
UNIT: 01

CUISINE OF JAMMU AND KASHMIR AND HIMACHAL

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1.1 INTRODUCTION

This part of Northern India comprises Jammu, Kashmir, Leh and Ladakh. It is the most enchanting state, with its snow-capped Himalayan ranges, beautiful lakes and houseboats. It is often called the Switzerland of India. This area experiences extreme climate, summers are cool where as winters are cold and snowy and even frosty. Being bordered by the mighty Himalayas in the north, some of the areas in these states are covered with snow throughout the year. Northern Himalayan alpine shrub and meadows cover more than

49,400 square kilometers (19,100 sq mi) at elevations between 3,300 and 3,600 meters (10,800 and 11,800 ft) and at the base lies the Terai-Duar savanna and grasslands. Its high snow-clad mountains, rich flora and fauna, and scenic beauty have enchanted one and all. The Himalayan population can be classified into three ethnic types, namely Aryans, Mongoloids and Negroids. But the truth about its original inhabitants is still a point of debate. Some also say that people from the plains have migrated there long time back and made their settlement.



Himachal Pradesh is a magical place where the sun sets in paradise, literally "snow-laden province" is a state of India located in North India. After India became free in 1947, a number of princely hilly states were integrated into a single unit to be administered by the Government of India. Himachal Pradesh came into being as a state of the India Union on April 15, 1948, by integrating 31 big and small hill states of the region. In 1956, it was converted into a Union Territory. Subsequently, some more hill areas of the Punjab state were added to this Union Territory and it was made into a full-fledged state, the status that it continues to have now.

Himachal Pradesh today is one of the most important tourist destinations in India. The high hills of Himalayas welcome the trekkers from all over the world.

1.2 Objectives

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

- Geographical Perspectives
- Brief Historical Background of the two states

- Climatic conditions of the states
- Agriculture and Staple Food
- Characteristics & Salient Features of Cuisine
- Equipments and Utensils Used
- Specialties during Festivals and Other Occasions
- A few representatives dishes of the state

1.3 JAMMU AND KASHMIR

The cuisine of Jammu and Kashmir will be discussed under following sub-sections:

- Geographical Perspectives
 - Brief Historical Background
 - Climate
 - Agriculture and Staple Food
 - Characteristics & Salient Features Of Cuisine
 - Equipments and Utensils Used
 - Specialties during Festivals and Other Occasions
 - Festivals and Other Occasions
 - A Kashmiri Kitchen During Festivals
 - A few Dishes from Kashmiri Cuisine

1.3.1 GEOGRAPHICAL PERSPECTIVES OF JAMMU AND KASHMIR

The states of Jammu and Kashmir lie on the northern region of the country, bordered by the mighty Himalayas on the North and the states of Punjab and Himachal Pradesh in the south.

The three major regions of Jammu & Kashmir are the Leh, Ladakh, Jammu and the Kashmir valley – all of which are rich in natural landscapes, religions as well as diversity in people. The state is divided into 2 main divisions (Jammu and Kashmir) and 14 smaller districts for administrative purposes. Most of Kashmir valley is covered with thickly forested mountains, lakes & waterways as well as stepped/terraced fields. Jammu region is composed of plains, mountains and the foothills.

The Himalayas divide the Kashmir valley from Ladakh while the Pir Panjal range, which encloses the valley from the west and the south, separates it from the Great Plains of northern India. Along the northeastern flank of the Valley runs the main range of the Himalayas. The Jhelum River is the only major Himalayan River which flows through the Kashmir valley. The Indus, Tawi, Ravi and Chenab are the major rivers flowing through the state.

Leh is a town in the Leh district of the Indian state of Jammu and Kashmir. Mountains dominate the landscape around the Leh as it is at an altitude of 3,500m. The principal access roads include the 434 km Srinagar-Leh highway which connects Leh with Srinagar and the 473 km Leh-Manali Highway which connects Manali with Leh. Both roads are open only on a seasonal basis. Although the access roads from Srinagar and Manali are

often blocked by snow in winter, the local roads in the Indus Valley usually remain open due to the low level of precipitation and snowfall.

1.3.2 BRIEF HISTORICAL BACKGROUND

Kashmir is mentioned in Puranas and Mahabharata. It's the only Indian state that has an entire Purana dedicated to it. Rajatarangini is an epic that depicts the king bloodline and their saga for over thousand years. Kashmir had been a center of excellence for Hinduism and Buddhism. It was also known for its geographical beauty and the beauty of its people. According to folk etymology, the name "Kashmir" means "desiccated land" (from the Sanskrit: Ka = water and shimeera = desiccate). In the Rajatarangini, a history of Kashmir written by Kalhana in the mid-12th century, it is stated that the valley of Kashmir was formerly a lake. According to Hindu mythology, the lake was drained by the great rishi or sage, Kashyapa, son of Marichi, son of Brahma, by cutting the gap in the hills at Baramulla (Varaha-mula). When Kashmir had been drained, Kashyapa asked Brahmins to settle there. It was included in the empire of Ashoka Maurya who is credited with the foundation of the city of Srinagar around the year 250 BC. During this period Buddhism spread in Kashmir and flourished under the Kushans. The 7th Century AD witnessed the establishment of Hindu dynasty called the Karkota whose foundation stone was laid by Durlabhavardhana. In 1339 Shams-ud-Din Shah Mir became the first Muslim ruler of Kashmir and founder of the Shah Mir dynasty. It was annexed into the Mughal Empire in 1586 by Akbar. By 1751 this state came under control of Ahmad Shah Durrani, who established the Durrani Empire and ruled till 1819 when the Sikhs under Ranjit Singh occupied the territory, who appointed Gulab Singh as the ruler. He was later succeeded by Ranbir Singh and then Finally Hari Singh in 1925. It was in the year 1949 that the state of Jammu and Kashmir came under the control of the Union of India.

The historical conflicts, trails and events and led to the creation of different faiths and religion in the state. The Kashmir region is dominant in Muslim culture with Kashmiri pundits sparsely inhabited. The region of Leh and Ladakh is dominated by the Buddhist culture. The region of Jammu is dominated by Hindus who are known as *Dogras* and the Sikhs. Each of these religions is presently flourishing and presenting a showcase of their individual culture, faith and tradition.

Ethnicity, faith and settlement: If we could segregate the Himalayan people in terms of their ethnicity in the Himalayas, we would find that those living in the higher altitudes on the southern side and those in the northern slopes belong to the Mongloid ethnicity; and it is something that has remained pure owing to the reason that they have a fairly low contact with outsiders. On the other hand, the middle and lower ranges of the southern slopes are home to mix and diverse ethnic groups with Aryan, Negroid and Mongoloid strains. And the reason for this can be attributed to regular migrations, invasions and conquests in these regions.

However, if we try and segregate them in terms of their faith, then we conclude that the Middle Himalayan and sub-Himalayan valleys are predominantly inhabited by the Hindus. Same is the case for the region from eastern Kashmir to Nepal. Those following

Islam are mostly found in the western part of Kashmir, with their culture being similar to that of Afghans and Iranians.

The Greater Himalayan region in the north is mainly dominated by Tibetan Buddhists, with them being found from Ladakh to north-eastern India.

Lifestyle and nature: A majority of the people residing in the valleys and plateaus of the southern slopes are sedentary. The foothills and the lower hills, by virtue of their rich, fertile soils, brought down by the Himalayan Rivers, are relatively densely populated, and the predominant religion is Hinduism. The Greater and Trans Himalayas are by far more severe in terrain and climate. Populations in this region are therefore very sparse and people living in small communities widely dispersed across a vast, harsh terrain. Depending on the precise location and agro-climatic conditions, they are either sedentary, subsistence farmers or nomadic tent-dwelling pastoralists.

Due to the presence of extensive mountain ranges and harsh life each valley and each distinct community developed its own socio-cultural solutions to the challenges of life, virtually cut-off from the rest of the world, but still they follow some common cultures and traditions. One and all, the people of the Himalayas worship the mountains as their preserver and protector and life-giver. Almost all communities are strongly religious, by and large self-reliant, nature-dependent and clannish and are essentially peace-loving. Mountain women carry out all activities including farming, gathering fodder and fuel wood, etc., while men manage herds and are involved in animal husbandry and carry out trading activities.

1.3.3 CLIMATE

The climatic conditions of Jammu and Kashmir vary greatly owing to its irregular topography. The temperature is greatly moderated by these mountains and the water bodies. As the altitude varies in Jammu Kashmir, all the three divisions experience a different environment. While Kashmir has a moderate climate, Ladakh is a cold desert with extreme temperatures and Jammu is a sub-tropical region with abundant sunshine and hot temperature.

Jammu is a sub-tropical region. The climate varies in different parts of the division. The southern plains experience a climate similar to Punjab. The summers are hot with extreme summer highs reaching 46°C with hot blowing wind called *Loo*. But nights are pleasant by cool wind called *Dadu*. The months of July to September receives very heavy and erratic rainfall with monthly extremes of up to 650 millimeters. Winters are cold and foggy, where temperature may dip to 3°C. Parts of northern reaches experiences frosty weather and snow fall.

Kashmir has a distinctive climatic condition as it is surrounded by mountains on all sides. Summers are cool and pleasant with temperature ranging from 11°C to 18°C. Rainfall is less and that too in spring season. In winters (November to April) the temperature dips to -5°C to -15 °C January is the coldest month in Kashmir which is locally known as the period of *Chilla-Kalan* (40 days of intense cold).

Leh has a cold desert climate with long, cold winters from November to early March, with minimum temperatures well below freezing (-10°C to -20°C) for most of the winter. The city gets occasional snowfall during winter. The weather in the remaining months is generally fine and warm during the day. Average annual rainfall is 102 mm.

Ladakh is the coldest place of Jammu and Kashmir, comprising 1/3 area of cold desert due to presence of barren mountains. The place has a long and severe winter with the temperature going down to -40°C . Drass in Ladakh is the coldest place. Due to heavy snowfall, Ladakh remains cut off for the major part of the year. Summers are very hot, with temperature rising to 45°C . Ladakh is a high altitude desert as the Himalayas create a rain shadow, generally denying entry to monsoon clouds, but sometimes it rains due to local cloud formation.

1.3.4 AGRICULTURE AND STAPLE FOOD

Jammu and Kashmir is a hill state having varied topography and great diversity in cultural, social and economic practices of its different regions. Existence of cold arid, temperate, inter-mediate and sub-tropical zones at macro and micro level provides vast agricultural and agriculture and allied sectors potential in the State upon which about 65% population depends upon, and which contribute about 27% of the total revenue. Rice, maize, wheat, pulses, fodder, oil seeds, potato and barley are the main crops of the region. Wheat is the staple food in Jammu region, while rice is for the Kashmir region. Ladakh used to have barley as the staple food, but it is being replaced by wheat now a days. The farmers are now diversifying to cash crops such as flowers, vegetables, quality seeds, aromatic and medicinal plants and mushrooms etc. round the year. Honey-bee keeping, fodder intensification, production of quality saffron, basmati rice, rajmash, off-season vegetables, potatoes etc are also practiced in specific areas, belts and clusters depending upon their agro-climatic suitability. Apiculture and Pisciculture widely adopted by the people. The state of Jammu and Kashmir has an agrarian economy. There is a close relationship between cultivation of crops and raising of livestock. The cool climate, the alpine pastures, abundance of fodder and constantly increasing demand of milk and milk products, all favour the keeping of cattle in Jammu And Kashmir State. Cattle, sheep, goats, horses and ponies are kept and reared in large number in Jammu and Kashmir and Leh is well known for the production of fine wool. Jammu region grows wheat in winter and paddy in summer rainy season. The areas that are not irrigated grow pulses, maize and even lentils and oil (mustard, linseed, sesame seed, toria and cottonseed) in summer. Jammu has attained self sufficiency in production of food grains, for use in its province. The Basmati rice of R.S. Pura is recognized by its long thin and aromatized flavour is famous worldwide. The Rajmah or Rajmash of Kistewar and Bhadarwah are truly a favourite of all Indians. Vegetables are grown throughout the year, except the two months of summer, of May and June. The fields remain fallow only in May and June months due to summer heat. Activity starts again in July, with the advent of rains. But the hilly areas of Jammu province have good crops of vegetables in these summer months, and hence the region is self sufficient even in vegetable production.

The Kashmir valley can grow both, wheat and paddy, but only in summer months. There is no crop in the winters. Hence the Kashmir region grows mostly paddy as the staple food. The Kashmir region is bed of India's famous Saffron, Amaranth, Cumin-and varied types of fruits. Almost 27% of the total fruit like apples, pears, cherries, plums, grapes, pomegranates, mulberry, peaches, apricots, walnuts and almonds are exported comes from the valleys of Kashmir. The valley of Kashmir is also known for the cultivation of potatoes, turnips, carrots, spinach, tomatoes, cabbage, cauliflowers, radish, onions, lotus-stalk, brinjal, gourd and bitter gourd etc.

1.3.5 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

Kashmiri Cuisine: Kashmiri cuisine that evolved in the Valley several centuries ago has retained a distinct personality of its own. Their food is a blend or a cultural mix of Indian, Iranian and Afghani cuisine. There were two great schools of culinary craftsmanship in Kashmir, namely those of Kashmiri Pandits and Kashmiri Muslims. The basic difference between the two schools was the abundant use of heeng (asafoetida) and curd among the Hindus and the open-handed use of onions and garlic's among the Muslims. Although nowadays Pundits have also begun using garlic and onion with discretion in their cooking style.

Kashmiri food is mild in taste and rich in flavour with the high use of hot spices like cumin, cardamom, fennel, ginger, cinnamon, cloves, saffron and ratanjoth. Mustard oil is used as the cooking medium. Asafoetida, better known as heeng, is used as a tempering in most of the preparations. The main spices used for flavouring most of the dishes are saunth or dried ginger and saunf powder. The Kashmiris often cook their food by heating it on two sides, from both top and bottom for that distinctive taste. The charcoal fire was their solution in the earlier days but oven serves as a good substitute these days. The food is characterized by thick gravies using liberal quantities of yoghurt, spices and dried fruits, and is usually cooked in ghee (clarified butter) or mustard oil. Saffron, the most expensive spice in the world, is grown locally. It is used extensively to flavour the pulaos (rice dish) and sweets.

The professional cooks are known as '*Wazas*'. These people claim to be the descendants of the master chefs who migrated from Samarkand and parts of Central Asia at the beginning of the fifteenth century. Kashmiri food is characterized by its vast array of dishes cooked over a long period of time in exotic spices. The seasons and availability of fresh produce dictates the ingredients, some of which are dried and used in the winter months.

The traditional Kashmiri Muslim banquet known as *Wazwan*, which was perhaps the most unique and elaborate royal spread of meat and delicacies and which is prepared in open air kitchens known as *vurabal*.

There is another aspect to the food habits of the Kashmiri Hindus referred to as pandits. The Kashmiri pundits though Brahmans have been meat eaters since the Vedic times,

more so because the snowbound areas of the valley make it very difficult to cultivate the food. They rarely slaughter household animals but depend for their meat upon Gujars (Nomadic Muslim and Hindu herdsmen). Pandits eat goat and that too a young one. The meat is generally chosen from the legs, neck, breast, ribs and shoulders and cut into large pieces. No vegetarian or non-vegetarian dish, except certain kababs, is cooked without curd. Beef, pork, chicken are prohibited for them. The two most important saints of Kashmir, *Lalleshwari* and *Sheikh Noor-ud-din Wali* were vegetarians for spiritual reasons. Nevertheless, meat is often cooked in many Kashmiri Pandit festivals.

The Ladakhis eat rice, wheat, millet, locally produced vegetables and fruits, goat meat and dairy products made from yak milk.

