Allam and ava)
- Chintakaaya thokku
- Chintapandu thokku
- Osurugayq thokku
- Munagaaku thokku

Non-vegetarian food

- Ooru Kodi Pulusu: Telangana's special flavorful country chicken curry.

- Golichina Mamsam: A spicy Mutton fry
- Ankapur Chicken, a fiery country chicken curry
- Boti curry
- Kaalla kura (paya)
- Mutton curry
- Mutton Kheema mutteelu
- Dosakaya mutton
- Meka thalakai koorā
- Goat liver fry
- Chinta chiguru mamsam

Sweets, Snacks & Savories

Sugar madugulu is a sweet made with milk and butter with sugar coating, and pharda phenī' is another sugar-coated crispy wafer sweet. Boondi laddu and Ravva laddu are popular sweets. Saboodana kheer with poori is also a popular sweet.

Recent years has seen a resurgence of Telangana cuisines in restaurants around Hyderabad with the availability of Telangana thali dish for lunch.

CHECK YOUR PROGRESS

- Discuss the concept of Telangana cuisine.
- Discuss the staple food in Telangana cuisine.
- Explain the various ingredients in Telangana cuisine.
- Discuss the vegetarian food in Telangana cuisine.
- Explain the various pickles in Telangana cuisine.
- Explain the various non-vegetarian food in Telangana cuisine.
- Explain the various sweets and snacks in Telangana cuisine.

4.09 TELUGU CUISINE

Telugu cuisine is a cuisine of South India native to the Telugu people from the states of Andhra Pradesh and Telangana. It is also the cuisine of the Telugu-speaking population of Karnataka and Tamil Nadu with slight variations due to local influences. Generally known for its tangy, hot and spicy taste, the cooking is very diverse due to the vast spread of the people and varied topological regions.

All three regions — Coastal Andhra, Rayalaseema and Telangana — have distinctive cuisines, where in semi-arid Telangana state region millet-based breads (roti) is predominant staple food, while rice is predominant in irrigated Andhra and Rayalaseema regions and ragi is popular in Rayalaseema regions which is predominantly semi-arid. Many of the curries (known as koorā), snacks and sweets vary in the method of preparation and differ in name, too.

Andhra Pradesh state is the leading producer of red chili, rice and Telangana state is millets in India influences the liberal use of spices — making the food one of the richest and spiciest in the world. Vegetarian, as well as meat and seafood (coastal areas), feature prominently on the menus. Pappu,

tomato, gongura, and tamarind are largely used for cooking curries. Spicy and hot varieties of pickles form an important part of Telugu cuisine.

Regional variations

There are many regional variations due to topographic differences in Telugu-speaking populations spread over a large area. They can be classified based by region into Coastal Andhra, Rayalaseema, Telangana cuisine. Cultural factors that have heavily influenced the cuisine over the years are the eating habits of the Hindu royal, Brahmin, and the Muslim Nawabi royal families. Andhra Pradesh and Telangana states proximity with Western, Central and Eastern India makes those border regions' cuisine more diverse with Telugu population spread into neighboring states. Different communities have their own variations and the rural areas still follow the centuries-old cooking habits and recipes.

Coastal Andhra

The Coastal Andhra region is dominated by Krishna and Godavari delta regions and is exposed to the long coastline of Bay of Bengal. Hence rice, dal, and seafood are the staple diet of the people. This region has its own variations, but ultimately the dishes are predominantly rice-based. This region is one of the largest producers of rice and chilies. Nellore region in the southern part of the region has its own unique recipes, which are markedly different from those in the Uttarandhra region. Ulava charu is a famous soup made from horse gram; Bommidala Pulusu is a fish stew that is a specialty of Andhra Pradesh. Andhra cuisine is more dominant in restaurants all over Andhra Pradesh as well as Andhra restaurants in cities like Bangalore, Chennai and New Delhi.

Uttarandhra

Uttarandhra region is the northeastern districts of Srikakulam, Vizianagaram and Visakhapatnam bordering Orissa state in Coastal Andhra. While Visakhapatnam district has its own distinct Dialect and Cuisine which is closer to the rest of Andhra, Vizianagaram and Srikakulam have a slight difference in taste compared to rest of Andhra. The cuisine of this area has its own distinctive flavors and unique taste, while it shares many similarities with Andhra region cuisine. The people of this region like to eat many of their foods sweeter than other regions of Andhra Pradesh. They often cook lentils in jaggery (referred to as Bellam Pappu) enjoyed with butter and steamed rice.

They cook vegetables in gravies of menthipettina kura (fenugreek seed paste), avapettina kura (mustard seed paste), nuvvugunda kura (sesame paste), etc. Ullikaram is another popular dish where vegetables or corn seeds are flavored in shallots or onion paste.

Poori and Patoli is a favorite breakfast or festive dish. Patoli is soaked split black chickpeas (Senagapappu or chana dal) ground to a coarse paste and seasoned in coriander seeds, onions and, at times, with cluster beans (Goruchikkudu kaya). Uppupindi is coarsely broken rice Upma steamed with vegetables and tempering seeds. This dish is had during festive days when people fast during the day and have it at night.

Inguva Charu is a sour-and-sweet stew made with tamarind and hing. It can be had with rice or Uppupindi. Bellam Pulusu is another highly flavored thick sweet stew made out of rice flour, jaggery (cane sugar), corn cobs and whole shallots.

The pickles vary from other regions of Andhra Pradesh. They sun dry mango pieces with mustard powder, red pepper powder and salt soaked in sesame oil to give the pickle extended shelf life. The



Fig 4.40: Moon-dal Pulusu made in a house of Andhra Pradesh, Vijayawada

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%AA%E0%B1%86%E0%B0%B8%E0%B0%B0%E0%B0%AA%E0%B0%AA%E0%B1%8D%E0%B0%AA%E0%B1%81_%E0%B0%AA%E0%B1%81%E0%B0%B2%E0%B1%81%E0%B0%B8



Fig 4.41: Wheat Upindi Upma served with Curd

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:Upma.jpg



Fig 4.42: Punugulu

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:Punugulu1.JPG

result is a darker hue and sweeter taste. This method is followed to withstand high moisture from the Bay of Bengal coast.

Karappoddi, popular curry powder that is served with Idly, Dosa and Upma.

Rayalaseema

Rayalaseema, the southern region of Andhra Pradesh, has some unique dishes in its cuisine. Rayalaseema cuisine is famous for being spicy because of the liberal use of chilli powder in almost all the dishes. Seema karam is unique to its dishes. There are different foods and snacks made in the Rayalaseema region. Some of the main courses include rice, jonna (jowar), ragi roti with a combination of neyyi as well as Raagi Sangati, usually served with spinach or Pulusu. Uggani is a dish unique to Rayalaseema region especially Ananthapuramu, Kurnool and Kadapa districts. It is made by boiled Paddy corn and is generally yellowish in color due to liberal usage of turmeric powder and is usually served with mirapakaya bajji (chili bajji) Uggani Bajji is served primarily as breakfast but generally eaten as a snack food too. It is spicy and is one of the ethnic and authentic dishes of Rayalaseema.

Attirasaalu (rice-based vada using jaggery), pakam undalu, (a mixture of steamed rice flour, ground nuts, jaggery), Borugu Undalu (a sweet variety made corn of jowar and jaggery) and rava laddu are the sweet specialities. Masala borugulu (like snacks), ponganaalu wet rice flour, fry with oil, carrot, onions, chilis are other savory specialties.

Andhra breakfast (tiffin)

A typical Andhra breakfast consists of a few chosen from the items listed below. Usually it consists of idli, garelu a.k.a. vada (deep-fried lentil dough), minapattu a.k.a. dosa (rice- and lentil-based pancake or crepe). Tea, coffee or milk is sometimes taken with these dishes. The most common dishes are:

Idli: Urad dal and rice steamed dumplings, often eaten with freshly made chutney or with neyyi added and sprinkled with karrap podi (chili dal powder) or chutney and sambar.