Staples:

- Bengal gram (Chola dal)
- Black gram (Kaha)
- Chicken (Kukra/Murgee/Nokur)
- Fish (Gaadh)
- Green gram (Muang)
- Maize (Zee- maiys/Makai)
- Rajma (Mash)
- Cow pea/Lobia (Loba)
- Soya bean (Nikku Muth)
- Meat (Maaz)
- Rice (Tammul)
- Wheat (Kunukh)

Spices:

- Asafetida (Yangu)
- Caraway seed (Javind)
- Cardamom (Chota alaichi)
- Cinnamon (Dalsin)
- Cloves (Rwng)
- Coriander (Deaniwal)
- Coriander seed (Dhaniwal)
- Cumin (Zyur)
- Fennel (Bodiyana)
- Fenugreek (Meth)
- Tamarind (Tambli)
- Turmeric (Lader)
- Garlic (Ruhan)
- Ginger (Adolu)
- Kashmiri Masala (Ver)
- Mace (Jalwatur)
- Mustard (Asur)
- Peppercorn (March)
- Pomegranate seeds (Anar daan)
- Red Chilli (Dagith Wazuel)
- Saffron (Zafran)
- Salt (Nun)
- Sonth (Saunth)
- Bay leaf (Tez patta)

Vegetables:

- Bauhinia flowers (Kachnaar),
- Beans (Hyambu)
- Black beans (Varmoth),
- Bottle gourd (Zeeth Al)
- Brinjals (Vangun)
- Cabbage (Karam kallah)
- Cock's comb flower (Mowal – colouring)
- Pumpkin (Paarimal)
- Round Radish (Muzh).
- Shallots (Praan)
- Spinach (Palakh)
- Tomatoes (Ruwangum)
- Turnip (Gwaguz/Gogji)
- White gourd (Zeeth Al)
- Wild Spinach (Saunchal),

- agent),
- Cucumber (Laar)
- Dried Vegetables (Sheengri)
- Green chilli (Marac Wagun)
- Green Leafy vegetables (Haaq),
- Kohlabi (Munji)
- Lady finger (Bindu)
- Zucchuni (ala)
- Lemon (Limb, Nyomb)
- Lotus Stem (Nadru)
- Morels (Guchi),
- Mushroom (Hadur)
- Potato (Olu)

Fruits and nuts:

- Almond (Badam)
- Apples (Tsoonth)
- Apricot (Cher)
- Banana (Kheil)
- Chest Nut (Doon)
- Coconut (Narjeel)
- Currant (Kishmish)
- Dates (Khazer)
- Pear (Tang)
- Pine nut (Chigoza)
- Pineapple (Punchitipul)
- Pistachio (Pista magez)
- Plum (Aar)
- Pomegranate (Daan)
- Fig (Anjoor)
- Grapes (Dach)
- Ground nut (Jalgosi)
- Guava (amrode)
- Jack fruit (Bindu)
- Lotus nut (Panbuz)
- Mango (Aamb)
- Musk melon (Kharbuz)
- Orange (Sangtar)
- Peach (Chunun)
- Water melon (Hean-beand)
- Raisin (Abjosh)
- Strawberry (Ishtabar)
- Walnut (Doon)

Cooking styles and eating habits of the people of Jammu and Kashmir: Rice is the most common staple food of the people of Kashmir. One of their favourite dish is Hak or Karam sag. All their meals will be accompanied with lot of vegetables .Kashmiri Pulao is very famous worldwide and is a common dish among them. Most of the Kashmiris abstain themselves from intoxicating drinks but one of the most liked traditional drink of the Kashmiris is the green tea with spices and almond known as *Kehwah*. This is consumed at regular intervals especially in winter. Some of the common ingredients of the Kashmiri cooking are spices, curd and condiments. The Kashmiris have a liking for sweet delicacy known as *Phirni* which is made of sooji, milk and sugar. Amongst Kashmiri beverages, '*Kehwah*' and '*Noon Chai*' or '*Sheer Chai*' (Chai meaning tea) is significant. The pundit communities of Kashmir never use onion and garlic in their cooking and the Muslims abstain from asafetida. Mutton takes the lead on the table and it appears in some form at every meal. A lot of meat dishes are prepared to keep warm when temperatures dip. It is usually marinated in curd or saffron milk for hours, sometimes even for two days. The preparation is quite similar to Wazwan meats but tastes and textures vary. The classic *Naine Rogan Josh* has thinner consistency and it has the essence and flavour of Kashmiri red chillies and asafetida. The other dish that came my

way was *Nokur Yakhni*; chicken cooked in yogurt, served with a warm, freshly baked sweet bread (*Khameeri roti*). The curries are very light and make use of yogurt to form the base and add depth to the dish. Rohu and Trout are the main varieties of fish found here. Rohu is served grilled or pan fried and trout is usually curried. Among Kashmiris there is consistent awareness of the inevitability of winter. Each vegetable will be cut and dried and kept. Also they will keep dried fish (*Hogaad*) for use in winter.

Most curries pair well with unadorned rice which is a staple but the variety from Kashmir is more starchy. It features in a stunning range of pulaos inspired by the Mughlai or Awadhi Dum Biryani. The *Naine Monge Khescher* is as delicious as it is visually impressive. Mutton and whole green lentils are cooked in mustard oil and finished on dum with Basmati rice. In the Kashmir valley, where nature shows off her bounty, there is something remarkable about the freshness of vegetables like turnips, radish, lotus stems and haak leaves that cannot be compared to those from the plains. Crisp slices of batter-coated and fried green apple called *Choonth Pakori* dipped in *akhrot pudine ki chutney*. Kashmiri version of Dum Aloo, called *Dum Aluv* is the specialty, where small poked potatoes are cooked in thin red gravy. The most critical character is the use of spices. Kashmiri cuisine is as rich in spice as it is in tradition. Fennel seed powder, cardamom, star anise, dry ginger powder, kewra - all the warm and comforting flavours come together as a kind of a perfume. Saffron or *Zafraan* is used in almost all dishes for its colour and flavour. Almost all meal ends with a sweet note of *Kesari Kheer* and *Shufta*, a dessert that has become a rare exception. It is an assortment of nuts simmered in saffron honey and is traditionally prepared to celebrate festivity. *Modhur Pulav* is the name given to sweetened Kashmiri rice prepared using cinnamon, a little saffron, milk, ghee, sugar, cashew nuts, almonds, green cardamom among several other ingredients.

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

A Kashmiri breakfast would never be complete without breads, that too the baker's breads. The bakery in Kashmir is known as '*Kandur*' (pronounced as kaan-duur). They produce *Bagirkhani* (Baqaurkhan), *sheermal*, *Kulchaa*, *girda* or *lavasa* or just *czot* (pronounced as 'chot') is a flatbread similar to the roti we may get in plains in India but is prepared using maida (refined flour). These are everyday bread *Tilwor* or *Chochwor* as it is commonly known in the valley is similar to bagel bread. *Katlam* is my all time favorite bread. It is similar to what we call 'Khari' biscuits. So *Katlam* has that multi layered personality and all the layers are crunchy as your teeth go on biting the layers. *Krippe* or *Krip* is flaky small bread similar to *Sheermal*. *Roth* is a bulky bread laden with dry fruits and coconut with a sweet tinge. *Gyevchot* which literally translates as the ghee roti is obviously made using ghee (clarified butter). It has a fluffy, soft texture with surface baked to golden hue. *Sheermal* is sweet bread prepared using refined flour, milk, saffron and dates and has its own flavor. It's like a delicious biscuit, crisp, crumbly and flavorful.

Czochworu is the desi donut which is a small, soft round bread of about three inches diameter and six inches circumference, with a soft upper half sprinkled with til (sesame seeds) or Khaskhash (poppy seeds) and the lower crust is crispy.

Unlike Kashmir, the people of Ladakh prefer to eat boiled or steamed food which is highly nutritious and delicious as well and fresh vegetables are used to enhance its taste and nutrients. The staple food of Ladakhi people are *Sku*, *Pava*, *Khambir* and *thukpa*. Barley or rice fermented liquor *Chhang* is one of the favourite drink of all occasions. Breads or *Tagi* or *Skurchuk* made with wheat flour is eaten throughout Ladakh. *Tagi Buskhuruk* (Puffed unleavened bread), *Tagi Thalkhuruk* (Bread uncovered and baked in ashes), and *Tagi Mer-Khour* (made with egg and butter) are some of the specialty.

The cooking styles of the people of Jammu are not much indigenous, but have influences of Punjabi and Himachali cuisine. Wheat, maize and Pearl millet bajra are staple food besides rice, cereals and a tangier preparation made out of mango or tamarind popularly known as '*Maani*'. The whole dish is called *Dal puth maani* and is savoured as a combination. Jammu's *Rajma-chawal* (red beans and rice) are world famous. *Madra* is a traditional spicy yogurt-based recipe. It can be cooked with chana, rajma, urad dal or raungi. *Mitha madra* is a favourite and is cooked from milk, dry fruits, and semolina. Preparations of *Rajmash* (a special variety of red kidney beans); *Auria* a dish of curd fermented by rye; *Ambal* made from pumpkin, jaggery and tamarind are favorites, especially during ceremonial cooking. *Pattode* are made from leaves of arbi (colocasia) or kachalu (taro). *Kulath ki khatti dal* goes well with rice. During festivals, Dogra people in Jammu do not fry *puris* or *bhaturas*. They indulge in *Babbroos*, which are made from wheat (and not maida) and fried in mustard oil. Babbru is served with *dahi-wale chatpate alu*, maani/kheer/curd. Dogra community cooks chana dal by adding saunf (fennel seeds) to it. Expert cooks are called '*Siyan*', and community meals are called '*Dhaam*' and are served on large lotus leaves, or stitched leaves (pattals) and cups (doona)

Non-vegetarian food was limited to Rajputs and Vaish (Mahajans). '*Khatta maans*' is mutton cooked with sour pomegranate seeds (anardana) or lime juice and flavoured with fumes of a burning charcoal soaked in mustard oil. *Keur* is one of the well known foods of Dogras. It is prepared by flour and butter and served with sugar and curd. *Kalaari* is a favourite food of Dogras in the rainy season. It is prepared by flour mix, cottage cheese and milk cream (malai) with water with help of a small cup shaped pot. Kalari is served with milk. The common breads that the people eat are Roti, Naan, kulcha, paratha, Poori, Missi roti etc.

Kheer is a dish prepared from milk by adding some rice and dry fruit in it. It is served at all the special occasions and festivals. Another popular exotic dish is "*guchiyyan*" (dried black morel), usually added as an ingredient in pulao. As it grows naturally in forests and cannot be cultivated, it is a priced commodity (approx 500 Rs. per 100 gm) and makes an excellent dish with mountain potatoes (pahadi aloo). Saffron or kesar is extensively used to flavour sweet dishes and for its anti-oxidant benefits.

1.3.6 COOKING EQUIPMENTS AND UTENSILS USED:

1. Aala Glass- traditionally carved glass which is used to serve water or any other beverage
2. Athataech- Cloth for wiping hands etc.
3. Bothlai and Chhegla- Pots for cooking rice etc.
4. Chalan and Raemb- Broad spatulas.
5. Chhan - Colander or strainer.
6. Chhonp - Churning stick.
7. Chonchi and Krechh- Ladles.
8. Chumta and Sanaes- Tongs for holding hot things and lifting hot pots.
9. Dakna- Lids.
10. Damchula- Iron charcoal stove.
11. Dan: On normal days the cooking in both Hindu and Muslim homes is mostly done on a dan, which is an oblong clay oven about 3 ft by 2 ft in length and a foot and a half in height. It has a floor-level hole, through which firewood is fed, and has usually three holes on the top on which food in different pots is heated or cooked.
12. Degh- It is again a large cooking pot similar to sagla.
13. Dul and Kond - Metallic and deep wash basins.
14. Goshpar – Kaen: These are a flat coarse stone and a wooden mallet made of walnut wood which are used for pounding meat to a fine texture, generally used for making goshtabas and rishtas. The wooden mallet is made up of walnut wood so that it does not splinter when it hits the stone.
15. Hahkol- Clay charcoal stove.
16. Kada- metal utensil which is mostly used to cook vegetables during the feast.
Dogri name for Kadai
17. Kafgir- Perforated ladle.
18. Khalur – Dula: This is a stone mortar with a wooden pestle used for grinding chutneys and pastes.
19. Kray - Cauldron.
20. Krech: These are different kinds of wooden spoons and ladles used for turning the food in clay pots so that the base of the pot does not get scraped.
21. Krochh - Fire spoon.
22. Kunni- Clay pot used for cooking by the Dogris
23. Leji / Degul / Digcha: Among Kashmiri pandits, most vegetarian and non-vegetarian dishes are cooked in pots made of baked clay. The pot is called a deg, a degul, or a leji according to its size and shape. Pots used in Kashmir are round-bottomed, which makes stirring and turning of the contents easy while cooking and also while mixing spices and condiments.
24. Masala Vatur - Box for keeping spices.
25. Mujikond- Grater.
26. Peedi- It is a traditional small stool.
27. Sagla- Sagla is a metal utensil, a big cooking pot used to prepare meal in a traditional way. It is used in community kitchens and in few households too during family gatherings for the purpose of cooking rice

28. Samovar: This is a jug-shaped metallic pitcher used for brewing tea such as *Kehwa* and *Sheer chai*. It has a long tube inside that is filled with charcoal, which keeps the tea in the pot brewing.
29. Sikh- Skewer.
30. Taev- Iron griddle.
31. Taintha- Spatula
32. Tarambadi- bowl used for serving rice or other food items.
33. Tarami: These are large brass plates used for serving food. A tarami could be shared between four people in the event of feasts.
34. Tasht – Naar: These are a portable hand washbasin and a pitcher that are passed around to wash hands during big banquets.
35. Tilavar and Krond- Edible oil pot and its ladle.
36. Voakhul and Kajivadh- Stone mortar and pestle.

1.3.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

Sl.No	Dish Name	Short description
1	Aab Gosht	It is a mutton dish made using milk and several spices including cardamom and black pepper.
2	Ambal	Pumpkin cooked in tangy sweet and sour taste by using tamarind or mango powder or pomegranate seed along with jaggary.
3	Auria	It is prepared by grinding sarson (mustard) seeds or rai into a fine powder and mixed with yoghurt and turmeric. It is then churned for some time and kept aside for fermentation. The slices of boiled and peeled potatoes or pumpkin are added to it. It is a pungent and digestive dish taken mostly with cooked rice.
4	Baqer Khani	This dish is a kind of Kashmiri puff pastry. It is a type of soft naan sprinkled with sesame seeds.
5	Bazbatta	Kashmiri vegetable pulao
6	Butter Tea	It is prepared by adding butter and salt to tea, sometimes pieces of yak meat are also added to it.
7	Chang	Tibetan alcoholic beverage made either by barley, rice or millet.
8	Chuste	Spicy dry curry of goats' intestine
9	Dhaniwal Korma	Mutton cooked same as yakhni with spices and onion puree, topped with lots of coriander leaves.
10	Dum Olav	It is cooked with yoghurt, ginger powder, fennel and other hot spices to give it a unique flavour and aroma.

11	Falooda	It is made with milk, vermicelli, tapioca pearls and basil seeds. These seeds give it the unique flavor and texture. The flavor of the drink depends upon the syrup that is used.
12	Gard munj	Fish cooked with vegetables
13	Goshtaba	A traditional delicacy of Kashmir, Goshtaba is hand pounded mutton balls cooked in flavorful yogurt gravy and spices.
14	Gular kebab	Minced meat kebabs with orange filling round ball like shape
15	Gulra	It a sweet preparation made of rice flour, Ghee and dry fruits
16	Haakh	It is made of a type of green leafy vegetable, resembling turnip leaf, but has mild taste.
17	Harissa	It is mutton cooked to a smooth paste along with onions and vegetables. A traditional breakfast item of Kashmiris.
18	Kadam haak	This is a leafy vegetable with a bulbous root. While haak leaves are cooked whole, Karam Haak leaves are cut. Other ingredients and method of preparation is same as for Haak, however the bulbous root should be shallow- fried in oil with salt and red chili powder and added to the saag.
19	Kahwa	A type of herbal tea which is prepared with special tea leaves and saffron. It is often known as Kashmiri Green Tea, despite the fact that it is actually orange in colour. It is rich in antioxidants.
20	Khambir	It is a pan-shaped local bread with a thick crust made from local whole wheat and it is served with butter tea which is prepared by adding salt and butter to tea.
21	Khamira, Pathoru and Thothru	Wheat flour is kneaded and leavened with yeast (khamir) and then baked on tawa. Khamira is taken with ghee or butter. Pathorus have poopy seeds, coriander seeds and peeled almonds. Thothrus are globular in shape and smaller in size, preparation is same.
22	Khatta Meat	Mutton cooked in tangy flavor achieved either by adding anardana (pomegranate seeds) or amchur (dry mango) powder.
23	Khurbani ka metha	Dried apricots are soaked in water and simmered in sugar syrup and mildly flavored with saffron.

24	Kiyur	It is made of loosely kneaded leavened wheat flour (only maida). It is spread over the Tawa so that it assumes a jelly like form of bread. It is taken with sugar and yoghurt.
25	Kulcha	Kind of a bread prepared with Maida and wheat-flour, the Kashmiri have it with morning tea. Dogris take this in all meals,
26	Lavash	It is cream colored unleavened Armenian bread. It is mostly topped with sesame seeds or poppy seeds. This bread has a very unique taste as it is baked in a tandoor.
27	Lyde	Lyde is a famous Kashmiri dessert prepared by thoroughly frying whole wheat flour.
28	Lyodur Tschaman	It is cottage cheese cooked in creamy turmeric based gravy.
29	Marzwangan korma	Chicken legs/thighs cooked in a spicy browned onion gravy.
30	Matschgand	It is actually a dish of minced meatballs which is cooked in spicy red gravy.
31	Mechama	It is a dessert in which rice is cooked with sugar syrup and milk is added at the later stage and flavoured with saffron and kewra with lots of nuts and raisins.
32	Mehri	Cooked rice is prepared with churned yoghurt having little turmeric and bay leaf (tejpattar) and rai (mustard seeds).
33	Methi korma	Mutton flavoured with a spice mixture containing dried fenugreek
34	Modur Pulav	It is the name given to sweetened Kashmiri rice prepared using cinnamon, a little guchhi, saffron, milk, ghee,sugar, cashew nuts, almonds, green cardamom among several other ingredients. This dish is sweet, flavoured and healthy with saffron as the main spice which gives it beautiful colour and taste.
35	Momos	Dumplings stuffed with minced meat, vegetables or cheese. Usually served with spicy sauce.
36	Momos	A Tibetan delicacy, Small and spicy momos are dumplings stuffed with minced meat, vegetables or cheese. Usually served with spicy chilli sauce.

37	Muji Gaad	It is a dish made up of fish prepared generally with radish or nadur. This dish is an amalgamation of vegetarian and non-vegetarian items as the taste of fish and lotus stem blend together to give it a unique taste while hot spices and herbs add to it's unique yet amazing flavour and aroma.
38	Nadur Churma	is one such delicacy involving the lotus stem. These fried lotus stems give the classic French fries a run for their money. Being rich in protein these are the most favorite past time snacks of the Kashmiri.
39	Paba	It is made using peas and wheat. The dough is made using roasted flours of wheat, barley, buckwheat, peas and Ladakhi black beans, which makes it edible.
40	Paneer Chaman	Cottage cheese or paneer cooked in milk until soft and tender
41	Pao Gogji	Waters of turnips cooked in dry spices.
42	Phirni	It is made of rice, milk, saffron, cardamom etc. Dry fruits and rose essence are also added to give it special flavor. The dessert gets its real flavor or taste with the delicacy with which the rice is ground. They are served in traditional earthen bowls called 'shikoras'.
43	Quabargah	Ribs of young lamb or goat is cooked in a special blend of milk and spices, and then fried in ghee
44	Rajmaa Gogji	Rajmash cooked with turnip
45	Rista	Hand-pounded lamb in a red, red chilli-saffron-fennel spice gravy coloured with ratanjoth, popular amongst Kashmiris.
46	Rogan Josh	An aromatic lamb dish is one of the signature recipes of Kashmiri cuisine. Robust with flavours of browned onions, various spices and yoghurt, it is a very healthy low-fat dish. Dark red in colour and thin in consistency
47	Roth	It is type of roti that is sweet and made of flour ghee and sugar. The Kashmiri make it during auspicious days. The Kashmiri pundits make it during auspicious days as a ritual.
48	Sarvari	Rice with black gram, chick peas or peas.
49	Sevaiyaan	It is a specialty of the Kashmir valley. Made with vermicelli and milk this dish is especially made during Eid celebrations.
50	Shabdegh	Mutton cooked with turnip.

51	Sheer Chai	Sheer Chai also known as Noon Chai or Pink Tea, is a traditional tea beverage of Kashmir. It is made of special tea leaves and a pinch of baking soda to give it a more pronounced pink color. It is slightly salty in taste.
52	Shufta	Shufta is Kashmiri dessert that is made up of a lot of dry fruits and sugar.
53	Shufta Kanaguchhi	It is a thick concoction of cottage cheese, dry fruits, saffron, milk, desi ghee and morel mushrooms from Srinagar.
54	Skyu	Skyu is thumb sized small pieces of wheat flour or aata, cooked in sufficient quantity of water or gravy.
55	Sund panjeeri	It is whole-wheat flour fried in sugar and ghee, heavily laced with dried fruits and herbal gums.
56	Tabak maaz	twice-cooked lamb ribs, initially braised with ground spices and milk, then browned in clarified butter
57	Tangdur	A buttermilk with fresh wild vegetables.
58	Tarkira	Broken wheat Halwa- specialty of Jammu
59	Tehar	It is a kind of Kashmiri turmeric rice that has a distinct yellow color. It is due to saffron added to the rice. The saffron gives the rice its color and the distinct taste.
60	Thenthuk	A noodle soup prepared with wheat flour dough, mixed vegetables, and some pieces of mutton or Yak meat are added to enhance its taste and value.
61	Thukpa	Thukpa is a thick noodle-based soup with vegetables.
62	Timatar Goli	Meat balls cooked in tomato gravy
63	Toda	It is made from maize or bajra flour or rice flour. Flour is wetted with warm water and is constantly rubbed with the palm. It is then rounded, flattened and baked on tawa.
64	Tsachvaru	They are sesame-sprinkled leavened wheat breads, round in shape
65	Tsoek Tsarvan	Kidney or liver of lamb cooked delicately with assorted spices
66	Yakhni	Lamb cooked in yoghurt based .gravy. Yakhni is flavoured with <i>mawal</i> flowers, black and green cardamoms, onion paste and dry mint leaves with aromatic fennel seeds. Semi-thick light yellow gravy

1.3.8 FESTIVALS AND OTHER OCCASIONS

Kashmir is known as the paradise on Earth and rightly so. It has its charm in the enchanting valley views and green nature, but its cultural occasions and festivals add an extra flavour to the beauty of the state. Every occasion is celebrated with great zeal and zest, fancy feasting and incredible merry-making. Listed here are some of the exclusive occasions:

Spitok Gutor Zanskar: Spitok Gutor Zanskar or Karsha Gustor Festival is a mixture of colors, music, dance and message of victory of 'good over evil.' The largest monastery Zanskar, Karsha monastery (largest Geluk-pa (Yellow Hat) monastery) hosts this festival for two long days. Lamas offer friendly greetings to curious tourists, which is followed by a black hat dance performance. According to the locals, the dance is performed to ward off the evil forces and to establish the victory of good over the evil. The hat dancers are the symbols of divinities (Dharmapalas), and the patrons of the Geluk-pa order. Then the mask dancers perform the *Chaam*. At the end of the dance, statue of the evil forces is also burned to mark the end of the festival.

Thiksay Gustor: It is a two day festival that takes place in Ladakh. It is one of the many variable monastic festivals that take place in Ladakh, Jammu and Kashmir. The word 'Gustor' means literally 'sacrifice of the 29th date. The Thiksay Gustor festival takes place at the different monasteries of Spituk, Thiksay and Karsha Zanskar.

Matho Nagrang: Organized with fervor and joy, Matho Narang indeed the most colorful festival of Monasteries is an important festival organized in the valley of Ladakh in Jammu and Kashmir. This festival is held in Matho Narang Monastery and is celebrated on the 15th day of the first month of the Tibetan Calander. During this festival, monks clad in unusual dress of colorful and vibrant silk brocaded robes and masks, put up splendid performances during the eventful depicting various forms of God and Goddesses.

Galdan Namchot: It is mainly celebrated to commemorate the birthday and the Buddhahood of the Tibetan saint-scholar, Tsongkhapa. Tsongkhapa was the founder of the Gelukpa School that preached Tibetan Buddhism during the 14th century. In the later years, this Gelukpa School emerged as a major and dominant monastic order in the central Tibet region.

Losar: King Jamyang Namgyal , on the eve of setting out on an expedition against the Balti forces in winter was advised not to lead an expediting before the next year. To solve the problem, keeping the regard of the advice, he preponed the New Year celebrations in Ladakh by two months. This became established as a tradition and since then the Losar is celebrated on the first day of the eleventh month of every year.



Galdan Namchot Festival

Urs: The Urs (or Ziarats) is a typical Kashmiri festival. It is held annually at the shrines of Muslim saints on their death anniversaries. There is a saying " It snows when the Urs of Meesha Sahib is held, it is windy when the Urs of Batamol Sahib takes place, it rains on the occasion of the Urs of Bahauddin". These Urs are popular despite the rigours of weather. This is celebrated in different parts of Srinagar, not only by Muslims but Hindus and Sikhs also. An interesting feature of the Urs celebrations at Batamaloo (the locality in Srinagar named after the saint Batamol Sahib) and in Anantag (Rishi Mol's anniversary) is that both Muslims and Hindus abstain from taking meat during the course of the festival. The anniversary of Rishi Pir, a Hindu saint, held on the fifth day of the full moon of Baisakh, at his home in Srinagar is attended by Muslims also. The inter-communal participation is the main feature of the Urs celebrations.

Eid ul Azha and Eid ul Fitr: These are the two most important festivals for the people belonging to Muslim community in this 'Paradise on Earth'. Eid-ul-Fitr marks the end of the fasting period of Ramadan. During this day Muslims end their fasts, wear new clothes and offer namaz six times instead of five. They celebrate this wonderful occasion by indulging themselves in grand feasts. Eid-ul-Adha is majorly a sacrifice day when people sacrifice their goats, sheep and share the meat with their families, neighbours, friends and poor people.

Hemis Festival: Hemis Festival is the most important festival in Ladakh region. The festival is to commemorate the birth anniversary of Guru Padmasambhava. The festival is organized in the huge courtyard of the largest monastery in Ladakh. The festival is celebrated on the 9th, 10th and 11th day of 5th month according to the Tibetan calendar. To portray this, Lamas and lay persons dress themselves in traditional clothes

and century old masks, and perform a ritual dance (*Cham Dance*) depicting the victory of good over evil.

Baisakhi : The festival is celebrated on the 13th of April every year. This is a prominent Sikh festival but since the population of Sikhs is quite large in parts of Jammu and Kashmir as well, you will see the enthusiastic celebrations of this festival. The day is also famous as the birthday of the tenth Sikh Guru, Guru Gobind Singh. Marriage ceremonies during this period are a common phenomenon. Many people also take holy dip in the rivers. *Bhangra* Punjabi dance is very popular during this festival.

Tulip Festival: With hundreds of Tulip Gardens in all of Kashmir, the state flourishes with Tulips during the spring season. With the largest Tulip Garden in Asia in its bounty, Srinagar plays host to the great Tulip Festival every year. The festival boasts of the variety of Tulips garnered here. During the springs, the sight of the tulips in any of these gardens is a sight to behold, undoubtedly a mesmerizing and breathtaking sight, especially for a non-Kashmiri. Tulip Festival takes place at the Indira Gandhi Memorial Tulip Garden in Srinagar, Kashmir. The festival features a showcase of local handicrafts, luscious cuisine, cultural programs and of course, Tulips!

Shikara Festival: The lifeline and identity of the Dal Lake in Kashmir, Shikara needs to be celebrated once in a year. To promote tourism, Kashmir's government began this festival in 2016. During the festival, Shikaras are painted and dressed beautifully. Shikaras participate in Shikara Race, Dragon Boat Race and Canoe Polo Match. Other cultural programs are also organised which will give you a glimpse of the culture of Kashmir. It takes place in the months of July or August.

Gurez Festival: Around 123 km from the capital of Kashmir, Gurez is the placid valley in the Himalayas at an elevated height of about 8,000 feet. The picturesque valley has a plethora of scenic views as it lies on the ancient Silk Route. Neelum River flows amidst the Gurez valley and is a perfect destination for river rafting activity. The valley is an ideal place for trekking, zorbing, cycling, etc. People of



Hemis Festival

Gurez play host to the annual festival in which they showcase their dance, handicrafts, cuisines, and culture.

Sindhu Darshan Festival: This festival is celebrated to honor the River Indus, which is locally known as the Sindhu River. It is believed that India has derived its name from this river. The Indus River is one of the longest rivers in the world. Indus is a trans-Himalayan The River has its source in southwestern Tibet and it flows into the Indian Territory near Leh in Ladakh. Sindhu is basically a Sanskrit word and the name of this mighty river is mentioned in the Rig Veda, that is one of the earliest chronicles of ancient India.

Lohri: Lohri also known as Makar Shankranti is an important Hindu Festival. Every year it is celebrated on 13th January to welcome the oncoming Spring Season. The celebration generally takes place at night when people gather around a huge bonfire. People sing, dance, exchange sweets and throw rice into the fire on this auspicious day. Jammu and Kashmir has many holy rivers and people are said to take a bath in these rivers to cleanse their soul for this festival. In the rural areas it is celebrated with much more joy and enthusiasm. In rural areas it is celebrated a little differently as young kids get gifts and spend time with newlyweds and new parents also receive gifts for their new born child. Young boys perform a special type of dance on Lohri called *Chajja Dance* which is quite entertaining and fun.

Navratra Festival: Though the yatra to the shrine of Mata Vaishno Devi is a round-the-year event, the one undertaken during the Navratras is considered the most auspicious. In order to showcase and highlight the regional culture, heritage and traditions of the area during this period, the State Tourism Department has instituted the Navratra Festival as an annual event to be held during September / October for all the nine auspicious days of the Navratras. A large number of tourists pay their obeisance to the deity during this period. This festival showcases the religious traditions as well as the popular culture of the region among the millions of pilgrims who visit the Vaishno devi Shrine during this period.

Dussehra: The festival of Dusshera is celebrated extravagantly in Jammu and Kashmir. On this day the war weapons and instruments are hallowed and after that they open a campaign. Three gigantic figures of Ravana, Meghnada and Kumbhkarana are made and stuffed with gun powder and fire crackers. These figures are placed in the center of a large open ground where the people of the city can gather and watch the burning ceremony of the demons. Little kids dress up like Ram, Sita and Lakshman, the characters from Ramayana. There is also a play depicting the whole story of Ramayana. This festival is celebrated the victory of truth over evil.

Diwali: Jammu thrives with Hindus whose main festival of the year is Diwali. It is celebrated in the month of November and is also known as the festival of lights. People dress up in new clothes, light diyas and candles and play with fire crackers. As Diwali is the most important Hindu festival of the year it is celebrated with extra enthusiasm in Jammu and Kashmir as well.

FAIRS: several fairs are organized during the year some of them are described as under:

Mansar Food and Craft Mela: Stretching for three days, Mansar Food and Craft Mela is celebrated at the Mansar Lake, which is 60 km from Jammu. The fair is organized by Jammu and Kashmir Tourism Department in the month of April. It is the best place to see and buy beautiful handicrafts of the state.

Purmandal Mela: The religious fair of Purmandal is dedicated to Lord Shiva and goddess Parvati. Held in the month of February/ March on the auspicious occasion of Shivratri, the fair celebrates the marriage of Lord Shiva to Goddess Parvati. The mela lasts for three days.

Jhiri Mela: Held in the month of October/ November, Hiri Mela commemorates the courage of an honest farmer who preferred to give his life rather than getting defeated by the wickedness of the local landlord. He used to live in a village named Jhiri. The Mela earned its name from the village.

Bahu Mela: The beautiful Kali temple in the Bahu Fort serves as a venue for the wonderful Bahu Mela. The fair is held twice a year in March/April and September/October.

Vaishno Devi: Vaishno Devi is a temple of Vaishno Mata who is a form of Maa Durga. The temple of Vaishno Devi is situated 14 kilometers away from the town of Katra. Vaishno Devi is one of the most popular temples in India and the Vaishno Devi festival one of the most important festivals of India. Unlike other Indian festivals the festival of Vaishno Devi lasts for three months that is from September to December.

Amarnath yatra: Amarnath yatra is the most revered pilgrimage in Hinduism, one which every Hindu aspires to embark on once in his lifetime. This religious Yatra is organized every year to the great Himalayas to pay obience to holy tour of the scenic snow made Amarnath linga in the cave. The Yatra can be undertaken along two routes- Baltal to Amarnath Cave and Pahalgam to Amarnath cave.

Chaitre Chaudash: Chaitre Chaudash is celebrated at Uttar Dehni, about 45 kms from Jammu in the month of March or April.

1.3.9 A KASHMIRI KITCHEN DURING FESTIVALS

On normal days, the cooking, in both Hindu and Muslim homes, is mostly done on a *Dan*. A big dinner, called a *Sal*, or a *Wazawan*, is still cooked in a *Vurabal* which is an open-air kitchen. The fire-place, for this sort of cooking, is called a *Vura*. It is about 10' to 15' in length. In the shape of an above-ground drain, with air holes on both sides, it is built with bricks or stones. Fire-wood is used as fuel. Heat of such fires is very easily regulated for mass cooking. It is very convenient for deep and slow frying in big iron Cauldrons called '*Kadhais*', as well as, for slow cooking and simmering, in earthenware pots especially. Here also the contents in cooking vessels are conveniently watched and stirred with

different types of wooden or metallic ladles. Such low-level Vura also facilitates the time to time addition of ingredients. Generally, an hour or so before serving most of the dishes, the cooking vessels are removed from the Vura and are kept on charcoal or dry cowdung slow fires, for maturing of flavours and arriving at the right consistency of gravy, and also the desired 'texture'.

Among Kashmiri Pandits cooking of most Vegetarian and Non-vegetarian Dishes, is done mostly in pots made of baked clay. The pot is called a *Deg*, a *Degul* or a *Leij* according to its shape and size. Muslims cook generally in tinned copper pots.