Pesarattu served with Ginger Pachadi

Andhra Dosa: A rice- and urad dal-based pancake or crepe eaten with condiments like Chutney and Sambar.

Minapattu a.k.a. Dosa: Rice and Lentil based Pancake or Crepe fried in flat pan laced with cooking oil, accompanied with Chutney and Sambar.

Pesarattu: A Moong Dal-based Pancake or Crepe fried in flat pan laced with cooking oil. It is usually served with ginger chutney. Sometimes Pesarattu is filled with Upma, known as Upma Pesarattu.

Dibba Attu (Idli batter based Dosa): Idli batter poured into a thick and deep frying dish and fried until the outer layers become crispy and brown.

Atukula dosa : Dosa made from Atukulu a.k.a. Poha.

Rava dosa: Dosa made with Sooji dough with Chili, Coriander leaves, Onion and Pepper.

Wheat Upindi Upma served with Curd

Andhra Upma Varieties

Godhuma Uppindi: Upma made from Broken wheat flour.

Uppudu Pindi or Uppindi a.k.a. Upma: Upma made from broken Sooji flour.

Saggubiyyam (Sago) Upma: Uppma made from Sago (Saboodana).

Semiya Upma (Vermicelli) Upma: Upma made with Vermicelli.

Andhra Vada Varieties

Punugulu

Garelu (A type of Vada): Deep fried Lentil based Doughnut, or regular deep fried Dal mixture.

Punukulu or Punugulu: Bonda, a deep-fried dish made from Idli/Dosa batter.

Gunta Punugulu: Made from Rice and Dal batter fried in half sphere-shaped pan.

Saggubiyyam Punugulu: Vada made from Sago (Saboodana).

Mong Dal Punugulu: Bonda, a deep-fried dish made from Idli/Dosa batter.

Thapala Chekkalu: A Deep-fried Rice and Dal based flat Vada added with onions, curry leaves and chili.

Andhra Atukulu or Poha Varieties

Atukulu: Also known a Poha in Northern states, Moist Rice flakes sautéed in little oil.

Atukula dosa: Dosa made from Atukulu a.k.a. Poha.

Atukula Upma: Upma made from Atukulu, just replacing atukulu with sooji.

Andhra Bread and Roti Varieties

Nokulu annam: made corn of Jowar and jaggery.

Chapatti: Flattened Wheat dough heated in a flat pan. Served with Dal or Chutney.

Puri: Wheat dough deep fried in cooking oil. Served with Potato Bajji or Chutney. Though a North Indian dish, It is prepared on some occasions and widely available in all restaurants.

Andhra lunch and dinner

Lunch and dinner are elaborate affairs in many Telugu households. In a majority of urban households, the food is served on stainless steel or porcelain plates, while in traditional and rural households, the food is served on banana leaf. The banana leaf is used during festivals, special occasions and for guests. Many restaurants in middle-budget in smaller towns use banana leaves for serving. At times, Vistaraaku (a larger plate made of several leaves sewn together) is used. The traditional packing material for long journeys was sun-dried banana leaves.

Vegetarian



Fig 4.43: Okra plain curry made in a house of Andhra Pradesh, Vijayawada

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%AC%E0%B1%86%E0%B0%82%E0%B0%A1%E0%B0%95%E0%B0%BE%E0%B0%AF_%E0%B0%AA%E0%B1%8B%E0%B0%AA%E0%B1%81_%E0%B0%95%E0%B1%82%E0%B0%B0.jpg



Fig 4.44: Dried Capsicum for Chili-based food in Andhra

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:Dried_Capsicum_for_Chili_based_food_in_Andhra.JPG



Fig 4.45: Dibba rotti or Minapa rotti is a classic Andhra dish served as breakfast, brunch or evening snack with a good chutney or pickle. It is prepared with urad dal and rice rava batter.

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:Dibba_Roti.JPG

Okra plain curry made in a house of Andhra Pradesh, Vijayawada

Dried Capsicum for Chili-based food in Andhra

Presentation

For presentation, pappu (dal/lentils) and kooralu (curries) are placed to the right of the diner, while spiced pickles, Pachadi (chutney/Raita), a saucy condiment with dahi (yogurt) and vegetables and Pappulu Podi (Dal & Dry Red Chilli based powdered condiment) & Neyyi (Ghee) are placed to the left. On some occasions special items such as Pulihora (Tamarind rice/Lemon Rice) and Garelu (vada) are placed at the top right. A large scoop of Annam (plain white rice) is placed in the middle. Small amounts of Neyyi is added on rice, Aavakaaya Mango pickle and Gongura Roselle leaf pickle are two varieties of pickles which mark the spice and flavor of Andhra cuisine.

Course and servings

Dibba rotti or Minapa rotti is a classic Andhra dish served as breakfast, brunch or evening snack with a good chutney or pickle. It is prepared with urad dal and rice rava batter.

Annam is a staple of the entire meal and is typically mixed with the other course using the right hand. It is the main source of carbohydrates. Spiced pickles, pachadis, podis and papadam (appadam) are available as condiments.

The order of a meal is to start with modhati muddha (first bite) with an appetizer of an ooragaaya (spiced pickle) followed by a Pappu, which can be made with vegetables added or eaten plain with a pickle. It is the main source of protein for vegetarians. This is followed by a couple of kooru varieties (curry/main dishes) either only vegetarian or a combination of vegetarian and non-vegetarian for getting their vitamins and minerals. A pappu or rasam or a charu (usually kadi is the third part of the course. The fourth course of the meal is either a Perugu (Curd or Yogurt) or as Majjiga (Buttermilk) accompanied by a spicy pickle or any of the other condiments.

After meal paan or somph, (Arcenut, Betel on Pan Leaf) is offered in traditional households. On festival or auspicious occasions, sweet is served with the meal, which is usually eaten first.

Koora/kura/curry (main courses)

Pulihora made in a house of Andhra Pradesh, Vijayawada

Brinjal with onion curry made in a house of Andhra Pradesh, Vijayawada

Gobi Manchuria fry made in a house of Andhra Pradesh, Vijayawada

Banana with Onion curry made in a house of Andhra Pradesh, Vijayawada

Pulihora, a Tamarind sour fried rice of Andhra Pradesh

Koora - Koora is a generic word for a protein based dish. The actual dishes are called by the material used and the style they are cooked. The different methods of cooking are:

Vepudu (Fry): crispy fried vegetables, typically including: okra (bendakaya), ivy gourd (dondakaya), potato (bangaladumpa), colocasia and several regional vegetables but prepared separately for different days.

Pappu Kooru (Lentil based dish): boiled vegetables stir-fried with a small amount of half-cooked lentils (dal).

Podi (Powdered Dal based condiment or seasoning): Mixed with Rice and spoonful of ghee or sesame oil.

Gujju (Gravy), Tomato or coriander seed base adding Drum Stick, Brinjal, Okra etc.

Pulusu (Sour Paste or Gravy):

Pulusu Kooru/Aava petti Kooru (Stew dish): boiled vegetables cooked in tamarind sauce and mustard paste are two main varieties of Pulusu.

Kaaram Petti Kooru/Kooru Podi Kooru (literally dish with curry powder added): sautéed vegetables cooked with curry powder or paste, served as a solid mass. The vegetables can be stuffed with curry powder or paste and are usually cooked whole.

Pappucharu (Thick Dal Broth) or Charu (diluted than a Sambar)

Chaaruru a.k.a. "rasam" (Clear soup)

Ooragaya (Pickled), Avakaya, Gongura, etc.

Pachadi (Pasty/saucy condiment)

Other gravy based curries are chiefly made with vegetables cooked in tomato sauce and onion with coriander and cumin powder.