The Kashmiri day begin at the crack of dawn while a delicate mist still hovers over the lakes. The first order of business in most homes is the setting of the samovars. Water is poured in and some live charcoal thrown into its' chimney. Once the water is boiling loose green tea is sprinkled in and a little sugar. Some crushed cardamom and almonds is also added. This is called Kahwa. It is drunk for breakfast and sipped all through the day.

Waazwan: The Kashmiri muslim community banquet, 'waazwan', named for the 'waaza' or professional cooks, who prepare it, begins with the appearance of an unlikely procession. A team of about twenty or thirty chefs and assistants forms the team to cook

wazwan. Their recipes are kept secret, locked away in their heads. The wazwan is led as a festival in its own & it is like a dream of every Muslim to have a wazwan organized.

Consumption of mutton has a very high regard in wazwan.

Comprising of thirty-six courses,

fifteen to thirty dishes of Wazwan are varieties of meat. Many of the delicacies are cooked through the entire night under the expert supervision of a *Vasta Waza* or head chef, assisted by an entourage of wazas under him. Kashmir's most formal meal, Wazwan is not only a ritual but also a ceremony. Traditionally, no spoons, forks or knives are used for eating food. Eaten with fingers, getting invited to a Wazwan is a rare luxury that one can enjoy these days

1. The animals are slaughtered according to the Muslim custom and then butchered expertly on the spot. According to 'waaza' there are seventy two parts of an animal



and a most of them are cooked. Organ meats such as kidneys, hearts, liver will be served for the host family for lunch.

2. Tents are set up, one as the kitchen and one as the dining pavilion. Earnest young men will cut meat into cubes, mince it and pound it repeatedly into a smooth paste. All of this; is done with mallets and cleavers over several hours.
3. When cooking is finished, long white sheets called 'dastarkhans', are spread on the carpeted floor of dining pavilion. Guests come in quietly and take their places, the men segregated from women. Jugs of water and basins are brought in so hands may be washed. A beautiful *Tasht – t – Nari* may also be presented and the guests to wash their hands as ritual.
4. It is time for food. This comes in covered '*tramis*' plates that are large enough to seat four people around them. The cover (*sarposh*) is removed; the name of God invoked with the cry of 'bismillah' and the eating begins. The centre of the trami, heaped with rice, quartered by four seekh kababs and contains four pieces of methi korma, one tabak maaz, one safed murg, one zafrani murg, and the first few courses. The lids of tramis are whisked-off to release the most deliciously appetizing aromas of Wazwan. Yogurt is served in large clay bowls and sweet pumpkin chutney in saucers.



Tasht – t – Nari

5. Other tramis may also follow who are also centered with a mojd of rice in the center and other dishes surround it. One has to carve out his portion by cleanly using the finger tips to get the most exciting taste of 'rista' - spongy meatballs, 'raganjosh' - meatcubes cooked with yoghurt red chillies and saffron, 'palag korma' - tiny meatballs in a spinach sauce , 'ruangan tsaman' - fresh cheese chunks cooked with tomatoes, or goshtaba - large silky meatballs.

Seven Mandatory Dishes of Wazwan: There are seven items that must be served in such occasions. These are:

1. Tabakhmaaz or Qabargaah, barbecued lamb ribs prepared with milk, butter and ground spices
2. Rista, a spicy gravy preparation of meat balls where the ingredients of the gravy includes fennel, saffron and paprika and takes its colour from the dyer's alkanet
3. Damiwal Korma, a preparation of lamb roasted with spices, onion puree and yogurt and garnished with coriander leaves
4. Rogan Josh, one of the signature dishes of Kashmiri cuisines, a lamb gravy, ingredients of which includes asafoetida , Kashmiri chillies, yogurt, ginger and bay leaves among others

5. Gushtaba, a preparation of spicy yogurt gravy containing meatballs
6. Marchhwangan Korma, a preparation of chicken thigh or leg pieces that is cooked with a spicy onion sauce
7. Aab Gosh, chunk of lamb prepared with thickened milk, cardamom and fennel-based spice mixture.

1.3.10 A FEW DISHES FROM KASHIMIRI CUISINE

1. Narangi shorba

Ingredients

- Fresh orange juice 1 cup
- Carrots peeled and chopped 3 medium
- Red pumpkin (bhopla/kaddu) deseeded and chopped 500 grams
- Onion roughly chopped 1 medium
- Green chillies roughly chopped 2
- Cumin seeds roasted and powdered 1 teaspoon
- Salt to taste
- Fresh cream ½ cup
- Fresh coriander leaves a few sprigs

Method

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

2. Aab Gosht

Ingredients

- 250- ml.Milk
- 1 tea spoon-Cardamom crushed
- 3 numbers- Cloves
- 3 numbers-Cardamom
- 1 number-Mace
- Salt- To taste
- 1 tablespoon-Fennel powder
- 1 tea spoon-Ginger powder
- 4 numbers-Garlic crushed
- 500 grams-Mutton
- ½ cup-Brown onion paste

- ½ tea spoon-Pepper powder
- 2 tablespoons-Ghee
- Water - as required.

Method:

- In a bowl add water, mutton, crushed garlic, ginger powder, fennel powder, salt, mace, cardamom, cloves and mix it and put the lid on let it cook till the meat is tender.
- In a bowl add milk, crushed cardamom, boil this reduce the milk half.
- Heat ghee in another pan add brown onion paste, mutton pieces, cook it for some time.
- Add pepper powder, salt, pour the reduced milk and mutton stock, cook this for 5 minutes in a slow flame, then switch off the flame.

3. Ambal**Ingredients**

- 250 gm pumpkin (Orange coloured)
- 4-5 Tbsp Tamarind paste
- 3 tbsp Jaggery, powdered
- ½ tsp fenugreek seeds
- 1 tsp ginger, chopped
- 1 tsp cumin seeds
- 4-5 Kashmiri dried red chillies
- 2-3 tsp turmeric powder
- 2 tbsp refined oil
- Salt for taste
- Red chilli powder, just a pinch
- Water
- Coriander leaves; to garnish

Method:

- First of all, cut the pumpkin into medium sized cubes.
- Now, in order to make the tamarind paste, soak the dried tamarind (easily available at grocery stores) in warm water. Immerse it completely in the water for about 10 minutes. Squeeze out the pulp and remove the seeds. Your tamarind paste is ready to use.
- 3. Take a pan; add oil, fenugreek seeds, cumin seeds and ginger. Let them splutter for a while.
- Add red chillies, turmeric, salt, red chilli powder in the pan and sauté for half a minute.
- Now add pumpkin cubes and toss properly. Add tamarind paste and jaggery. Cook for 3-4 minutes on high flame.
- Add ½ cup water, cover the utensil with a lid and cook (on a low flame) till the pumpkin is soft and almost 'mash-able'. Garnish your dish with coriander leaves.

4. Kulath ki khatti dal

Ingredients

- 1 cup Horse Gram Dal (Kollu/ Kulith) , washed and soaked
- 1 Green Chilli, slit
- 1 inch Ginger
- 1 tbsptamarind paste
- 4 cloves Garlic , crushed
- ½ teaspoon Turmeric powder (Haldi)
- 1 teaspoon Kashmiri red chilli powder
- Salt , to taste
- 1 tablespoon Rice flour
- 3 tablespoons Water
- 1 tablespoon Ghee
- 1 teaspoon Cumin seeds (Jeera)
- ½ teaspoon Asafoetida (hing)
- 2 sprig Coriander (Dhania) Leaves , finely chopped

Method

- Wash and soak the horse gram for about 20 minutes.
- Heat a pressure cooker on medium flame, add the drained horsegram along with 2 cups of water.
- To the horsegram add the slit green chilli, ginger, garlic, salt, turmeric powder and red chilli powder.
- Close the pressure cooker and pressure cook for 6-8 whistles and turn off the flame.
- Allow the pressure to release naturally and then open the pressure cooker.
- Mash the Kulith ki dal with the back of a ladle and set aside.
- In a mixing bowl, combine the rice flour with water to make a slurry.
- In another pan, heat ghee on medium-low flame, once hot, to this add the cumin seeds and asafoetida and allow it to sizzle. To this add the cooked and mashed Kulith Ki Dal and bring to a single boil.
- Once the Kashmiri Kulith ki dal comes to a single boil, gradually add in the rice flour slurry and give it a quick stir.
- When you see the Kashmiri Kulith ki dal begin to thicken, add the tamarind paste, bring to single boil ,turn off the flame and add the finely chopped coriander leaves.
- Serve hot.

5. Modur Pulao

Ingredients

- 1 cup Basmati rice
- 1 cup Sugar
- 6 tablespoons Ghee
- 3 Bay leaves (tej patta)
- 6 Cloves (Laung)
- 1 inch Cinnamon Stick (Dalchini)
- 6 Cardamom (Elaichi) Pods/Seeds

- ¼teaspoon Whole Black Peppercorns
- ¼teaspoon Saffron strands
- 1 teaspoon tablespoon Dates , chopped
- 1 teaspoon tablespoon Badam (Almond), blanched
- 1 teaspoon teaspoon Cashew nuts, chopped
- 1 teaspoon teaspoon Raisins
- Salt, as required
- 3 cups Water

Method

- To begin making the Modur Pulao Recipe, wash rice thoroughly with water and soak for half an hour. Drain the water and set aside.
- In a small bowl, soak saffron with a tablespoon of water.
- In a small saucepan, add 2 cups of water and bring it to boil. Add rice and cook for about 5 to 10 minutes. Ensure that the rice is only cooked $\frac{3}{4}$ th. Do not cook for long time.
- Drain water from the rice and set aside.
- In a non-stick kadai heat ghee over medium flame. Once the ghee is hot, lower the flame and add cloves, bay leaves, cinnamon stick, cardamom, and Peppercorns.
- Cook them until peppercorns clutter.
- Now, add sugar, $\frac{1}{2}$ cup of water and cook until they dissolve completely. It should be in thick syrup consistency. Add the half cooked rice and give it a stir.
- Now add chopped dates, raisins, almonds and cashews to the rice. Soak dates and almonds in warm water for few minutes for chopping it without efforts.
- Combine them well and pour the saffron water on top of the rice.
- Cover the pan and cook rice over low flame for about 20 to 25 minutes until they are cooked well. Ensure to stir them occasionally to prevent it from being burnt at the bottom
- In case if you have added undercooked rice, add required amount of water. Ensure to check the consistency of the rice often to avoid overcooking
- Serve Modur Pulao warmly to satisfy your sweet tooth. Serve Modur Pulao along with Kashmiri Style Dum Aloo and Phulkas for a weekend lunch.

6. Shufta**Ingredients**

- Cottage cheese $\frac{3}{4}$ cup
- Almonds $\frac{1}{4}$ cup
- Dates dried $\frac{1}{4}$ cup
- Coconut $\frac{1}{4}$
- Apricots $\frac{1}{4}$ cup
- Walnuts $\frac{1}{4}$ cup
- Cashewnuts $\frac{1}{4}$ cup
- Raisins $\frac{1}{4}$ cup
- Saffron (kesar) $\frac{1}{2}$ teaspoon
- Ghee to deep fry
- Green cardamom powder $\frac{1}{4}$ teaspoon

- Cinnamon powder ¼teaspoon
- Dry ginger powder (soonth) ½ teaspoon
- Black pepper powder ½ teaspoon
- Sugar 1 ½ cups
- Rose petals for garnish

Method

- Cut the cottage cheese into half inch sized cubes. Soak the almonds in one cup of hot water for five minutes.
- Drain, peel and halve them. De-seed dates and chop them roughly. Chop the coconut into small pieces. De-seed the apricots and cut into small pieces.
- Chop walnuts and cashewnuts into small pieces. Wash raisins and pat them dry. Soak saffron in one teaspoon of water. Soak the almonds, raisins, cashewnuts, dry dates, apricots, walnuts and coconut pieces in two cups water for about half an hour.
- Heat ghee in a wok and deep-fry the cottage cheese cubes till golden brown. Drain and keep aside. Transfer the soaked nuts and coconut in a pan and bring to a boil.
- Reduce heat Add the saffron, cardamom powder, cinnamon powder, ginger powder, pepper powder and sugar to the soaked nuts and cook on low heat till the syrup thickens two thread consistency. Stir in the cottage cheese pieces and cook for a minute. Serve garnished with rose petals.

7. Chhang**Ingredients**

- 5 cups -flavorful rice
- The normal amount of water you would use to cook your rice.
- 1 full tablespoon - dry powdered yeast or chanzi .

Method

- Cook the rice.
- Once the rice is cooked, stir around the rice in the rice cooker or pot to loosen it .
- Spread the rice onto a very clean working surface to cool it. Work through the rice when it is cool enough to touch, loosening up any clumpy bits.
- When the rice is tepid warm, sprinkle the yeast all over and mix well.
- Pour the rice mixture in a dry clean large container.
- Cover it with a lid.
- Swaddle it like a baby in a couple of warm blankets.
- Leave it 4-5 days in a warm place without opening it, so that it can ferment well and release strong alcoholic odour.
- Once the chhang is done, transfer it to another clean container, and add about 3 cups of water, and then put it in the refrigerator.
- Wait again for 24 hours so that the chhang rests.
- Serve in small glasses as drinks

8. Roganjosh**Ingredients**

- 500 grams - Mutton, with bones, cut into medium pieces
- 1 cup - Curd
- Salt - as required
- Mustard oil - as required
- For whole spices
- 2 - Black cardamom)
- 4 - Green cardamom
- 4 - Cloves
- 1 inch - Cinnamon Stick
- 1 - Bay leaf
- ½ - teaspoon Black pepper powder
- 1 - teaspoon Fennel Powder
- ½ - teaspoon Asafoetida
- 2 - teaspoons Kashmiri red chilli powder
- ½ - inch Ratan jot (alkanet), (infuse it in heated oil)
- For marination
- 1 - teaspoon Fennel seeds
- ¼ - teaspoon Cinnamon Powder
- 1 - teaspoon Kashmiri red chilli powder
- ½ - teaspoon Black pepper powder
- ½ - teaspoon Cardamom Powder

Method

- To begin making the Kashmiri Rogan Josh recipe, wash mutton nicely and drain water completely.
- Marinade the mutton with mentioned Ingredients under Marination for approximately for 1 and 1-½ hours. Cling wrap the bowl and refrigerate it for better results.
- Heat oil in a heavy bottomed wok and add bay leaf and other whole spices mentioned.
- Immediately, add marinated mutton and mix well. Fry on medium to high flames stirring occasionally.
- Now add asafoetida and stir well. Add almost 1 cup of water in the mutton mix and allow it to cook with lid closed.
- In a separate bowl, add yogurt and red chilli powder and fennel powder and whisk nicely.
- Take off the lid and add whisked yogurt and mix well such that everything incorporates nicely. Adjust salt as needed.
- Now add Ratan Jot / root infused in oil in the mutton and cook till mutton is soft and tender. Garnish with fresh coriander and serve hot.
- Serve Kashmiri Rogan Josh with hot steamed rice or rumali rotis for a delicious weekend meal.

9. Ladyar-tsaman**Ingredients**

- 1 kg - Paneer
- 2 table spoons - Fennel powder
- 1 table spoon - Turmeric powder
- Salt - to taste
- 1 tea spoon - Ginger powder
- 1 tea spoon - Cumin powder
- 2-3 - rashed Black Cardamom
- 3-5 - crushed Green Cardamom
- ½ tea spoon - Black Cumin
- Pinch - Hing
- 2 - Tej Patte
- 1 cup - Milk
- 3-4 table spoons - Mustard oil

Method

- Fry the paneer / cottage cheese a day prior and put it in a vessel containing salt, turmeric powder and some ice cold water and ice cubes and put in refrigerator overnight.
- When you want to cook the dish, take out the vessel with the paneer and masalas from the refrigerator and keep it aside to remain under room temperature.
- Add fennel powder, ginger powder, turmeric, salt, hing and bay leaves in a bowl, mix well and keep aside.
- Heat some mustard oil in a pan and fry the paneer/ cottage cheese till golden- brown. Put it into the vessel containing spices.
- Now add the paneer with the masalas to the pan and cook it on low flame till only one glass of curry is left.
- Crush some black cumin between your palms and add into the pan with some green cardamom, black cardamom and milk.
- Cook this curry for another ten minutes on low flame and serve with rice.

10. Kofta Dilpasand**Ingredients***For koftas*

- 250 gm - Mince mutton
- 50 gm - Mince lard
- ½tsp - Red chili pdr.
- ¾ tsp - Garam masala pdr.
- 1 tsp - Ginger paste
- 1tsp - Oil/ ghee
- 1-2 nos - Gr. Chilies chopped
- 2 cups - Curd
- 3 tbsp- Khoya
- ¼ tsp Hing
- 1 tsp Saunf

- Salt - to taste
- ½ tsp - Jeera pdr.