Pappu (dal)

Ridge gourd with Moon-dal Pappu made in a house of Andhra Pradesh, Vijayawada

Pappu (Dal/Lentils) Toor Daal (Kandi Pappu) or Moong Daal (Pesara Pappu) cooked with a vegetable or green. No masala is added to the dal. Some regions include garlic and onion in the seasoning while some regions prefer asafetida (hing/Inguva). Sometimes the cooked version of the dal is replaced with a roast and ground version of the dal like Kandi pachadi (roasted toor daal ground with red chiles) and pesara pachadi (soaked moong daal ground with red chilies or green chilies).

A very popular Andhra combo is Mudda Pappu (plain toor dal cooked with salt) with Avakaya.

Pulusu

Moon-dal Pulusu made in a house of Andhra Pradesh, Vijayawada

Pulusu (sour) is a curry-like stew that is typically sour and cooked with tamarind paste. Other common bases are tomatoes or mangoes. The mixture can be flavored with mustard, chilies, curry leaves, jaggery, onions, or fenugreek. Fish, chicken, and eggs are typical meat additions. Pachi Pulusu is an unheated version of pulusu typically made of mangoes or tamarind consumed during warm months.

Majjiga pulusu - Sour buttermilk boiled with channa dal and coconut paste

Menthi Challa / Menthi Majjiga - Sour buttermilk seasoned with ginger / green chili paste and menthi seeds fried in oil.



Fig 4.46: Pulihora made in a house of Andhra Pradesh, Vijayawada

[https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%AA%E0%B1%81%E0%B0%B2%E0%B0%BF%E0%B0%B9%E0%B1%8B%E0%B0%B0_\(2\).ipg](https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%AA%E0%B1%81%E0%B0%B2%E0%B0%BF%E0%B0%B9%E0%B1%8B%E0%B0%B0_(2).ipg)



Fig 4.47: Brinjal with onion curry made in a house of Andhra Pradesh, Vijayawada

[https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%B5%E0%B0%82%E0%B0%95%E0%B0%BE%E0%B0%AF_%E0%B0%89%E0%B0%B2%E0%B1%8D%E0%B0%B2%E0%B0%BF%E0%B0%AA%E0%B0%BE%E0%B0%AF_%E0%B0%AA%E0%B1%8B%E0%B0%AA%E0%B1%81_%E0%B0%95%E0%B1%82%E0%B0%B0_\(2\).jpg](https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%B5%E0%B0%82%E0%B0%95%E0%B0%BE%E0%B0%AF_%E0%B0%89%E0%B0%B2%E0%B1%8D%E0%B0%B2%E0%B0%BF%E0%B0%AA%E0%B0%BE%E0%B0%AF_%E0%B0%AA%E0%B1%8B%E0%B0%AA%E0%B1%81_%E0%B0%95%E0%B1%82%E0%B0%B0_(2).jpg)



Fig 4.48: Gobi Manchuria fry made in a house of Andhra Pradesh, Vijayawada

[https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%97%E0%B1%8B%E0%B0%AC%E0%B1%80_%E0%B0%AE%E0%B0%82%E0%B0%9A%E0%B1%81%E0%B0%B0%E0%B0%BF%E0%B0%AF%E0%B0%BE_\(3\).jpg](https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%97%E0%B1%8B%E0%B0%AC%E0%B1%80_%E0%B0%AE%E0%B0%82%E0%B0%9A%E0%B1%81%E0%B0%B0%E0%B0%BF%E0%B0%AF%E0%B0%BE_(3).jpg)

Mukkalu pulusu

Perugu - The last item of the meal. Perugu (curd) is normally consumed with an accompaniment like pachadi or ooragaya.

Pickles

Pachadi and Ooragaya are two broad varieties of pickles that are used at times with rice. Pachadi is like a sauce typically made of vegetables/greens and roasted green/red chilies. It is prepared fresh and is consumed within a day or two due to a short shelf life. Ooragaya is prepared in massive amounts seasonally and uses liberal amounts of chili powder, methi (fenugreek) powder, mustard powder and groundnut(peanut) oil. For a typical Andhrite, no meal is complete without this essential item. It is consumed on its own mixed with rice or is also eaten as a side dish with Pappu/koora.

Non-vegetarian

Andhra Chapala Pulusu, or Andhra Tamarind Fish Curry

Apart from a sizable population who are vegetarians, most of the population cook non-vegetarian dishes. The state has abundant seafood and has extensively established poultry industry. Lamb meat is another traditional fare cooked with century old recipes.

Apart from Hyderabadi biriyani, the rest of the state has its own recipe and generally known as Palaav or Andhra Biriyani. Kodi (chicken) palav is one of the most enjoyed dishes across all of the state. Royyala palav made with shrimps is considered a delicacy in homes of coastal Andhra Pradesh. Mutton biriyani and Mixed Biriyani(Chicken, Mutton, and Shrimp) are the other popular Biriyani dishes generally available in restaurants. There are many local variations such as Kaaja Biriyani, Kunda Biriyani (pot Biriyani).

Kodi (Chicken) Koora and Mutton (Lamb) koora are two popular dishes, often made with a range of spices and condiments. The gravy base is usually Onions, Tomato, Coriander, Tamarind, and Coconut. These gravies are mixed with steamed rice on the plate during lunch. Also pepper is used for fried meat dishes. Popular dishes served commonly in Andhra-style restaurants include the spicy, Andhra Chilli Chicken, Chicken Roast, and Mutton Pepper Fry. Among seafood, Tamarind base is widely used. The state's large shrimp farming makes shrimp and prawns widely available.

Andhra Restaurant chains and hotels are very popular in other states due to its extensive variety of meat in the menu.

Talakaya Kura: A hearty, rustic meat gravy with bold flavors. This delicacy is made with the lamb's head, coriander and spices.

Chepala Pulusu: A luscious fish curry redolent with freshly ground spices and tamarind juice.

Endu Chapala Vankaya: A flavorsome dry fish gravy cooked with brinjal.

Royyala Kura: Prawns cooked in a tangy paste of tamarind and onion.

Gongura Mamsam: A spicy curry made with tender lamb pieces cooked in gravy of Gongura (roselle leaves) and freshly ground green chili paste.

Kodi Gudla Pulusu: Egg curry flecked with chopped onions, green chilies and bright bits of coriander.

These curries are usually served with steamed Rice, Bagara khana (Basmati rice cooked with aromatics), ‘‘Sajja’’ roti (Millet flatbread) or ‘‘Jonna roti’’ (Jowar flatbread).

Andhra cuisine has some native non-vegetarian snacks such as Kodi Pakodi (Chicken Pakora), chicken 65, Peetha Pakodi(Crab Pakodi), Chepa Vepudu (Fish Fry), Royyala Vepudu(Shrimp Fry) etc.

Other snacks inspired from Indo-Chinese cuisine such as chicken 65, Chicken lollipop, Chilli Chicken etc. are also extensively available but they will be generally modified by using generous amounts of Spices and chilies.

Bhimavaram town in West Godavari District is very famous for its unique Non-Veg pickles such as Chicken Pickle, Shrimp Pickle, and Fish pickles.

The agency(forest) area near Rajamundry is very famous for Bongu chicken (Bamboo chicken) curry.

Evening snacks (tiffin)

Uggani bajji, a favorite snack in Rayalaseema region

Ravva Dosa served at a Hotel in Guntur.

Samosa vendor on the streets of Hyderabad

At home, many savory snacks make an appearance during evenings. These include:

Upma - ఉపమా

Boondi - బూంది

Kaarappoosa - కారప్పూస

Ponganalu - పొంగనాలు

Bajji and Bondaalu or Punukulu- బజ్జి, బోండాలు or పునుకులు stuffed with spices and dipped in chickpea batter and fried with spicy dips (allam pachadi)

Varieties and variants: Mirapakaya Bajji (Chilli) popular evening snack all across the state, Vamu Bajji, Vankaya Bajji (Brinjal), Aratikaya Bajji (Plantain), Urla Gadda Bajji (Potatoe), Vegetable Bonda.