Gravy

- ¼ tsp - Hing
 - 5 tsp - Ghee/ oil
 - ½ cup - Curd
 - ¼ tsp - Dhegi mirch
 - ½ tsp – Salt
 - ½ tsp -Dhania pdr. --
 - ½ tsp - Jeera pdr. ---
 - ½ tsp - Garam masala pdr.–
 - ½ tsp - Saunf
 - ¼ tsp - Sonth
- } Mix together and beat well

Method:

- Churn the mince along with the lard in a mixer and then rub with the palm of your hand.
- Mix together all the Ingredients mentioned under koftas.
- Mix well and form into 12 small balls.
- Mix all the masalas with curd and beat well.
- Heat oil / ghee, add hing, and fry for 1 minutes. Add beaten curd mixture with masalas. Go on stirring till it boils.
- Add koftas and 1¼ cups of water.
- Cook uncovered on high flame till koftas become firm, about 4-5 boils.
- Cover and cook on medium heat for 15-20 minutes, till koftas become tender and little gravy remains and oil floats on top. Serve hot.

11. Guchhi Biryani**Ingredients:**

- 5 cups - Rice
- ½ cup - Mushrooms

For the Filling:

- 2 tbsp- Paneer
- 2 tsp, chopped - Cashew nuts
- 2 tsp, chopped - Raisins
- 1 tsp, chopped - Ginger
- ½ tsp - Cumin seeds

For the Curry:

- ½ cup - Oil
- 2 tsp - Whole garam masala
- 1 cup - Onion Paste
- ¾ cup - Hung yoghurt
- 2 tbsp- Cashew nut paste
- 2 tbsp - Ginger garlic paste

- ½ tsp - Turmeric powder
- 1 tsp - Yellow chilli powder
- Salt - to taste

Method:

- Clean the mushrooms and keep aside.
- For the filling, mix together all the Ingredients and fill the mushrooms with the prepared filling.
- For the curry, heat oil in a pan.
- Add the garam masala and saute till it crackles.
- Add onion paste and cook till it leaves water.
- Stir in all the other Ingredients and cook for a few minutes.
- Remove and keep aside.
- Boil rice in sufficient water till three quarters done.
- Drain and keep aside.
- In a pot, spread alternate layers of rice, mushrooms and the prepared curry.
- Cover and cook on very low heat till the rice is done and the mushrooms are tender.
- Remove from heat.
- Serve hot.

12. Kesar Firni

Ingredients

- 50 grams - Basmati rice soaked
- Few strands - Saffron
- 8-10 chopped - Pistachios
- 1 cup - Sugar
- ½ teaspoon - Green cardamom powder
- Few drops - Rose water

Method

- Bring the milk to a boil in a deep pan.
- Lower the heat and let it simmer till it reduces a little. Grind the soaked rice to a coarse paste.
- Add a little milk to it and mix to make it a little thinner.

CHECK YOUR PROGRESS -I

Q.1 Write in brief about the breads of Kashmir?

Q.2 Write short note on Wazwan?

Q.3 Write short not on five non-vegetarian dishes of Jammu and Kashmir. ?

1.4 HIMACHAL PRADESH

The cusine of Himachal Pradesh will be discussed under following sub sections:

- Geographical Perspectives
- Brief Historical Background
- Climate
- Agriculture and Staple Food
- Characteristics and Salient Features Of The Cuisine
- Cooking Equipments
- Specialties During Festivals and Other Occasions
- Community Meals
- Festivals and Other Occasions
- A few Dishes from Himachali Cuisine

1.4.1 GEOGRAPHICAL PERSPECTIVES

Situated in the Western Himalayas, it is bordered by states of Jammu and Kashmir on the north, Punjab on the west, Haryana on the southwest, Uttarakhand on the southeast, and the Tibet autonomous region on the east. At its southernmost point, it also touches the state of Uttar Pradesh. The state's name was coined from the Sanskrit—*Him* means 'snow' and *achal* means 'land' or 'abode'—by acharya Diwakar Datt Sharma, one of the state's eminent Sanskrit scholars.

Himachal has everything which can fascinate a tourist. Mighty snow peaks, deep gorges, lush green and golden valleys, flower filled meadows, misty woods, fast flowing icy rivers, glaciers, gushing water streams, steep waterfalls, enchanting lakes, rippling streams are a few manifestations of its unparalleled beauty. Geographically the state is divided into three regions:- (a) The Shivalik ranges (the height from plain upto 915 meters); (b) Colder Zone (the height is about 4500 meters); and (c) the Axis and Crystalline core of the whole system (the height above 4500 meters but below 5500 meters).

Due to extreme variation in elevation, great variation occurs in the climatic conditions of Himachal. The climate varies from hot and sub-humid tropical in the southern tracts to, with more elevation, cold, alpine, and glacial in the northern and eastern mountain ranges. The state's winter capital, Dharamshala receives very heavy rainfall, while areas like Lahaul and Spiti are cold and almost rainless. The Siwalik region has hot summers (April to June), with temperatures rising above 100 °F (38 °C), cool and dry winters (October to March), and a wet season (July to September), with rains brought by the southwestern monsoon. As elevations increase farther north, the climate becomes wetter and cooler. Snowfall is common in alpine tracts (generally above 2,200 meters (7,218 ft) i.e. in the higher and trans-Himalayan region). In the Great Himalayas, winters are bitterly cold and snowy, with temperatures dropping below 0°F (-18 °C).

The average rainfall is 152 cms. (60 inches).

Himachal Pradesh has many perennial snow-fed rivers and streams, in addition to four major watercourses. The eastern portion of the state is drained primarily by the Sutlej River, which rises in Tibet. Draining the western part of Himachal Pradesh is the Chenab (Chandra-Bhaga), Ravi, and Beas rivers, which have their source in the Great Himalayas. They are protected by an extensive cover of natural vegetation.

1.4.2 BRIEF HISTORICAL BACKGROUND

Himachal Pradesh, popularly known as the land of Gods 'Dev Bhoomi' has a glorious history, which dates back to around two million years. Initially the first inhabitants of the Himachal Pradesh occupied the foothills of the state. Later after the establishment of the Indus Valley Civilization in Himachal Pradesh, they were forced to shift their base from foothills to the upper areas of the hills. Dasas, Koilis, Halis, Dagens, Dhaugris, Khasas and Kinnars, the local tribes of Himachal Pradesh inhabited this land since the ancient times. Later many other clans, tribes and dynasties occupied the land of Himachal Pradesh.

The Aryans established their rule over Himachal Pradesh during the period before Rig Veda. The Aryans were very clever and through their strategies they defeated the local tribes and became the permanent inhabitants of Himachal Pradesh. During this period several small Janapadas or Republics were also established in the present Himachal Pradesh. Later, the Mauryans arrived and ruled by conquering most of the small republics. Ashoka was a famous king of this dynasty who after the terrible war took faith in Buddhism and propagated the Buddhist philosophy to help people become truly happy. After the decline of the Mauryans, the entire land of Himachal Pradesh came under the control of small local chieftains known as the Thakurs or Ranas. Later in the seventh century, the Harsh became dominant and became the rulers of all the small kingdoms. The middle of the seventh century saw the rise of the Rajputs and they established small principalities in Himachal Pradesh. Then the foreign invaders made their presence felt by conquering several forts of Himachal Pradesh. Then came the turn of the Mughals who were defeated by the hill rulers.

The Britishers who wanted to rule over India joined hands with the hill rulers and started to establish their rule in Himachal Pradesh. Initially the hill rulers supported the British. After 1914, the states of Himachal Pradesh started participating in the revolt against Britishers and finally in 1947 India became independent. After India became free in 1947, a number of princely hilly states were integrated into a single unit to be administered by the Government of India. Himachal Pradesh came into being as a state of the India Union on April 15, 1948, by integrating 31 big and small hill states of the region. In 1956, it was converted into a Union Territory. Subsequently, some more hill areas of the Punjab state were added to this Union Territory and it was made into a full-fledged state, the status that it continues to have now.

Demography: Himachal Pradesh is one of the least-urbanized states in India. In the early 21st century its urban population accounted for less than 10 percent of the total. There are more than 50 towns, and the capital, Shimla, constitutes a city of reasonable size. The capitals of the former princely states, including Bilaspur, Mandi, Chamba, and Kullu, are now district headquarters. Dalhousie, Kasauli, and Sabathu are hill resorts of British origin. Kangra, Palampur, Solan, and Dharmshala are other notable towns in the state.

Retaining their age-old customs and traditions, the people of Himachal Pradesh are proud of their rich cultural heritage. But at the same time they have embraced new influences keeping in pace with the changing times. Their passion for life clearly reflects in their colourful dresses and amazing celebrations. Reflecting unity in diversity, Himachal Pradesh is a land where different religions are followed and different languages are spoken. The beauty of the culture of Himachal Pradesh lies in its simplicity. The most commonly spoken languages in Himachal Pradesh are Hindi, Punjabi, Pahari, Dogri, Kangri and Kinnauri. Hinduism is the main religion in Himachal Pradesh. The region being nestled in the Himalayas - the abode of the Hindu God Shiva and Goddess Parvati - there are numerous temples of Shiva and Parvati scattered all around the state. The Hindu communities residing in Himachal include the Brahmins, Rajputs, Kannets, Rathis and Kolis. There are also tribal population in the state which mainly comprises Gaddis, Kinnars, Gujjars, Pangawals and Lahaulis. In some area, like Lahaul & Spiti, there is a majority of Buddhist population. A percentage of people are also Tibetans. Muslim,

Christian and Sikhs are in relatively small numbers. The physical feature of most of the people resemble the Aryans however, there are still many with prominent Mongoloid feature. Although rearing of goats, sheep and other cattle is an important occupation of the people of Himachal Pradesh, most of the population is dependent on agriculture for survival.

1.4.3 CLIMATE

The state of Himachal Pradesh, India is a hilly region and it experiences a pleasant Climate through out the year. It even experiences heavy snow fall during the winter months. The weather of Himachal alters with the change of altitude. Summer lasts from April to June in Himachal Pradesh, and the temperature ranges between 5°C and 24°C keeping the air comforting during the peak daytime while it can sometimes drop down to about 3.2°C in the night time. However, the climate is cooler than the mainland because of the high altitude, plenty of forests and fresh mountain breeze. Alpine zones of the north remain cool even during the peak of the summer, and some high mountains even receive snowfall during May. Monsoon begins in July and continues through September with a wide variation in average rainfall. Winter (October to February) in Himachal Pradesh is severe with heavy snow fall especially in the northern parts located high in the mountains. Almost all of the state receives snowfall though it is not very heavy in the main cities. The temperature gets freezing with snowfall in several regions between 0°C to 13°C depending on the altitude.

1.4.4 AGRICULTURE AND STAPLE FOOD

Agriculture contributes over 45% to the net state domestic product. It is the main source of income and employment in Himachal. Over 93% of the population in Himachal depends directly upon agriculture which provides direct employment to 71% of its people. The entire population of the state more or less depends directly upon the agriculture of Himachal Pradesh. The major portion of the revenue earning in the state's economy is carried out by the cash crops in the Himachal Pradesh agriculture. The chief food crops cultivated in



Himachal Pradesh agriculture include wheat, maize, rice, barley, seed-potato, ginger, vegetables, vegetable seeds, mushrooms, chicory seeds, hops, olives, and fig. Himachal

Pradesh is also known as the '*Apple State of India*'. It, today, grows a variety of best apples in India including Red Delicious, Golden and Yellow Newton. With citrus in valleys, grapes in high hills, mangoes, litchis, strawberries, apricots, peaches, cherries, pears, Kiwi and olive in warmer and temperate regions altogether makes Himachal the '*Fruit Bowl of India*'. Fruit growing in Himachal is presently fetching over Rs.300 crore annually. Special efforts are being made to promote cultivation of new crops like hops, pistachio nuts, sarda melon and saffron. The agricultural sector of Himachal Pradesh has adopted a diversification approach that demands for a focus on the production of off-season vegetables that include potato, ginger, soya bean, oilseeds, and pulses. The town of Solan is known as '*Mushroom City of India*' for growing button mushrooms. The naturally grown mushrooms in the forests, called *guchhi*, have no parallels in taste and *guchhi-pulao*, with *guchhi* fried rice and *guchhi* matar can easily be the prized gourmet item in any aristocracy.

Himachal is also said to be the flower basket of the country, with orchards being widespread. Meadows and pastures are also seen clinging to steep slopes. On the higher regions in the summer and in the winter season at the lower level, the hillsides and orchards bloom with wild flowers, while gladiolas, carnations, marigolds, roses, chrysanthemums, tulips and lilies are carefully cultivated.

Apart from agriculture, many are involved in different types of artistic production and handicraft produced in this state is worth appreciating. The most popular crafts produced in the villages of Himachal Pradesh include carpets, leather works, shawls, paintings, metalware, wood work, etc. Among these, the Pashmina shawl has earned popularity all over the country. The colourful Himachali caps are also a famous art work. Weaving, carving, chiselling, etc. are considered to be an integral part of the village life in Himachal Pradesh. The tribes are generally mountain dwellers whose main occupation is cattle rearing, goat and lamb rearing. These tribes are the major producer of milk in the state.

1.4.5 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

The state of Himachal Pradesh has a vast basket of traditional foods of its own. People of the state have been following the method of preparation from their ancestors and these dishes have continued like a tradition in maximum parts of Himachal. Some of the traditional foods still form a staple diet while rest is prepared during special occasions. Most of the foods were prepared by boiling, roasting, smoking, frying and fermentation. The food patterns of the state are highly influenced by the availability of raw materials, geographical and climatic conditions. The state comprises of number of communities, races and cultures intermingled together. Thus, the preferred taste also varies from region to region.

- The cuisine has been influenced by Punjabi and Tibetan food style.
- The staple foods of the people of Himachal Pradesh are rice, wheat and maize but one can find local variations due to the pattern of food production and altitudinal variation, e.g. in the barren regions of Lahaul spiti and Kinnaur, the local people

consume the products having coarse grains (buckwheat, millet, barley) as the main substrate, while in the lower areas of the state (Kangra, Hamirpur, Bilaspur) people prefer roties (chapatis) made of rice or maize flour.

- In the pasture dominated regions, milk and milk products are widely used. Irrespective of the regional differences in the dishes of the state, people have specific liking for non-vegetarian items cooked along with generous doses of spices and ghee.
- The ethnic food of Himachal Pradesh is rich and varied, while relying heavily on local ingredients. It can be a healthy choice with a balanced diet of steamed rice or *roti*, lots of vegetables, *dal* (lentils), yogurt and *saag* (a spinach and/or mustard leaf based dish). Thus, the natives of the state consume a range of foods prepared from cereals, pulses, milk, fruits and vegetables.
- A number of ethnic cereal based fermented and non fermented food preparations have been developed and consumed by the natives of the selected area. *Bhaturu and Marchu* are fermented and deep-fried bread made of refined flour. In district Mandi and Hamirpur, this fermented *roti* is fried after stuffing it either with thick and cooked paste of soybean or black gram (kala chana) and is termed as *Beduan roti*. *Bhaturu* is the staple diet while *beduan* is prepared during festivals or on some special occasions. Similarly in Kangra district *Babroo* is prepared from rice or wheat flour slurry. The procedure of making the *babroo* is similar to that of preparing *dosa*. Preparation of salty *Babroos* is common in Lahaul & Spiti area of Himachal Pradesh. In Hamirpur, sweet *Babroos* are prepared and named as *Dhandar*.
- Natives of district Mandi prepare *Chilru* in the same manner as *Bhatura*, but only the wheat flour is replaced by rice flour to which only water is added till the batter reaches a liquid consistency. They are termed as *Chareli* in Hamirpur. The *Chilru* are served along with black gram *dal* (broth) or milk. *Patende*, a sort of pancake prepared from rice flour is popular in Hamirpur and Chamba districts. In Lahaul Spiti valley, the leaves of buckwheat are mixed with wheat flour and made into cakes called, *Aktori*. Similarly *tiskori* and *mangjangkori* are thick *rotis* prepared from bran of wheat and buckwheat grains. *Tchog* is a special kind of food prepared during religious ceremonies. Another dish from this region is *Siddu*, which is a traditionally fermented steam cooked oval or disc shaped dish prepared with refined flour. *Marchu / Poltu / Pole* are salted roties deep fried (in mustard oil) prepared in Lahaul Spiti and Kinnaur districts, especially during the tribal festivals of Phagli, Halda and marriage ceremonies.
- The sweet snacks of the state comprises of *Rot* made from dough of wheat flour and jaggery especially in the areas of Una, Hamirpur and Bilaspur. It is used for *puja*/religious purpose. While in Mandi and Kangra districts, fermented wheat flour slurry is used to make oval shape balls called *Gulgulae/malpude/babroo* (sweet fritters). These are specially prepared during birthday ceremony. *Mithdoo* or *sancholoo* is another popular sweet dish from Hamirpur made from wheat flour, ghee and grated coconut.
- Another cereal based preparation is *Seera* which is famous in Mandi, Kangra, Bilaspur and Hamirpur. There is a tradition of gifting *seera* to the bride from her

parent's during her marriage. All these sweet snacks are prepared during religious, birthday, festive or marriage ceremonies.

- The beautiful state of Himachal Pradesh provides one with a wide range of lip smacking and delicious food items. One among them is *Pahari madra*. *Madra* is a rich dish of lentils made with yoghurt. Mostly soaked and boiled chick peas (*Kabuli chana*) or red kidney beans or black eyed beans (*raungi*) are used. Another tasty dish in Kangra, Mandi, Chamba, Hamirpur and Bilaspur is crispy *Mah ki dal ke pakoru*. These are fried discs with hole in the centre. *Dahin Bhalla* is prepared by the same method where these *pakorus* are termed as *bhalla* and no spice or salt is added to them. These *bhallas* are put in spiced curd after dipping in lukewarm water so as to make them soft.
- Dried balls having a diameter of about 3-8 cm named *Badi* is used as an adjunct for cooking vegetables, grains or legumes. *Chawal ke atte* (Rice flour) *ki beduan roti* is a baked cereal Black gram is used as a base material for many of the dishes and *Sepubari/Mukandbari* is one more addition to the list of such dishes where black gram is the main ingredient.
- Livestock are an integral component of the agricultural production systems in Himachal Pradesh. Traditional milk based products are prepared from the milk of several species of indigenous cattle, buffalo, sheep, goats, and *churu* (hybrid of cow and yak). Curd locally called *dahin* acts as a supplementary food to the local diet of a *Himachali*. It is also called *noo* or *nuch* in Lahaul Spiti and *doyang* in Kinnaur. Another very popular by-product of milk is *chaa/lassi* (buttermilk). It is the liquid leftover after extracting butter from churned yoghurt. It is consumed as a beverage and local people consider it to be a good digestive and carminative drink.
- *Nudu* is a ceremonial food prepared by cooking wheat flour in milk with small amount of salt to be eaten with ghee. Similarly, *kulu* is made from buttermilk. *Tchaku cha* (salty butter tea) is an indigenous drink of Lahaul Spiti.
- *Chhaas* or *Chaa* is used for preparing a delectable cuisine named *Kadi* using gram flour. In Kangra and Mandi, people enjoy the preparation with rice while in Hamirpur and Bilaspur, it is relished more with *roti/chapati* of maize flour and is termed as *Kadu*. Similarly *Khoru* is another dish which is prepared from buttermilk. Apart from being simply used as an ingredient for a dish, *Chaa* is also utilized as a medicine for treating digestive ailments/disorders and a good example is *Redu*. It is a semi liquid drink which is served with a belief that it helps to give relief during indigestion.
- In district Chamba, leaves of bicchu buti (wild nettle) are relished as vegetable. It is locally called as *Bicchu buti ka saag*. *Karalen* or *kachnaar ki sabzi* is another delicious wild vegetable consumed by the people during the month of March-April. *Bhey* or fried lotus stem are very popular and scrumptious snacks of this region.
- Unripe fresh fruit of *Lasiare/lasora* is used to prepare vegetable or pickle after removing the stone and sticky white pulp. Another so-called neglected fern which is fully utilized by the rural people of the state is *Lungd*, It is an edible fern, available as long stocks with curled top and hairy growth over it.

- In some areas of Mandi district, overnight soaked seeds of Indian hemp or *bhang/bhangolu* are ground to a fine paste and are utilized to prepare a local dish called *Bhangolu ki kadi*. *Bhruni ki sabji* is also popular among various wild vegetables relished by the Himachali people. This dish is prepared from tender leaves of fig. In Hamirpur, Bilaspur and Kangra a number of mouth watering dishes are prepared from the locally available mango. *Ambua* is prepared from the pulp of ripened mangoes. *Chhachaa* a sweet and sour chutney prepared from raw mangoes. A semi-liquid dish named *Mahni* is also prepared from pulp extracted from boiled raw mangoes.
- Among the tubers, colocasia is widely cultivated and is utilized to prepare a number of recipes. Pickles from vegetables and fruits like *lingri* (fern), bottle gourd, pear, peach, plum, *bidana*, *galgal*, brinjal, etc are prepared and consumed in various parts of the state especially in Kullu district. Colocasia is locally termed as *Kachalu* is alltime favourite and is used in many ways, such as *Patrode* which is a roll of colocasia leaves layered with mixture of gram flour and other spices. *Khathi bhujji/ Garyali bhujji* is prepared from leaves, stem, and bulb of *Colocasia*. Stem portion of the colocasia plant is used to prepare *kaandal/khandole*.
- *Sura* is millet based fermented beverage consumed during local festivals like *shoeri saja* and marriages in rural area in Kullu especially lug valley. *Chhang* is an indigenous rice beer made in the tribal belt of Lahaul & Spiti. It is a very popular traditional alcoholic drink consumed during marriages and other local festivals. It is an indispensable hospitality beverage among tribal of Lahaul valley, and is considered to provide protection against cold during winter months. Apart from these, various fruit based fermented beverages made from a number of local fruits are popular in Himachal Pradesh especially in Kinnaur district. *Chulli*, *angoori / kinnauri*, *arak/ara* and *rak* are prepared by fermentation of wild apricot, locally available grapes, apple / pear and wild almond respectively. These beverages have been a part of socio-cultural life of people in Kinnaur.
- *Dham* is a sacred interesting and delicious meal prepared on festivals only by Brahmin chefs called 'botis'.

Non- vegetarian food

- Traditional foods and beverages in Himachal Pradesh using meat are very limited. *Juma* is a favorite dish of Lahaul Spiti prepared in winters. Wheat flour/millet flour is mixed with spices and this paste is stuffed in sheep intestines. This is then steam cooked and eaten hot with *chutney* or *tchati* (mutton soup). *Geri* or *shakhal* is large mutton pieces mixed with spices and cooked in water. It is also consumed during winters especially in local festivals (*phagli* or *halda*). Apart from this Kullu trout, grilled fishes, chicken anardana are very popular.

1.4.6 COOKING EQUIPMENTS

1. *Charoti/Batohi* - The big brass vessels with round bottom and slender neck with collar. These are used for cooking all dishes including rice.)

2. Dabru - Another brass ladle like container with a handle and a large bowl shape at one end. Dabru is used for stirring food and also for serving food to people invited for the treat.)
3. Kadchhe (The bigger ladle, but smaller than Dabru), used for serving in the feasts.
4. Jug- made up of brass.
5. Chhadolu -a container made of weaved bamboo, which is used to serve rice. It is also used as a strainer for draining of the cooked rice. It is also used in draining washed pulses and vegetables.
6. Khara- bigger version of chhadolu, which contains almost 100 times the amount of rice a chhadolu can handle.
7. Kadhali- made of iron, may be of different sizes and used for cooking, frying and tempering.
8. Chhabdi – weaved bamboo basket to keep breads.
9. Sil batta- mortar and pestle.
10. Palta- big spatula made of iron.
11. Chimta- a flat and big twizzer used to hold vessels and in preparation of breads.
12. Tenthu or (palta) - a big spatula with long handed, used in stirring food.
13. Sansi- to hold vessels while cooking or to pickup hot food in the vessel.
14. Chaklaa belan- used to roll rotis and chapattis.
15. Chhalni- Sieve
16. Thali- generally brass or steel thalis are used. They can be used for serving food, having food, covering cooking vessels and also for keeping the raw materials.
17. Parat- big thali
18. Glass- water tumbler generally made of brass.
19. Katoree- bowl.
20. Jhara- strainer
21. Degcha-big cooking utensil like patila.
22. Tawa- flat round iron plate used to cook rotis and chapattis.
23. Patila- cylindrical vessels made of aluminum with or without handle, used to cook food.
24. Buckets- used to hold water and also used to serve food to the people sitting in the painth.
25. Pattal- leaf plates in which people eat food in painth.

1.4.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

1	Aktori	Aktori is prepared in the form of a cake or pancake made with the buckwheat leaves which is further cooked in the wheat flour. Although, the dish originates in Spiti Valley but it is frequently prepared and fondly eaten all over Himachal Pradesh.
2	Alu Palda	The potatoes are cooked in curd based gravy.
3	Auriya Kaddoo or Kadoo Ka Khatta	Khatta is indeed a very sumptuous dish made with pumpkin cooked in a spicy and tangy madra gravy and dried raw mango powder or amchoor along with other spices.

4	Babru	Babru is a famous dish of the Shimla. It has a filling of black daal along with spices. it is also called the bharwa puri and is served with vegetables and chutney. Babru is the Himachali version of kachoris.
5	Balaaee	It is a mildly spiced khichdi made with rice and kala chana cooked in butter milk with very few spices.
6	Beduan Roti	A very unique stuffed roti/paratha from the Kangra Valley region of Himachal Pradesh. This is a Makki roti stuffed with a spicy filling made with Arbi. The result is a filling and delicious paratha that needs just some buttermilk and white butter as accompaniment.
7	Bhaturu	Similar to Punjabi Bhatura
8	Bhey or Spicy Lotus stems	It is a delicious dish which is prepared with the lotus stems. Thinly sliced lotus stems are then cooked in the ginger-garlic, onions and gram flour which add the unique and great taste to the dish.
9	Chha ghost	This is a lamb dish, having it's origin in the Chamba district of Himachal Pradesh. This dish is prepared by marinating the lamb and then cooking it on a low flame. The gravy of this dish is made up of curd and gram flour.
10	Dhoe Dal	Dhoe dal is a simple and delicious dal recipe prepared with urad dal. It is a popular dish in Himachal Pradesh, served with rice or roti.
11	Madra	Madra is a dish which belongs to the Chamba district of Himachal Pradesh. It is made using chickpeas, curd, coconut and different varieties of spices, which enhance the flavour of the dish.
12	Marchu	It is small sized sweet fermented bread. It is made from dough of wheat flour and semolina with milk, oil, yeast, fennel, dry fruits and Jaggery. the doudh is fermented, pressed and then deep fried.
13	Mash Daal	Mash daal or kali daal is made with split black lentils or ma ki daal. It is soaked overnight, pressure cooked and then simmered in a heavy bottomed pan along with thinly sliced onions, ginger, garlic and spices shallow fried in hot mustard oil to give the comforting mash daal.
14	Mittha	Mittha as the name suggests is a local dessert of Himachal Pradesh. It is prepared with sweetened rice mixed with a generous helping of raisins and other dry fruits.
15	Pahadi Chicken	A very simple dish, this is chunks of chicken which is stir-fried and cooked in a variety of flavours and spices. The Chicken is cooked with coriander, garlic and ginger along with mint and spices.

16	Patande	A popular breakfast dish of Sirmour district, Patande can rightly be called as Indian pancakes. Ladle full of smooth batter made from wheat flour, milk and sugar are poured on a ghee laden hot griddle and a thin pancakes like those resembling dosa(s) are made and cooked.
17	Raintha	A traditional raita made with Khajur, Palak, and Walnut paste.
18	Sepu Vadi	Sepu vadi is a delicious Himachali dish prepared by frying urad dal dumplings. It is a popular dish served during weddings and other special occasions.
19	Siddu	The siddu is one of the most famous Himachali dish from Shimla and Kullu . This dish is made by adding stuffing to the fermented dough and then it is steamed. The siddu is served with ghee, curd or chutney.
20	Tawa Murgh	Chicken pieces marinated in curd, cream and freshly ground garam masala topped with a sizzling tempering of red chillies and coriander.
21	Tudikiya bath	The Tudkiya bath is very famous in the district of Chamba. This rice is prepared by adding a takda to the rice along with spices, vegetables, curd, coriander etc. It is accompanied by chutney, curd and drops of lime juice to add a tangy flavour to the dish.

1.4.8 COMMUNITY MEALS

Dhaam: Dham is a traditional festive feast of Himachal Pradesh prepared during religious festivals. The origins of *Dham* are said to go back to Chamba Valley more than 1000 years ago. The Rajas ordered the cooks to make a meal that would justify as an offering for the Gods. The cooks prepared a variety of dishes from across the valleys and since then the tradition of Dham has continued in fairs, festivals, social functions and traditional community meal. *Dham* is a traditional festive meal, cooked only by *botis* (a particular caste of Brahmins who are hereditary chefs). The entire meal is *satwik*, which means even onion, ginger or garlic is not used to prepare it. However, with time, dham was served on every occasion and gathering like marriages, family events and religious events in Himachal Pradesh. Preparations for this elaborate mid-day meal begin a night before. The temporary kitchen called *Rasialu* is usually built outside the main house with bamboo sticks as main pillars and steel sheets as roof. The entire food is cooked on wooden fire called *samdah* in 6 × 2 feet trench . The deep trench with fire is called *Char* or *Tuin*. Food is generally cooked in thick copper and brass vessels with broad base and narrow opening called *Charoti* or *Batloi* and everyone sits on the ground with cross legged in rows or *Bainth* to have food. It is served in courses on *pattals* / *Pattalu* or leaf plates (dried leaves of sal and banyan trees weaved together with thin pleats of bamboo sticks). The most unique aspect of the dham is that no vegetables are used in any of the dishes (exception Kinnaur and Lahaul and spiti). It is purely made from various types of

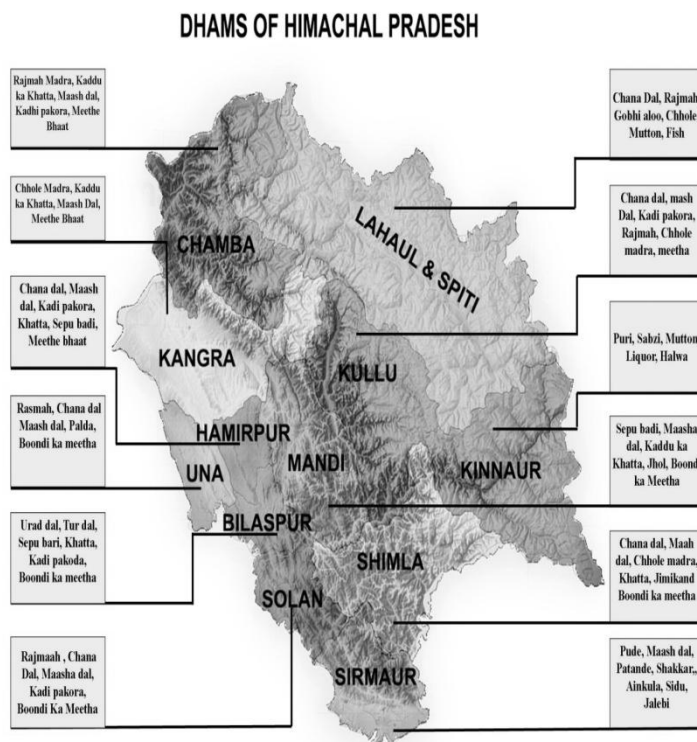
lentils and dairy products. The typical menu for a *dham* would start with rice and *madrah* of *rajma* (red kidney beans) cooked in yoghurt in Chamba, *sepubari* in Mandi district and mash dal in Kullu. This is followed by *kadi* and a *moong dal* (green lentil broth). The dal is made by smoked cooking method where mustard oil is put over a piece of burning coal and put in the dal. It is then covered for some time to get the smoky flavour- *Dhuni* technique. Topped by *khatta* (sweet and sour sauce made from tamarind and jaggary), the *dham* ends with the *mittha* (dessert) – sweet rice, liberally mixed with raisins and dry fruit. The person responsible for filling water, cleaning, and washing utensils is called *Panihara*, and it is his duty to clean the *Painth* area after each batch finishes partaking food.

In Ayurveda, Ahar (food) is considered as one of a major tripod of life. As per Ayurveda a good diet consist of all six rasa and are taken in proper sequence of Madhura followed by Amla, Lavana, Katu, Tikta and Kashaya. Thus Dham is a good example of complete food as per Ayurveda having all six rasa and is served in proper sequence. The traditional Dham differs in every region of the state. However the Kangri Dham is the most famous among all, which comprises of almost 10 to 11 dishes. The dham ends with the mitha bhaat – sweet rice or *mithae* (made of boondi or bread crumbs etc.). Dishes in a Kangri dham are devoid of artificial colours and are a perfect blend of oils and spices essential for the body.

The famous Dhams and their especial foods:

1. Chamba – Chambyali

Dham- One of my most favourite of dhams across Himachal Pradesh, Chambyali dham can be said to be the birthplace of dham with regards to the history. The dishes are dominated by Madra and rajmah and kaala chana is a must. The madra dishes are oozing with ghee and are to be eaten with rice. Chamba kadhi is another dish of Chamba dham with gucchi (local mushroom) pulao. Khatta is also served with available vegetables and the dham is topped off with a



sweet dish. It can be sweet pulao or even halwa mixed with poppy seeds.