Varieties and variants:

Pakodi - పకోడీ

Ulli Kaadalu Pakodi *Sanna Pakodi *Vankaya Pakodi



Fig 4.49: Moon-dal Pulusu made in a house of Andhra Pradesh, Vijayawada

[https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%AA%E0%B1%86%E0%B0%B8%E0%B0%B0%E0%B0%AA%E0%B0%AA%E0%B1%8D%E0%B0%AA%E0%B1%81_%E0%B0%AA%E0%B1%81%E0%B0%B2%E0%B1%81%E0%B0%B8%E0%B1%81_\(2\).jpg](https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:%E0%B0%AA%E0%B1%86%E0%B0%B8%E0%B0%B0%E0%B0%AA%E0%B0%AA%E0%B1%8D%E0%B0%AA%E0%B1%81_%E0%B0%AA%E0%B1%81%E0%B0%B2%E0%B1%81%E0%B0%B8%E0%B1%81_(2).jpg)



Fig 4.50: Uggani bajji, a favorite snack in Rayalaseema region

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:Uggani_bajji.jpg



Fig 4.51 Appachulu, snack in Andhra & Telangana:

https://en.wikipedia.org/wiki/Telugu_cuisine#/media/File:Appacculu.JPG

Varieties include Royallu Pakodi, Kodi Pakodi, Ullipakodi (fritters made with sliced onion and spices in chickpea batter)

Gaare - గాఠె Gaares are a deep fried and spiced dough.

Varieties include :Perugu gaare/Aavadalu - ఆవడలు Gaare are marinated in a yogurt sauce), Bellam Garelu, Rava Garelu, Ulli Garelu, Pulla Garelu

Murukullu or Jantikalu - జంతికలు

Varieties and variants:*Pesarapappu Jantikalu, Challa Murukulu, Chegodilu(చేగోడిలు), Sakinalu or Chakkidalu - చక్కడాలు, Chakli, Chekkalu or Chuppulu - చెక్కలు or చుప్పలు, Maida Chips, Colocasia Chips, Plain papadam, Aam papad

Maramaraalu or Popped Rice - Usually mixed with tomatoes, onions, coriander and lime juice and chilli powder.

Bean/Pea Snacks includes Senagala Talimpu, Guggillu - గుగ్గిళ్ళు etc.

Mixture' (Boondi mixed with chopped onions and lemon juice)

Sweets and savories

Appachulu, snack in Andhra & Telangana

Bobbatlu, a snack made from Wheat or Sooji filled with Jaggery and lentils

Chakodi snack, a Telugu favorite snack

Boondi Mithai or Karakajjam, a common Andhra Indian festival sweet savoury

Sweets and savories form an important part of Telugu culture. Made on festive and auspicious occasions, they are given to visiting relatives. Some of the savories are also made for the evening snack.

Pootharekulu - a famous sweet preparation where sweet powder with cardamom flavor is stuffed into very thin pancake skins made of rice flour.

Kajja Variations of this sweet preparation i.e., Madatha kajja and Kakinada Kajja are relished across the state.

Sakinalu is one of the most popular savories, it is often cooked during Makara Sankranti festival season. This a deep-fried snack made of rice flour, sesame seeds and flavored with ajwain (carom seeds or Vaamu in Telugu).

Kajji Kai is a fried dumpling with the stuffing of suji, dry coconut powder, and sugar. It is usually prepared during Deepavali.

Some more to name.

Sunnundalu - Laddu made from with roasted Urad Dal (Minapappu) and Jaggery (Bellam)/ Sugar a generous amount of ghee is added to enhance to the taste.

Boondi Laddu

Poornam Boorelu a.k.a. Poornalu - Chenna dal is cooked to soft and cooled, jaggery and cardamom powder are added and the mix is rolled into balls. These balls are then batter fried. The batter that is used is made from Urad Dal. This sweet preparation is usually served during festive lunch.

Rava Laddu

Bhakshalu or Bobbatlu or Polelu

Tapeswaram Kaja

Pulagam a.k.a. Pongali - A sweet preparation made on a festive morning as offering for the deity. Soaked rice is cooked in a generous amount of milk usually in the ratio of 1: 2.5 when the rice is cooked well-broken jaggery is added and finished with a splash of ghee and fried dry fruits.

Payasam

Gavvalu

Chakodi

Chakker pongali (sugar Pongal)

Laskora Undalu (coconut laddu) or Raskora Undalu (coconut laddu)

Boondi

Palathalikalalu

Ravva Kesari

Pappuchekka

Jeedilu

Malai Khaja - Traditional Nellore Sweet.

Kobbari Lavuju - grated coconut flesh in molten jaggery or sugar syrup

Vennappalu

Rural cuisine

Matti poyyi, a centuries-old mud stove, is still in use in some rural villages and for outdoor temple festivals

In rural Andhra Pradesh, agriculture is the predominant occupation. Some centuries-old cooking practices, especially the use of mud pots, are still in vogue but are being replaced by steel utensils in recent decades. The earlier recipes in each village were also largely dictated by what was grown and available locally. In the drier districts, jowar (sorghum), bajra (millet) and ragi are still in use, while

eating rice is seen as a symbol of prosperity. In Delta and coastal districts, rice takes a major role in cooking.

CHECK YOUR PROGRESS

- Discuss the concept of Telugu cuisine.
- Discuss the features of Coastal Andhra cuisine.
- Discuss the features of North Andhra (Uttarandhra) cuisine.
- Discuss the features of South Andhra (Rayalseema) cuisine.
- Discuss the features of Andhra breakfast (tiffin).
- Explain the various dishes in Andhra lunch and dinner.
- Explain the presentation of dishes in Andhra cuisine.
- Describe the various courses of Andhra cuisine.
- Explain which dishes appear in the main course of Andhra cuisine.
- Elaborate the various dal in Andhra cuisine.
- Discuss the vegetarian food in Telugu cuisine.
- Explain the various pickles in Telugu cuisine.
- Explain the various non-vegetarian food in Telugu cuisine.
- Explain the various sweets and savory in Telugu cuisine.
- Elaborate the features of rural Andhra cuisine.

4.10 HYDERABADI CUISINE

Hyderabadi cuisine (native: Hyderabadi Ghizaayat), also known as Deccani cuisine, is the native cooking style of the Hyderabadi Muslims, and began to develop after the foundation of the Bahmani Sultanate, and more drastically with the Qutb Shahi dynasty]] around the city of Hyderabad, promoting the native cuisine along with their own. Hyderabadi cuisine had become a princely legacy of the Nizams of Hyderabad State, as it began to further develop further on from there. It is an amalgamation of Mughal, Turkish, and Arabic along with the influence of the native Telugu and Marathwada cuisines. Hyderabadi cuisine comprises a broad repertoire of rice, wheat and meat dishes and the skilled use of various spices, herbs and natural edibles.:3:14

Hyderabadi cuisine has different recipes for different events, and hence is categorized accordingly, from banquet food, for weddings and parties, festival foods, and travel foods. The category to which the recipe belongs itself speaks of different things like the time required to prepare the food, the shelf life of the prepared item, etc.

Mehboob Alam Khan is a foremost expert on the Hyderabadi cuisine.

History

Medieval period

The Deccan region is an inland area in India. The native cuisine was prominent until the Vijayanagara Empire lasted, it was during the rule of Delhi Sultanate, Muhammad bin Tughluq when he shifted the capital from Delhi to Daulatabad, the Deccan region adopted the foreign cuisines. In the 14th century when the Bahmani Sultanate was formed by revolting against the Delhi Sultanate in Deccan, the Turkish noblemen were appointed in the high positions, and introduced the Turkish cuisine.

The two-centuries-long political instability in the region of the Deccan and the main Central Mughal authority and migration has introduced Deccan with multiple foreign cuisines.:91–92:31

In Deccan medieval cuisine, banquets were common among the aristocracy. Multiple courses would be prepared and served in a style called Dastarkhān (A long cloth laid on the floor on which food dishes and dinners plates are placed). Food was generally eaten by hand, served on among commons and nobility. The food was mostly meat oriented being grilled and fried in tandoor. The curry were highly seasoned and flavored by using spices. Fruits were preferred rather than dessert after main course. Once the meals are ended Kahwa (liquid hot drink) was consumed that contains ingredients to digest food. The ingredients of the cuisine varied greatly according to the seasons and festivals, and many items were preserved in the form of Pickles.:91–92:31

Modern period

The modern cuisine was evolved during the Nizams in the mid-17th century, and elevated to a sublime art form. Hyderabad has a history of continuous influx of migrants from all over the world and in general from the Indian sub-continent, particularly since 1857. Most of the foreign food had been improved to suit the culinary preferences, resulting to form the unique derivative cuisine that excels over the original. Biryani (Turkish) and Haleem (Arabic) for instance is prepared all over India, but the Hyderabad variety is ultimately from the Hyderabad Biryani and Hyderabad Haleem. Til ke chatuni with Arabic tahini, Persian dried lamb with beans is modified with dalcha, tanduri naan of uzbek (central Asia) to create Sheermal. Most of the modern day desserts in Hyderabad cuisine were introduced and invented during the times of Nizams, today that had become an integral part of cuisine.:31

Hyderabad cuisine is an integral part of the cuisines of the former Hyderabad State that includes the state of Telangana and the regions of Marathwada (now in Maharashtra) and Hyderabad-Karnataka (now in Karnataka). The Hyderabad cuisine contains city-specific specialties like Hyderabad (Hyderabad biryani and Hyderabad Haleem) and Aurangabad (Naan Qalia), Parbhani (Tahari), Bidar (Kalyani Biryani) and others. The use of dry coconut, tamarind, and red chillies along with other spices are the main ingredients that make Hyderabad cuisine different from the North Indian cuisine.:31

Course

Hyderabad dinner also known as Dastarkhwan are usually of five course meal; Aghaz (Soup), Mezban (appetizers), Waqfa (Sorbet), Mashgool Dastarkhwan (Main course) and Zauq-e-shahi (dessert).

Starters

Lukhmi

Lukhmi is a regional non-vegetarian variation of the samosa, though, it is shaped into a flat square patty. It is made from flour and stuffed with minced mutton or beef, known as Kheema. It is eaten as an evening snack or served as a starter at celebrations.

Hyderabad Haleem

Hyderabad Haleem is a popular dish of Hyderabad. It is a stew composed of mutton, lentils and wheat. It originates from Harees, an Arab dish brought to Hyderabad by Arab migrants. Harees is still

prepared in its original form in Barkas. It is sometimes served as a starter at celebrations, but it is usually only prepared during the month of Ramadan for the Iftar meal.

Biryani

Hyderabadi Biryani is one of the most popular dishes of the city. It is distinctly different from other variations of the Biryani, originating from the kitchens of the Nizams of Hyderabad. It is a celebration dish of basmati rice and mutton, along with yoghurt, onions and various spices.

Variants

Kalyani Biryani is a variant of the Hyderabadi Biryani using beef instead of lamb or mutton. This meal was started after Kalyani Nawabs of Bidar came to Hyderabad sometime in the 18th century. The Kalyani biryani is made with small cubes of beef, regular spices, onions and lots of tomatoes. It has a distinct tomato, jeera (cumin), dhania (coriander) flavour.

Tahari, Tehri or Tehari are variants of the name given to the vegetarian version of Biryani. It was developed for the Hindu bookkeepers of the Muslim Nawabs. It is prepared by adding the potatoes to the rice as opposed to the case of traditional Biryani, where the rice is added to the meat. In Kashmir, Tehari is sold as street food. Tehri became more popular during World War II, when meat prices increased substantially and potato became the popular substitute in Biryani. It is not really considered to be part of the Biryani family in its true sense.

Other dishes

Pathar-ka-Gosht

Pathar ka Gosht is a mutton kebab. It is named for the traditional method of preparation, on a stone slab. (Pathar means stone in Urdu)

Hyderabadi Khichdi

The Hyderabadi version of the popular dish Khichdi is distinct from the many variants enjoyed all across India. It is eaten with Kheema. (minced mutton curry) It is consumed as a breakfast item, as well as during the month of Ramadan for the Sehri meal.

While most khichdi preparations use toor or moong dal, the Hyderabadi version uses masoor dal. Also, turmeric doesn't feature in the ingredients list although some people use it in the modern preparations. The colouring of the dish comes from the caramelized onions that are an important flavour of the dish. As opposed to the semi-liquid, moist preparation of khichdi elsewhere in the country, the dish made here has a drier texture, and each grain of rice stands out.

— Nawab Mehboob Alam Khan, culinary expert

Desserts

- Qubani ka meetha(Khubani-ka-Meetha) - Apricot Pudding, Toppings with almond and cream. The original recipe is a translucent liquid.
- Double ka meetha- Bread Pudding topped with dry fruits, a derivative of mughlai dessert Shahi tukre.
- Sheer korma - Vermicelli pudding and celebratory dessert, specially made on the Ramzan (Eid Ul Fitr) day.

- Firmi - A Rice dessert.
- Gil-e-Firdaus - A variant of Kheer made of bottle gourd. The name literally translates into "the clay of paradise".
- Faluda.
- Aab shola - Typical Hyderabad summer sharbat.
- Hyderabad Irani tea available at Irani cafes, served with Osmania Biscuits.

CHECK YOUR PROGRESS

- Explain the importance of Hyderabad cuisine.
- Elaborate the history of medieval Hyderabad cuisine.
- Elaborate the history of modern Hyderabad cuisine.
- Elaborate the history of medieval Hyderabad cuisine.
- Discuss the various courses of Hyderabad dinner.
- Explain the concept of Lukhmi in Hyderabad cuisine.
- Describe the concept of Haleem in Hyderabad cuisine.
- Elaborate the concept of Biryani in Hyderabad cuisine.
- Elaborate the various variations in biryani of Hyderabad cuisine.
- Explain the various dessert items of Hyderabad cuisine.

4.11 CUISINE OF KERALA

The cuisine of Kerala, a state in the south of India, is linked to its history, geography, demography and culture. Kerala cuisine offers a multitude of both vegetarian and non-vegetarian dishes prepared using fish, poultry and red meat with rice a typical accompaniment. Chillies, curry leaves, coconut, mustard seeds, turmeric, tamarind, and asafoetida are all frequently used.

Kerala is known as the "Land of Spices" because it traded spices with Europe as well as with many ancient civilizations with the oldest historical records of the Sumerians from 3000 BCE.

Historical and cultural influences

In addition to historical diversity, cultural influences, particularly the large percentages of Muslims and Christians, have also contributed unique dishes and styles to Kerala cuisine, especially non-vegetarian dishes. The meat eating habits of the people were historically limited by religious taboos. Brahmins eschew non-vegetarian items. However, most modern-day Hindus do not observe any dietary taboos, except a few of those belonging to upper castes who do not consume beef or pork. Most Muslims do not eat pork and other items forbidden by Islamic law. Alcohol is available in Kerala in many hotels and over a thousand bars and liquor stores, but state authorities plan to close the vast majority of these outlets in a ten-year plan to combat problem drinking that began in 2014.

Overview

One of the traditional Kerala dishes is vegetarian and is called the Kerala Sadya, which is an elaborate banquet prepared for festivals and ceremonies. A full-course Sadya, which consists of rice with about twenty different accompaniments and desserts is the ceremonial meal of Kerala eaten usually on celebratory occasions including marriages, Onam and Vishu. It is served on a plantain leaf.

Because of its rich trading heritage, over time various cuisines have blended with indigenous Kerala dishes with foreign dishes adapted to local tastes. Coconuts grow in abundance in Kerala, so grated coconut and coconut milk are commonly used for thickening and flavouring. Kerala's long coastline and numerous rivers have led to a strong fishing industry in the region, making seafood a common part of meals. Rice is grown in abundance along with tapioca. It is the main starch ingredient used in Kerala's food.