2. **Kangra – Kangri Dham-** The Kangri Dham Thali's speciality is *telia mah*, black lentil dal doused in ghee and mixed lightly with spices; served with chickpeas madra, *kaale chane ka khatta* (sweet and sour black gram mahni) and other curries served with rice. Moong dal is also used in some dishes. Kangri dham also makes use of the *dhuni* technique wherein, mustard oil is poured over a piece of burning coal and is placed in the dish and covered for some time to give the smoky flavor that is called dhuni.
3. **Mandi – Mandiyali Dham-** They follow the Ayurvedic pattern of serving food where the sweet dish is served first. *Boondi ka meetha* (Bengal gram flour dipped in sweet syrup) denotes the starting of the meal in Mandiyali dham. After that, the feast begins – Sepuvadi (Fresh spinach leaves are made into a gravy and vadi is a deep fried fritter of black lentil and bengal gram) is served with rice. Next on the serving platter is *kaddu ka khatta* (Sweet and sour pumpkin dish made with tamarind and jaggery) and *mah ki dal* (black lentil dal) made in copious amounts of ghee. A different variety of *madra* with kidney beans is prepared and the ubiquitous *kadhi* is also served to be eaten with rice. Sometimes *khatte chane* (sweet and sour bengal gram) are also made and served in Mandiyali dham. The dham is finished by serving *jhol* – buttermilk like drink made by mixing curd and water
4. **Kullu – Kullvi Dham-** Kullvi Dham doesn't have many different dishes as compared to Mandiyali Dham but the serving process differs. Like Chambyali Dham, 2-3 different types of madra like rajmah madra, chickpea madra and *Gucchi Madra* are served first with rice. The dham continues with *telia maash* (oil fried black lentils) with delicious kadhi, chane ka khatta and meetha chawal (sweet rice) completes the feast.
5. **Kinnauri Dham-** In Kinnauri dham, rice is served along with puri, halwa, and seasonal vegetables. There is also provision of liquor and mutton for the guests. Apricot finds its way in different chutneys.
6. **Hamirpuri dham-** Traditional madra is the epic of this region prepared with pungent flavouring mustard oil. Onions and tomatoes are used wisely, but curd finds its place in many of the dishes. Dried apricots are used for preparing *khattas*. *Palda*, Maah dal rajmah and chana dal are the most sophisticated mouthwatering novelties.
7. **Lahauli dham-** In Lahaul and Spiti district, rice is served along with chana dal (Bengal gram), rajmah (kidney beans), chole (chick pea), aloo gobhi sabji, and mutton. Hot spices and the use of ginger, garlic and onion is very common and in almost all the dishes.
8. **Unaini dham-** In Unaini dham, rice, *chana daal*, *rajmah*, *maah ki daal* along with *palda* finds a special place in *dham*. Almost all feasts culminate with Boondi kaa

meetha. The Food, the style of preparation and the eating habits of the people of this district is very much influenced by Punjab and Chandigarh.

9. **Solani dham**- Dham served in Solan, use onion and tomatoe based gravy for preparing dishes. Raita with cuccumber and *Ramban* (a wild thorny tree branch) is used as digester. The *Dhungar* technique (adding smoky flavor) is used on Raita. Sooji ka halwa cooked in desi ghee is served as a sweet dish and usually served as the first course of Dham. Seasonal vegetables like Yam (Jimikund), Matar paneer, urad dal and a potato preparation is used in these areas.
10. **Sirmauri dham**- In Sirmouri dham, rice, maah ki daal, pude, jalebi, halwa, and shakkar are served in dham. Patande, ainkulu, and sidu are some of the famous foods of Sirmaur district.
11. **Bilaspuri dham**- In this moong dal cooked in ghee, serving as a rich source of carbohydrates; simple urad daal and tur daal cooked in the mouth-watering white mustard paste, followed by spicy sebu badi. Adding to the savory menu is *khatta*, which is unique as it consists of pumpkin, chickpeas, tamarind, and jaggery followed by the kadi pakoda which is a must. In the end, a sweet dish bundi ka meetha is served glazing the feast with irresistible kaleidoscopic colors.
12. **Shimlai dham**- In rural Shimla, maah ki daal, chane ki daal, safed chane kamadra, jimikand (yam), paneer, kale chane ka khatta, and sweets such as badana (Boondi) or small-sized gulab jamuns are served.

1.4.9 FESTIVALS AND OTHER OCCASIONS

The Fairs and Festivals of Himachal Pradesh have their own unique charm. Showcasing the rich cultural heritage of Himachal Pradesh the varieties of fairs and festivals of the state are worth participating. During the festive season, the people of Himachal Pradesh wear colourful dresses and adorn themselves with elegant jewellery. This is also the time when the people make a variety of mouth-watering traditional dishes. Dance and music are also a part of the celebrations. Different regions have their own dance forms, but folk music is popular among all the Himachalis. The popular dance forms of the state are the Rakshasa dance, the Kayang dance, the Bakayang dance, Rasa dance and the Jhoor dance. Some of the fairs and festivals celebrated in Himachal Pradesh are:

- Halda festival – Welcome the New Year - Halda Festival Himachal Pradesh Dedicated to the goddess of wealth, Shashikar Apa, Halda festival is celebrated with great zeal and enthusiasm in order to celebrate the new year. The actual date of the celebration is decided by the Lamas. People of Lahaul districts come together and enjoy their new year by performing music.
- Lohri /Maghi - Lohri Festival Himachal Pradesh Lohri is a feisty festival celebrated by the people of Himachal Pradesh, Haryana and Punjab. In the villages of Punjab, Lohri is celebrated as a ceremonial ritual to jumpstart the harvesting of Rabi crop.

- Losar Festival - Losar Festival Himachal Pradesh The New Year celebration of Tibetans, Losar festivals takes place in the first week of the first lunar month (February), with performances of Tibetan opera and prayer ceremonies being held at various monasteries.
- Doongri Festival, Kullu - Doongri Festival Himachal Pradesh Doongri festival or Hadimba Devi fair is celebrated in Kullu in honor of and to celebrate Hadimba Devi's (wife of Bhima) birthday. A huge fair is organized on this day; during the festival one can catch glimpses of dance and musical performances by local artists.



Doongri Festival

- Maha Shivaratri - Maha Shivaratri Himachal Pradesh Maha Shivratri is celebrated in the month of February with great zeal and enthusiasm. Shivratri was the day when Lord Shiva married Goddess Parvati. Maha Shivaratri literally means 'The Night of Shiva.'
- Nalwari Fair - Nalwari Fair Himachal Pradesh Celebrated with great pomp and show since colonial times, Nalwari fair is a great platform for all the cattle traders to meet and do business.
- Baisakh/ Vaisakhi - Baisakh or Vaisakhi is marked as the end of the winter season as per the agrarian tradition.
- Rakhidumni (Rakhi) Festival - Rakhidumni or Rakhi is celebrated on the full moon day in the monsoon month of Bhadrapad. The festival is celebrated to acknowledge the emotional bond of brother and sister.

- Phulaich Festival - Phulaich Festival Himachal Pradesh Phulaich means ‘the festival of flowers’ and as per Hindu calendar it is organized in the month of Bhadrapada. The festival is associated with the blooming of flowers in the Kinnaur valley.



Losar festival

- Chet Festival - (Dholru) is the first month of the lunar year and the first day of the month is celebrated with a belief to bring hapiness and prosperity.
- Halda - One of the famous festivals in Himachal is the Halda festival, which welcomes the New Year by paying tribute to the goddess of wealth, Shashikar Apa.
- Kullu Dusshera - The victory of good over evil, worshipping of Lord Rama.
- Losar - also known as Tibetan New Year. The festival is marked by worshipping the holy deity of the monastery to bring peace, happiness and good fortune for the incoming year.

CHECK YOUR PROGRESS-II

Q.1 What is ‘Dham’?

Q.2 What is the staple food of the people of Himachal Pradesh?

Q.3 What is the contribution of livestock in the food habits of the people of Himachal Pradesh?

1.5 SUMMARY

Cuisine of Jammu and Kashmir has become world famous for its uniqueness and variety. The most famous Kashmiri non-veg dishes named Wazwan are seekh kababs, tabak maz Roganjosh, Yakhni and Gushtaba, and the renowned veg dishes are Dum Aloo and Chaman. The cuisine is now compared to other international cuisine's like Continental cuisine, Chinese cuisine and Indian cuisine. Cuisine of Jammu and Kashmir is nothing less than a treasure for the food lovers. The cuisine here is absolutely different from the cuisine of north India. In fact, every region has its own specialty. Unlike in other parts of India, the meals here are highly dominated by non- vegetarian dishes and the staple food here is rice. The variety during festivals is simply unimaginable and this variety brings a new edge to your travel in J&K during festivals. One thing you will never remember about your meal are the number of dishes you had as you will be

served with endless amount of courses. The use of spices in every dish is also highly intriguing in Kashmiri food.

Non Vegetarian Delicacies: In Jammu and Kashmir, the one thing that everyone has almost every second day is non-vegetarian food. The grand feast, the 36-course meal that is called Wazwan, has around 30 non-veg dishes. The people who cook these gigantic feasts are called 'Wazas', the descendants of great chefs who were the masters of the unique art of cooking. The experimentation with the food that they do, is simply astounding. Almost every dish has a variant that is as good as the original, if not better. The main item that is served is rista (meatballs). They are made by finely smashing mutton and cooking it in gravy. In fried variety, you will find seekh kababs, tabak maz which are fried till the time they get a very crunchy and crispy texture. Other famous and mouth watering non veg dishes that are served in the Wazwan are Roganjosh, Yakhni and Gushtaba. The cuisine in the Ladakh area has a strong resemblance to the cuisine in Tibet and the cooking style is also very similar. The Ladakhis prefer to eat rice, wheat, millet, yak butter, and other dairy products along with vegetables and fruits.

Vegetarian Cuisine: Although you will not find many vegetarian dishes here, but few that are there are exquisitely delicious. The most famous veg dish of all is Dum Aloo (steam cooked potato curry) and Chaman (cheese) that have made a mark not only in Jammu and Kashmir but in entire country. Few years back, a pure vegetarian had to struggle a lot to find a suitable place where he can get vegetarian food. But now, keeping its tradition of warm hospitality, the state has opened up many restaurants that cater to their vegetarian guests and take good care of them.

After such a sumptuous meal, one really does not have any space left in stomach, but try making a bit as the special sweet dish is still remaining. Fireen is the name of that special dish that will keep your taste buds happy till the time you remember this dish. You can also enjoy the local snacks like Sheermal and baqerkhani, tsot and tsochvoru are different form of Kashmiri breads. All this only adds to the already vast range of delicacies in the Jammu and Kashmir cuisine.

So much variety, so many flavors, such taste, you will get all this only in the cuisine of Jammu and Kashmir. The tremendous options and variety of food is seldom seen any place else. There are many hotels and restaurants that offer you the best of dishes from Kashmir.

The Cuisine of Himachal Pradesh - the north Indian state lying at the foothills of the Himalayas - boasts of a uniqueness of its own. Influence of the neighboring lands of Punjab and Tibet is clearly evident in the Himachal cuisine. Besides, the geographical and climatic conditions of the state have a strong effect on the dishes of Himachal Pradesh and the way they are prepared. The day-to-day cuisine of Himachal Pradesh is simple and very much similar to that of other north Indian states. Rice, paddy and maize constitute the staple diet of the people here. But the preferred taste varies from region to region. Thus, while in the barren regions of Kinnaur and Lahaul-Spiti, locally-grown coarse

grains like buckwheat, millet and barley are mainly used, regions with pastoral tradition use large quantities of milk and its products in their dishes.

Non-vegetarian food, with liberal usage of spices like cardamom, cinnamon, cloves and red chilies, form an integral part of the cuisine of Himachal Pradesh. The local people are not known to be particularly fond of vegetarian fare. In the average Himachal households, all kinds of meat, lentil and cereal preparations are generally cooked.

A typical everyday meal in the cuisine of Himachal Pradesh comprises 'dal-chawal-subzi-roti' (the common north Indian fare of lentil broth, rice, vegetable curry and bread). Special dishes are cooked during festive occasions. Some of the popular dishes in the cuisine of Himachal Pradesh include 'Sidu' - a kind of bread made from wheat flour. It is generally eaten with ghee (clarified butter), dal or mutton. Among the festival dishes prepared in Himachal Pradesh, 'Dham' - a traditional festive meal is the most popular one. This dish is cooked by only a particular caste of Brahmins called 'botis'. Preparations for this elaborate mid-day meal start the night before. Dham is served in courses on epattalsi or leaf plates. 'Ankolas' made of rice flour are also famous festive dishes in many parts of the state. In drier areas like Lahaul-Spiti valley, the leaves of buckwheat are mixed with wheat flour and made into cakes called 'aktori'. 'Patande' - a kind of pancake is a famous specialty in the Sirmaur area.

1.6 GLOSSARY

1	Aktori	In Lahaul Spiti valley, the leaves of buckwheat are mixed with wheat flour and made into cakes
2	Chhang	It is an indigenous rice beer made in the tribal belt of Lahaul & Spiti.
3	Chilla-Kalan	It is the name given to 40 days of intense cold weather conditions in Jammu and Kashmir.
4	Czochworu	Is the desi donut which is a small, soft round bread of about three inches diameter and six inches circumference, with a soft upper half sprinkled with til (sesame seeds) or Khaskhash (poppy seeds) and the lower crust is crispy.
5	Dan	Is a three holed chullah used in Jammu and Kashmir.
6	Dum Aluv	Small poked potatoes are cooked in thin red gravy.
7	Kehwa	Is green tea with spices and almonds.
8	Khatta maans	Is mutton cooked with sour pomegranate seeds (anardana) or lime juice and flavoured with fumes of a burning charcoal soaked in mustard oil.
9	Losar	Also known as Tibetan New Year. The festival is marked by worshipping the holy deity of the monastery to bring peace, happiness and good fortune for the incoming year.

- | | | |
|----|--------------|---|
| 10 | Madra | Is a traditional spicy yogurt-based recipe. It can be cooked with chana, rajma, urad dal or raungi. |
| 11 | Marchu | These are fermented and deep-fried bread made of refined flour. |
| 12 | Modhur Pulav | Sweetened Kashmiri rice prepared using cinnamon, a little saffron, milk, ghee, sugar, cashew nuts, almonds, green cardamom among several other ingredients. |
| 13 | Muji Gaad | It is a dish made up of fish prepared generally with radish or nadur. This dish is an amalgamation of vegetarian and non-vegetarian items as the taste of fish and lotus stem blend together to give it a unique taste while hot spices and herbs add to it's unique yet amazing flavour and aroma. |
| 14 | Nudu | Is a ceremonial food of Himachal Pradesh prepared by cooking wheat flour in milk with small amount of salt to be eaten with ghee. |
| 15 | Patende | It is a sort of pancake prepared from rice flour is popular in Hamirpur and Chamba districts. |
| 16 | Quabargah | Ribs of young lamb or goat is cooked in a special blend of milk and spices, and then fried in ghee |
| 17 | Raintha | A traditional Himachali raita made with Khajur, Palak, and Walnut paste. |
| 18 | Rasialu | Himachali kitchen |
| 19 | Rot | Is a dish made from dough of wheat flour and jaggery especially in the areas of Una, Hamirpur and Bilaspur. |
| 20 | Roth | Is a bulky bread laden with dry fruits and coconut with a sweet tinge. |
| 21 | Samovar | This is a jug-shaped metallic pitcher used for brewing tea such as <i>Kehwa</i> and <i>Sheer chai</i> . It has a long tube inside that is filled with charcoal, which keeps the tea in the pot brewing. |
| 22 | Sancholoo | Is another popular sweet dish from Hamirpur made from wheat flour, ghee and grated coconut. |
| 23 | Sheermal | Is a sweet bread prepared using refined flour, milk, saffron and dates and has its own flavor. It's like a delicious biscuit. Crisp, crumbly and flavorful. |
| 24 | Shufta | Shufta is Kashmiri dessert that is made up of a lot of dry fruits and sugar. |
| 25 | Thenthuk | A noodle soup prepared with wheat flour dough, mixed vegetables, and some pieces of mutton or Yak meat are added to enhance its taste and value. |
| 26 | Toda | It is made from maize or bajra flour or rice flour. Flour is wetted with warm water and is constantly rubbed with the palm. It is then rounded, flattened and baked on tawa. |

27	Tsoek Tsarvan	Kidney or liver of lamb cooked delicately with assorted spices
28	Ver	Is a secret spice mixture used in foods to give them a Kashmiri flavour. It contains garlic and praan for Muslims, asafoetida and fenugreek for Hindus as well as lots of freshly ground red chillies, cumin, coriander, dried ginger, cloves, cardamom and turmeric.
29	Wazas	Are professional Kashmiri cooks.
30	Wazwan	It is the name of Kashmiri Muslim banquet.

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1.8 TERMINAL QUESTIONS

1. What are the main features of Kashmiri Cuisine?
2. How climate affects the feeding habits of Kashmiri?
3. List the dishes which are essential component of 'Wazwan'.
4. What are the dhams of Himachal?