Having been a major production area of spices for thousands of years, the region makes frequent use of black pepper, cardamom, clove, ginger, and cinnamon. Kerala also has a variety of breakfast dishes like idli, dosa, appam, idiyappam, puttu, and pathiri.

Hindu cuisine

Many of Kerala's Hindus, except certain communities and ovo-lacto vegetarians, eat fish and chicken. Some communities, on the other hand, are famed for their vegetarian cuisine consisting of milk and dairy-based dishes, especially various varieties of sambar and rasam. In most Kerala households, a typical meal consists of rice, fish, and vegetables. Beef, contrary to the outlook of the remaining Indian society, also plays a prominent role in Kerala cuisine. The meat is featured in Hindu, Christian and Islamic communities of Kerala.

Sadya

Food offerings in rituals

Food is extremely important when it comes to rituals or festivals. Food offerings in ritual are important in Kerala and throughout South India. Food offerings are often related to the gods of religions. In India, there are numerous offerings for Hindu gods and there are many differences between food offerings in North and South India. Most offerings contain more than one type of food. There are many reasons why people use the practice of food offerings. Some are to express love, or negotiate or thank gods. It can also be used to "stress certain structural features of Hinduism". Of course, not every ritual's gods require food offerings. Most have a liking for certain foods. For example, butter is one of the preferred foods by the god Krishna. Also, wild orange and a sugarcane stalk are related to Ganapati.

There is a division of the Hindu pantheon into pure and impure deities which is stressed, but shaped by food offerings. Pure deities are offered vegetarian foods while impure deities are offered meat due to their craving for blood. A specific dish is offered to both pure and impure deities. That is a flour lamp which is made of sweetened rice-flour paste which is scooped out and packed with ghee. The flour lamp is only partially baked and then eaten. Another aspect of food offerings is the hierarchy that foods have. It may seem strange that there is a hierarchy for foods, but it is because there is a dual opposition between the pure and impure deities which is hierarchal. There are two gods which have this dual opposition. They are Vishnu and Siva. Ferro-Luzzi explains that Vishnu is viewed as kind while the offerings that are given to Siva are more frugal'. An offering to Siva might be likely to be plain rice with no salt or other toppings, while an offering to Vishnu may resemble a South Indian dish which can consist of rice with other side dishes. Specifically in South Indian offerings, they are offered in numbers. For example, the number three is important in Kerala offerings. There are the trimadhura which translates into 'the three sweets'.

Cooking as sacred ritual



Fig 4.52: A typical sadya, where banana leaves are used as plates
https://en.wikipedia.org/wiki/Cuisine_of_Kerala#/media/File:Sadhya_DSW.jpg



Fig 4.53: A traditional home-made Keralite meal served on a banana leaf.
https://en.wikipedia.org/wiki/Cuisine_of_Kerala#/media/File:Traditional_Keralite_Meal.jpg



Fig 4.54: Sadya items ready to be served. Clockwise from top: paayasam, bitter gourd thoran, aviyaal, kaalan, lime pickle, sambar, buttermilk with boiled rice in cente
https://en.wikipedia.org/wiki/Cuisine_of_Kerala#/media/File:Sadhya_Items.jpg

The last decade has seen the rise of cooking as sacred ritual in South Kerala, almost exclusively by women. This practice, called 'Pongala' (derived from Tamil dish Pongal), seems to have been historically associated with the Attukal Temple in Trivandrum city which was begotten from Tamil tradition. According to the Guinness Book of Records, Attukal Pongala is the largest gathering of women in the world.

Often, the women take over most of the roads and lanes of Trivandrum city during the pongala day. In 2009, the estimated number of women who participated was 2.5 million. The women wait until the Attukal temple ceremoniously distributes the fire, and set about their cooking when the fire reaches them, passed from hearth to hearth. They go home with the cooked offerings by late afternoon. While males are not allowed in the area, they help out by providing support to arriving and departing women by organising transportation, and distributing free beverages.

Cuisine of the Christians

A favourite dish of Kerala Christians is a chicken stew. For this dish, chicken, potatoes and onions are simmered gently in a creamy white sauce flavoured with black pepper, cinnamon, cloves, green chillies, lime juice, shallots and coconut milk. Lamb and duck can replace chicken in the stew recipe.

Other dishes include piralen (chicken stir-fries), meat thoran (dry curry with shredded coconut), sardine and duck curries, and meen molee (spicy stewed fish). This is eaten with another dish known as appam. Appams, kallappams, or vellayappams are rice flour pancakes which have soft, thick white spongy centres and crisp, lace-like edges. "Meen Mulakittathu" or "Meen vevichathu" (fish in fiery red chilly sauce) is another favourite item.

In addition to chicken and fish, Christians along with some section of Hindus and all Muslims in Kerala also eat red meat. For example, beef ularthiathu is a beef dish cooked with spices.

CHECK YOUR PROGRESS

- Elaborate the feature of cuisine of Kerala.
- Explain the historical and cultural influences on Kerala cuisine.
- Describe the features of Hindu Kerala cuisine.
- Explain the food offering at ritual for Kerala cuisine.
- Describe the features of Christian Kerala cuisine.

4.12 TAMIL CUISINE

Tamil cuisine is a cuisine native to the Tamil people who are native to the Indian state of Tamil Nadu and northern Sri Lanka. It is also the cuisine of the Tamil-speaking population of Karnataka, Kerala and Andhra Pradesh in India and of the Tamil communities of Singapore and Malaysia.

Tamil Nadu is famous for its deep belief that serving food to others is a service to humanity, as it is common in many regions of India. The region has a rich cuisine involving both traditional vegetarian and non-vegetarian dishes. Rice, legumes and lentils are used extensively and flavor is achieved by the blending of various spices. Vegetables and dairy products are essential accompaniments and tamarind is used as the favored souring agent.

On special occasions, traditional Tamil dishes are prepared in an elaborate and leisurely way and served in traditional style on a banana leaf. The traditional way of eating a meal involves being seated on the floor, having the food served on a banana leaf, and using clean fingers of the right hand to transfer the food to the mouth. After the meal, the fingers are washed, and the banana leaf becomes food for cows. Typically breakfast includes idli or dosa and rice accompanied by sambar and rasam, followed by curd for lunch.

Typical meal

sappadu (a typical meal) consists of rice with other typical Tamil dishes served on a banana leaf which gives different flavor and taste to the food, then a dessert (normally Paayasam) is usually served as a dessert to finish the meal. Coffee and tea are the staple drinks.

‘Virundhu’ which means ‘feast’, when guests are invited during happy ceremonial occasions to share food. For festivals and special ceremonies, a more elaborate menu with steamed rice, variety rice (e.g. tomato rice), dal, sambar (lentil stew), kara kuzhambu (spicy stew with a coconut base or dal base), rasam (tamarind stew with other herbs and spices), thayir (curd) along with poriyal (dry fry of vegetables), varuval (oil fry of the vegetables or meat), kootu (vegetables mixture with green dal or coconut), keerai masiyal (ground greens), aviyaal (a mixture of cooked vegetables, finally added with buttermilk or curd in the preparation), pachadi (salad of cucumber, or onion in curd), appalam (fried papads), thovaiyal (wet ground paste of some item), oorukai (pickles), payasam (sweet liquid of many varieties with milk base or coconut milk base or dal liquid base). After the completion of the feast, a banana and betel leaves (eaten with areca nuts and limestone paste) are provided to aid digestion.

Guests sit on a coir mat rolled out on the floor and a full course meal was served on a banana leaf. Nowadays, guests often sit at a dinner table and have the same type of food. Traditionally the banana leaf is laid so that the leaf tip is pointed left. Before the feast begins the leaf is sprinkled with water and cleaned by the diner himself even though the leaves are already clean. The top half of the banana leaf is reserved for accessories, the lower half for the rice. The lower right portion of the leaf may have a scoop of warm sweet milky rice Payasam, Kesari, Sweet Pongal or any Dessert items. While the top left includes a pinch of salt, a dash of pickle and a thimbleful of salad, or a smidgen of chutney. In the middle of the leaf there may be an odd number of fried items like small circles of chips either banana, yam or potato, thin crisp papads or frilly wafers aruna Appalams and vadai. The top right hand corner is reserved for spicy foods including curry, hot, sweet, or sour and the dry items.

Dishes

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

Breakfast dishes

Main dishes

Idli, steamed rice-cakes, prepared from a fermented batter of rice and black gram. Usually served alongside different kinds of chutney, sambhar or vadacurry.

Dosai, crepes made from a fermented batter of rice and black gram eaten with Sambar or chutney. Several varieties like saada dosai, kal dosai, muttai dosai, neer dosai, rava dosai, paasi paruppu dosai, etc. are available.



Fig 4.55: Veg Meals in Tamil Nadu

https://en.wikipedia.org/wiki/Tamil_cuisine#/media/File:Veg_Full_Meals_in_Tamil_Nadu.JPG



Fig 4.56: Idly with Medu vada (Ulundhu Vadai) with Chutney, Sambhar served on banana leaf

https://en.wikipedia.org/wiki/Tamil_cuisine#/media/File:Idly_Wada.jpg



Fig 4.57 Ven Pongal:

https://en.wikipedia.org/wiki/Tamil_cuisine#/media/File:Aesthetic_Ven_Pongal.jpg

Vadai, commonly of 2 types, based on the ingredients used and served along with idlis.

Pongal, a traditional cuisine where rice is cooked in a mud pot along with water and milk until the boiling liquid forms viscous frothy bubbles that rise above the pot. The soft, creamy upper layer overflows the pot, which is also called a pongal.

Paniyaram, the batter similar to the one used to make dosa is poured into pan with small pits to make paniyaram.

Appam, is made from a fermented batter of rice and black gram mixture, which is made into a thin consistency. It is poured over a hot pan and spread evenly by rotating the pan. The appam generally has its sides thin and the centre is fluffy and soft.

Uthappam, a dosa variety, which is slightly thick, fluffy, and soft. It can be made from regular idli / dosai batter. Plain uthappam is available, along with a type of uthappam with vegetables or onions sprinkled over.

Upma, made from wheat or rava, added with onion, green chillies. May also be substituted with broken rice granules, flattened rice flakes, or almost any other cereal grain instead of broken wheat.

Puttu - Steamed layered, cylindrical cakes made with flour; usually rice flour is used but any miller flour can be used. The flour is sparsely mixed with water and packed into puttu cylinder and steamed. The flour is usually layered with grated coconut.

Kozhukkattai - Steamed dumplings made with rice flour. The fillings are varied: from grated coconut and jaggery to various savoury preparations.

Sevai or Idiyappam, rice noodles made out of steamed rice cakes

Adai, with all the vegetables, it is a complete and quite filling meal. It is loaded with fiber and calcium. Its a perfect recipe for people on diet and for diabetic patients.

Side dishes

Sambar, is a lentil-based vegetable stew or chowder cooked with a tamarind broth and freshly grounded spices.

Vada Curry, a classic chettinad side dish which is also very famous in Chennai.

Thogaiyal, which is a wet ground paste of many ingredients but primarily with the punch of the main ingredient. Most common thogaiyals by their chief ingredient are like coconut, paruppu (dal), coriander, puthina (mint leaves), karuveppilai (curry leaves), ellu (sesame seeds), kollu (horse gram), inji (ginger), poondu (garlic) etc.

Kootu - a stew of vegetables or greens, usually made with lentils, and spices which makes for a side dish for a meal consisting of rice, sambhar and rasam.

Aviyal - a stew of vegetables with fresh coconut, and coconut oil which makes for a side dish for a meal consisting of rice, sambhar, rasam and equally for dishes like Adai and Thosai. In hotels it is an evening specialty food and advertised as Adai Aviyal.

Drinks

Coffee is the most popular beverage. Coffee is a major social institution in Southern Indian Tamil tradition and generally use gourmet coffee beans of the premium Peaberry or the less expensive Arabica variety. The making of filter coffee is like a ritual, as the coffee beans are first roasted and then powdered. Sometimes chicory is added to enhance the aroma. A filter set is used and few scoops of powdered coffee with boiling water is used to prepare a dark liquid called the decoction. Hot milk with sugar and a small quantity of decoction is then served in a tumbler set, a unique coffee cup. Another popular beverage is strongly brewed tea.

Koozh - Porridge, also called Kanji (rice congee)

Lunch and dinner dishes

Main dishes

Arisi paruppu, rice cooked with dhall

Rice

Thakkali Saatham (Tomato Rice)

Karuvepillai Saatham

Thayir Saatham

Kothamalli Pudina Saatham

Manga Saatham

Elumichai Saatham (Lemon rice) - seasoning of onions, tomatoes, curry leaf, red chilly, salt and lemon juice is made and cooked rice is added and fried with the seasoning. Some groundnuts and added to the dish to give it some crunchiness and balance out the sour taste of lemon and served with chutney or vegetable salad.

Puliyodarai, is a popular Tamil dish which is a mixture of fried tamarind paste and cooked rice. The tamarind paste is fried with sesame oil, asofoetida and fenugreek powder, dried chilly, groundnuts, split chickpea, urad dal, mustard seeds, coriander seeds, cumin seeds, curry leaves, turmeric powder and seasoned with light jaggery and salt.

Biryani, a type of fried rice with masala cooked with vegetables or meat. Special varieties include Ambur biryani, served with 'dhalcha', a sour brinjal curry and Dindigul biryani, which uses a little curd and lemon juice to get a tangy taste.

Side dishes

Kulambu, a form of Sambar, which is specifically prepared for lunch, is a gravy preparation with a base of tamarind, toor dal and urad dal

Meen Kozhambu, a fish curry made with whole of chillies and tamarind that makes it hot and sour

Rasam, lentil soup with pepper, coriander and cumin seeds

Kootu - a stew of vegetables or greens, usually made with lentils, and spices which makes for a side dish for a meal consisting of rice, sambhar and rasam



Fig 4.58:Idiyappam



Fig 4.59:Filter coffee

https://en.wikipedia.org/wiki/Tamil_cuisine#/media/File:Filter_coffee_South_Indian_style.JPG



Fig 4.60: Kuzhi Paniyaram

https://en.wikipedia.org/wiki/Tamil_cuisine#/media/File:Kuzhi_Paniyaram.jpg

Aviyal - a stew of vegetables with fresh coconut, and coconut oil

Muttaikose Poriyal, a simple vegetarian side with stir-fried cabbage, mustard seeds, some roasted lentils and fresh coconut

Desserts

Paruppu Payasam

Pazham Paniyaram

Arisi thengai payasam, is made with rice, coconut and jaggery.

Sweets and savories

Murukku

Seedai

Bajji

Poori

Mixture

Sevu

Pakoda

Thattu Vadai Settu

Regional cuisine

Over a period of time, each geographical area where Tamils have lived has developed its own distinct variant of the common dishes in addition to dishes native to itself. The four divisions of ancient Tamilakam are the primary means of dividing Tamil cuisine.

Chettinad region comprising Karaikudi and adjoining areas is known for both traditional vegetarian dishes like idiyappam, uthappam, paniyaram and non-vegetarian dishes.

Nanjilnadu cuisine comes from Nanjilnadu region which forms the southern most part of Tamil Nadu.

Kongunadu cuisine of Kongunadu region has specialities like Santhakai/Sandhavai (a noodle like item of rice), Oputtu (a sweet tasting pizza-like dish that is dry outside with a sweet stuffing), kola urundai (meatballs), Thengai Paal (sweet hot milk made of jaggery, coconut and cotton seeds), Ulundu Kali (Sweet made out of Jaggery, Gingely Oil and Black Gram), Kachayam (sweet made out of jaggery and rice), Arisimparupu sadam, Ragi puttumavu, Arisi Puttumavu, Kambu Paniyaram, Ragi Pakoda, Thengai Barbi, Kadalai Urundai, Ellu Urundai and Pori Urundai. the region is known for non-vegetarian food made of mutton, chicken and fish. Parota made with maida or all-purpose flour, and loosely similar to the north Indian wheat flour-based Paratha. Madurai has its own unique foods such as , muttairparotta (minced parotta and scrambled egg), paruthipal (made of cottonseeds), Karidosai (dosai with mutton stuffing) and jigarthanda.

CHECK YOUR PROGRESS

- Explain the features of cuisine of Tamil Nadu.
- Describe the typical meal for Tamil cuisine.
- Elaborate the various dishes in Tamil cuisine.
- Discuss the various breakfast dishes in Tamil cuisine.
- Describe the various side dishes in Tamil cuisine.
- Elaborate the various drinks in Tamil cuisine.
- Explain the various Lunch and Dinner dishes in Tamil cuisine.
- Describe the various dessert dishes in Tamil cuisine.
- Elaborate the regional variation in the Tamil cuisine.

4.12 END QUESTIONS

The following questions should help you prepare for the End Examinations. These questions are for 5 marks each and should take you 11 minutes under examination conditions.

1. Explain the concept of South Indian cuisine.
2. Elaborate the similarities and difference among the south Indian cuisines.
3. Briefly explain the features of Andhra cuisine.
4. Describe the regional variation in the three regions of Andhra Pradesh with respect to their cuisine.
5. Discuss various popular Andhra dishes.
6. Discuss the main features of Karnataka food.
7. Describe the regional variations of the Karnataka cuisine.
8. Elaborate the features of Coastal Karnataka cuisine.
9. Elaborate the features of North Karnataka cuisine.
10. Elaborate the features of Coorgi (Karnataka) cuisine.
11. Elaborate the features of South Karnataka cuisine.
12. Elaborate the features of Udipi hotels.
13. Discuss the main features of Kerala food.
14. Explain some of the popular Kerala dishes.
15. Discuss the main features of Tamil Nadu food.
16. Explain the concept of gravy dishes to be mixed with rice as used in Tamil Nadu.
17. Discuss Chettinad cuisine.
18. Describe the concept of Saraswat Cuisine.
19. Discuss various Saraswat dishes.
20. Elaborate Rajapur Saraswat cuisine.
21. Explain Citrapur Saraswat Cuisine.
22. Describe a typical Karnataka meal.
23. Describe typical South Karnataka cuisine.
24. Discuss the features of cuisine common to all regions of Karnataka.
25. Explain various types of dosa in Karnataka cuisine.
26. Elaborate various types of breads in Karnataka cuisine.
27. Elaborate various types of chutneys in Karnataka cuisine.
28. Elaborate various types of side dishes in Karnataka cuisine.
29. Elaborate various types of sweet and spicy dishes in Karnataka cuisine.

30. Elaborate various types of breads in Karnataka cuisine.
31. Explain the concept of Koshambari in Karnataka cuisine.
32. Elaborate various types of saaru (gravy) in Karnataka cuisine.
33. Elaborate various types of pickles in Karnataka cuisine.
34. Elaborate various types of snacks in Karnataka cuisine.
35. Describe Malenadu cuisine.
36. Discuss various dishes of Malenadu cuisine.
37. Describe Kodagu's cuisine.
38. Discuss various dishes of Kodagu's cuisine.
39. Explain the concept of Udupi cuisine.
40. Discuss the typical Udupi dishes.
41. Discuss the popular Udupi dishes.
42. Discuss the Udupi dishes served in regular course.
43. Describe Udupi restaurants and hotels.
44. Discuss the concept of Mangalorean catholic cuisine.
45. Discuss the meat based cuisine of the Mangalore Catholic.
46. Discuss the vegetarian cuisine of the Mangalore Catholic.
47. Explain the concept of Kuswar in Mangalore Catholic cuisine.
48. Discuss the concept of Mangalorean cuisine.
49. Discuss the meat based cuisine of the Mangalore.
50. Discuss the concept of Telangana cuisine.
51. Discuss the staple food in Telangana cuisine.
52. Explain the various ingredients in Telangana cuisine.
53. Discuss the vegetarian food in Telangana cuisine.
54. Explain the various pickles in Telangana cuisine.
55. Explain the various non-vegetarian food in Telangana cuisine.
56. Explain the various sweets and snacks in Telangana cuisine.
57. Discuss the concept of Telugu cuisine.
58. Discuss the features of Coastal Andhra cuisine.
59. Discuss the features of North Andhra (Uttarandhra) cuisine.
60. Discuss the features of South Andhra (Rayalseema) cuisine.
61. Discuss the features of Andhra breakfast (tiffin).
62. Explain the various dishes in Andhra lunch and dinner.
63. Explain the presentation of dishes in Andhra cuisine.
64. Describe the various courses of Andhra cuisine.
65. Explain which dishes appear in the main course of Andhra cuisine.
66. Elaborate the various dal in Andhra cuisine.
67. Discuss the vegetarian food in Telugu cuisine.
68. Explain the various pickles in Telugu cuisine.
69. Explain the various non-vegetarian food in Telugu cuisine.
70. Explain the various sweets and savory in Telugu cuisine.
71. Elaborate the features of rural Andhra cuisine.
72. Explain the importance of Hyderabadi cuisine.
73. Elaborate the history of medieval hyderabadi cuisine.
74. Elaborate the history of modern hyderabadi cuisine.
75. Elaborate the history of medieval hyderabadi cuisine.
76. Discuss the various course of Hyderabadi dinner.
77. Explain the concept of Lakhmi in Hyderabadi cuisine.
78. Describe the concept of Haleem in Hyderabadi cuisine.

79. Elaborate the concept of Biryani in Hyderabadi cuisine.
80. Elaborate the various variations in biryani of Hyderabadi cuisine.
81. Explain the various dessert items of Hyderabadi cuisine.
82. Elaborate the feature of cuisine of Kerala.
83. Explain the historical and cultural influences on Kerala cuisine.
84. Describe the features of Hindu Kerala cuisine.
85. Explain the food offering at ritual for Kerala cuisine.
86. Describe the features of Christian Kerala cuisine.
87. Explain the features of cuisine of Tamil Nadu.
88. Describe the typical meal for Tamil cuisine.
89. Elaborate the various dishes in Tamil cuisine.
90. Discuss the various breakfast dishes in Tamil cuisine.
91. Describe the various side dishes in Tamil cuisine.
92. Elaborate the various drinks in Tamil cuisine.
93. Explain the various Lunch and Dinner dishes in Tamil cuisine.
94. Describe the various dessert dishes in Tamil cuisine.
95. Elaborate the regional variation in the Tamil cuisine.

4.13 REFERENCES

1. South Indian cuisine – Wikipedia
2. Saraswat cuisine - Wikipedia
3. Cuisine of Karnataka – Wikipedia
4. Mangalorean Catholic cuisine – Wikipedia
5. Mangalorean cuisine - Wikipedia
6. Telangana cuisine – Wikipedia
7. Telugu cuisine – Wikipedia
8. Hyderabadi cuisine – Wikipedia
9. Cuisine of Kerala – Wikipedia
10. Tamil cuisine – Wikipedia
11. Udupi cuisine - Wikipedia

Yashwantrao Chavan Maharashtra Open University



Cover Painting (Still-Life with Fruit, Nuts and Cheese) by Floris van Dyck (circa 1575–1651). The work of art depicted in this image and the reproduction thereof are in the public domain worldwide. The reproduction is part of a collection of reproductions compiled by The Yorck Project. The compilation copyright is held by Zenodot Verlagsgesellschaft mbH and licensed under the GNU Free Documentation License.

File URL: https://commons.wikimedia.org/wiki/File:Floris_Claesz._van_Dyck_001.jpg

Cover Designed by Dr Rajendra Vadnere, Director, School of Continuing Education, YCMOU, Nashik. (Oct. 2017)

V102: B.Sc. (Hospitality Studies and Catering Services)

HTS 514: QUANTITY FOOD PRODUCTION