5. List the various equipments and tools used by people of Kashmir in preparing their speciality food.
6. List the various equipments and tools used by people of Himachali in preparing their speciality food.
7. List the ten speciality dishes of Jammu and Kashmir.
8. List the two sweet dishes from Himmachali cuisine.
9. What do you mean by term 'wazwan'? Explain.
10. List five different types of breads cooked in Jammu and Kashmir.

UNIT: 02

CUISINES OF PUNJAB, HARYANA AND DELHI

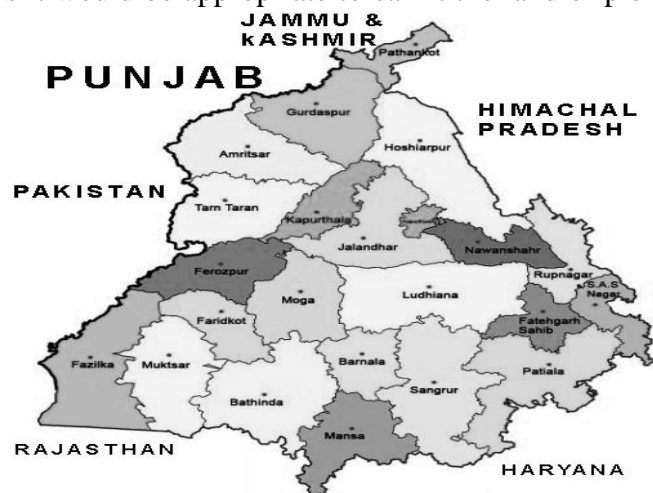
STRUCTURE

- 2.1 Introduction
- 2.2 Objectives
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 - 2.3.1 Geographical Perspectives
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- 2.6 Summary
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2.1 INTRODUCTION

Punjab, the land of the five rivers-Beas, Satluj, Chenab, Ravi and Jhelum, is also called the land of milk and honey. Perhaps it would be appropriate to call it the land of plenty!!

Punjabi cooking and eating is just like the Punjabis themselves. It is simple and forthright. Punjabis are a hardworking and fun loving community by nature with food and merriment, very much a part of their lives. Punjabi cuisine has always been strongly influenced by Mughal invaders who brought with them the tradition of the great Tandoor and now Punjabi tandoori cooking is celebrated as one of the most popular cuisine throughout the world.



The name Haryana means the abode of God. It is a blend of two Sanskrit words ‘Hari’ which means God and ‘ayana’ meaning home. Some say that the name has come from a compound of the words *Hari* (green) and *Aranya* (forest). It is a land where guests are treated equal to god. Haryana has a rich cultural heritage that gives visitors the feel of the Vedic period. The state has its own rich customs and traditions, as well as folklores to up-lift its great cultural heritage not just in India but in the whole world. The state enjoys a blend of urban and rural population and boasts a rich culture and tradition. If we talk about Haryana's cuisine, it evokes simplicity, having very common life style and a general daily routine.



Haryanvi cuisine is just like the people in Haryana - simple, grounded and inevitably linked to the land. You will not find people opting excessively for restaurant food, especially in the smaller towns, as home-made meals are most cherished, using

ingredients grown mostly in their own land. Imagine a state in India where how wealthy an individual is judged by the number of cattle the individual has! Where the golden rays of the rising sun penetrate the verdant fields and the chirping of birds lend a sweet music to the ears. The hookas, the cows, the khaats, the milk, the paddy fields, the colorful festivals.....Yes, it is Incredible Haryana, also known as the “The Home of Gods”. Haryana represents the face of modern India. The one which is heralding the future yet prides itself of being rooted in its magnificent culture. Today Haryana is positioned among one of the wealthiest and most economically developed regions in South Asia

Delhi is the traditional and present day capital of India. It is the third largest city of the world. It is also the second largest metropolis in India after Mumbai with a population of over 13 million. Delhi is also one of the oldest continually inhabited cities of India. There is no such thing as typical cuisines of Delhi. This is so because there is no specific identity of the city. With time, people from different areas of India came and settled, making Delhi an assortment of sorts. Slowly and gradually, Delhi assumed some of the aspects of the identity of all the types of people living in it, making multiple identities for itself. This has in turn molded Delhi culture in such a way that the same gets reflected in the behavior and activities of the people. So, it can be conveniently said that the culture of Delhi is an amalgamation of different cultures and in specific the culture of the neighbouring states like Uttar Pradesh, Haryana, Punjab, and Rajasthan etc.



2.2 OBJECTIVES

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

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

2.3 PUNJABI CUISINE

The cuisine of Punjab is discussed under following sub-sections:

- Geographical Perspectives
- Brief Historical Background
- Culture and Traditions of the People of Punjab
- Climate
- Agriculture and Staple Food
- Characteristics & Salient Features of Cuisine
- Equipments and Utensils Used
- Specialties during Festivals and Other Occasions
- Festivals and Other Occasions
- Community Foods
- A Few Dishes From Punjabi Cuisine

2.3.1 GEOGRAPHICAL PERSPECTIVES

Punjab is located in the northwest of India having international border with Pakistan on the western side. River Satluj and Ravi flow along most parts of this international border. It is bordered by the Indian states of Jammu and Kashmir on the north, Himachal Pradesh on its northeast and Haryana and Rajasthan to its south. On the map, it is triangular in shape. Pathankot district is at the top of the triangle; Fazilka and Patiala are respectively at the bottom left and right corners of this triangular shape. It covers a geographical area of 50,362 sq. km which is 1.54 % of country's total geographical area. Punjab state is located between 29° 30' N to 32° 32' N latitude and between 73° 55' E to 76° 50' E longitude. Its average elevation is 300 m from the sea level.

The state of Punjab is situated in the Indo-Gangetic alluvial plains, also called as Great Plains. Most of the land of Punjab is an alluvial plain formed by the sedimentation deposited by many rivers and canals flowing through this land. The main rivers in today's state of Punjab are Satluj, Beas and Ravi. These rivers are fed by the waters from melting of snow in Himalayas, so flow throughout the year i.e. these are perennial rivers.

The state is divided into three geographical regions - *Majha*, *Malwa* and *Doaba*. This is mainly due to separation of these areas by Satluj and Beas rivers. The area between Beas and Ravi is known as *Majha* and is also called as *Bari Doab*. The area between Satluj and Beas rivers is called as *Doaba* and also known as *Bist Doab*. The area on the south of Satluj river is known as *Malwa*.

Shivalik hills which are situated at the foothills of Himalayas form the eastern boundary of the state along the state of Himachal Pradesh. The semi-hilly area in this part is locally known as '*Kandi*' area.

Most of the land of Punjab is fertile plain but one can find the south-east region being semi-arid and desert landscapes on the *Thar*, or Great Indian, Desert. A belt of swelling

hills extends along the northeast at the foot of the Himalayas. Punjab state is situated between the great systems of the Indus and Ganges rivers.

Punjab is classified as Subtropical Semi-arid climate type. Most parts of the state receive abundant rainfall during the monsoon season. The average annual rainfall in the state is around 500mm. In summers, the temperature during the day remains close to 40-45 degree Celsius. The peak summer season is during the period from mid-May to mid-July. The winters are also harsh in the state. During the peak winter season from mid-December to mid-February, the temperature goes down to around 5 degree Celsius.

2.3.2 BRIEF HISTORICAL BACKGROUND

The Punjab region of India and Pakistan has a historical and cultural link to Indo-Aryan peoples as well as partially to various indigenous communities. As a result of several invasions from Central Asia and the Middle East, many ethnic groups and religions make up the cultural heritage of the Punjab. The region was originally called Sapta Sindhu, the Vedic land of the seven rivers flowing into the ocean. The Sanskrit name for the region, as mentioned in the Ramayana and Mahabharata for example, was Panchanada which means "Land of the Five Rivers", and was translated to Persian as Punjab after the Muslim conquests. The later name of the region, Punjab, is a compound of two Persian words, Panj (five) and āb (water), introduced to the region by the Turko-Persian conquerors of India, and more formally popularized during the Mughal Empire. Punjab thus means "The Land of Five Waters", referring to the rivers Jhelum, Chenab, Ravi, Sutlej, and Beas. All are tributaries of the Indus River, the Chenab being the largest. Punjabi culture is one of self-dependence, self-reliance and hard work, which have made Punjabis statistically on average the wealthiest in India. These character traits comes from Punjab's difficult history, particularly due to the number of outside invasions (Aryan, Greeks, Indo-Greeks, Indo-Scythians, Kushans, Indo-Sassanians, Turks, Mughals and Afghans), and retaliation from Punjabis in response to these acts. This heroism of Punjabis was highlighted with Alexander the Great's invasion of Punjab. One of the most notable is the Punjabi King Porus & his army's defence of Punjab. In a letter to his mother, Alexander wrote, "I am involved in the land of a leonine and brave people, where every foot of the ground is like a well of steel, confronting my soldier. You have brought only one son into the world, but everyone in this land can be called an Alexander." Some of India's best intellectuals, business people, sports people, artists, military and political leaders come from this state. Punjabis customarily value and show great respect for their traditions and history. Traditional historic Punjabi culture is renowned for its tolerance, progressive and logical approach to life. The state is the location of one of the world's first and oldest civilizations, the Indus Valley Civilization, India's first civilization. As a consequence it has some of the richest cultural history in the world. Their culture was based on their religious beliefs, which could be described as identical to that of Hindus living across North India today. The second strongest emergent cultural identity was *Jat* and *Gujjar* culture, based on pastoralism, agriculture and ancestor worship, in modern Punjab. Most of the Western region are descended from Gujjars, whereas the Eastern region is ethnically Jat. Over centuries, Islamic traditions were incorporated into the lives of Punjabi *Muslims*. These people would often live together marrying others like them and

the customs practiced centuries ago are still visible in the way all the castes and religious groups live

The Indian state of Punjab was created in 1947, when the Partition of India split the former Raj province of Punjab between India and Pakistan. The mostly Muslim western part of the province became Pakistan's Punjab Province; the mostly Sikh and Hindu eastern part became India's Punjab state. Many Hindus and Sikhs lived in the west, and many Muslims lived in the east, and so the partition saw many people displaced and much intercommunal violence. Several small Punjabi princely states, including Patiala, also became part of India. In 1950, two separate states were created; Punjab included of the former Raj province of Punjab, while the princely states were combined into a new state, the Patiala and East Punjab States Union (PEPSU). PEPSU consisted of the princely states of Patiala, Nabha, Jind, Kapurthala, Malerkotla, Faridkot and Kalsia. Himachal Pradesh was created as a union territory from several princely states and Kangra District. In 1956, PEPSU was merged into Punjab state, and several northern districts of Punjab in the Himalayas were added to Himachal Pradesh.

On November 1, 1966, most of its predominantly Hindi-speaking areas were separated to form the new state of Haryana. Chandigarh was on the border between the two states, and became a separate union territory which serves as the capital of both Punjab and Haryana.

2.3.3 CULTURE AND TRADITIONS OF THE PEOPLE OF PUNJAB

The people of Punjab with diversity in nature are the descendants of the Aryan tribes who came to India from the northwest as well as the pre-Aryan population, probably Dravidians who had a highly developed civilization. The surviving of this civilization is found at Rupnagar in the state of Punjab. The social structure of Punjabi which is noted for its diversity in culture is been built by the various groups or the jatis like the invaders which include Greeks, Parthians, Kushans, and Hephthalites. The Islam force which invaded the state forced several communities like the Jat peasant caste and the Rajput class of landowners to follow the religion and faith of Islam which was more of a deliberate conversion under the influence of the Sufi saints. However the majority of the population of Punjab is the Sikhs which had its origin from the teachings of Nanak, the first Sikh Guru. Though today there is a small amount of Muslims, Christians and Jain population in the state, Hindus make up the largest minority. The most common language spoken by the people is Punjabi which is also the official language of the state. Apart from the Punjabi's the other ethnic groups belonging to this area is the Shahmukhi, Gurmukhi, Devnagri originating from the region between Pakistan and India. The Punjabi's residing in the East and the West are known as *Biradari* and these subgroups include *Jats, Rajputs, Khattris, Dalits, Gujjar, Syed, Brahmins* and many more. The culture of the people of Punjab is supposed to be one of the oldest and richest cultures of the world which has a very great history and complexity. The culture of the Punjabi's is widely spread throughout the country for the Punjabi's have settled across the globe. The culture of the Punjabi's shows its diversity and rich cultural heritage which is known for their uniqueness that includes different fields like Philosophy, poetry, spirituality, education, artistry, music, cuisine, science, technology, military warfare, architecture, traditions, values and history. They are very particular about their traditions and relations.

There is a clannishness and high spirits which is exhibited in the lifestyle of the Punjabi people. Every festival or ceremony has predefined rituals which are strictly followed. May it be birth or wedding, hair cutting or a funeral, the adherence to rituals is a must which according to them strengthens a relation and displays a proper social cordiality. People, Culture, Festivals of Punjab collectively form a vivacious base of enlightening social verve. While the people of Punjab are known for their strong determination, the culture of the state presents a multi-hued heritage of ancient civilizations.

The People of Punjab are friendly, hospitable, and hardworking and relish living. This is due to the fact that it usually bore the onslaught of attackers a number of times. People like to live in their present time by enjoying life. Punjabi songs are full of melody. The beats of drum (dhol) and the rhythm of the steel spoon on the dholak is a simple style but adds to the exuberance of Punjabi music. The dance styles of Punjab have more flavor with its bhangra, giddha, kikli and sammi. Folk music is the soul of Punjabi culture. Folk music comprises of simple musical instruments like dholak and dhol drum. Punjabi music relates to the zestful people of Punjab. The traditional attire of people is Kurta-pyjama with turban for men. Women prefer Patiala suits as part of their traditional attire. However, the younger generation prefers trendy attire as per the fashion scenario.

2.3.4 CLIMATE

Punjab is a state with a balanced amalgamation of heat in summer, rain in monsoon and cold in winter. The three seasons are so distinctly distributed that you can enjoy each of them individually. Every season has its intrinsic worth. Owing to its north-east location, Punjab experiences both summer and winter to its extreme. It even receives abundant rainfall, which makes the state a very fertile land. The summer season starts from March till July and the maximum temperature rises to 48⁰C. Rainy season from July to September experiences adequate amount of rainfall for the ecosystem. Winter starts from October and continues till February. During this time the state experiences chilling cold conditions and at some places the mercury dips to 1⁰C

2.3.5 AGRICULTURE AND STAPLE FOOD

Punjab is one of the most fertile regions on earth. Some two-fifths of Punjab's population is engaged in the agricultural sector, which accounts for a significant segment of the state's gross product. Much of the state's agricultural progress and productivity is attributable to the so-called Green Revolution, an international movement launched in the 1960s that introduced not only new agricultural technologies but also high-yielding varieties of wheat and rice. The region is ideal for growing wheat crop. Rice, sugar cane, fruits and vegetables are also grown. Indian Punjab is called the "Granary of India" or "India's bread-basket." Even *bajra* is predominantly used in some parts of the state. Punjab is the largest grown crop is wheat. Other important crops are rice, cotton, sugarcane, pearl millet, maize, barley and fruits. The principal crops of Punjab are barley, wheat, rice, maize and sugarcane. Among the fodder crops are bajra and jowar. In the category of fruits, it produces abundant stock of *kinnow* (a kind of orange). The main sources of irrigation are canals and tube wells. The Rabi or the spring harvest consists of

wheat, gram, barley, potatoes and winter vegetables. The Kharif or the autumn harvest consists of rice, maize, sugarcane, cotton and pulses. The land is highly fertile and so there are plenty of grazing grounds for the cattle and so the people of this region are mostly farmers as well as cattle rearers.

2.3.6 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

Punjabis are a hardworking and fun loving community which can be experienced in every part of their daily routine. The earliest references to region's food are found in the Vedas, which document the lives of the Aryans in the Punjab. Amazingly the elements mentioned over 6,000 years ago are still extant in this cuisine. This includes dairy-*dughd* (milk), *ghrit* (ghee) and *dadhi* (curd), *shak* (leafy green vegetables) and a variety of grain. Even today, the staple in the Punjab is grains and vegetables in their basic form.

Ayurvedic texts refer to *Vatika* - a dumpling of sundried, spice specked delicacy made with lentil paste called *vadi*. The art of making vadi reached its acme in Amritsar with the arrival of the merchants of Marwar, who were invited by Ram Das, the fourth Guru of the Sikhs, to streamline the trade in the sacred city. There is also reference to *vataka* or *vadha* made of soaked coarsely ground and fermented mash (husked urad) daal.

The unhusked mash is the mother of all lentils. *Rajmah* derives from the word raj mash or the regal mash. Other pulses mentioned are *chanak or chaak* (channa dal) and *alisandaga* (identified as kabuli or large channa) that is stated to have reached India with Alexander the Great's troops who came to India via Afghanistan. Punjabis are big-time food lovers, preferring a wide variety in their menu. They are full of life and their food too reflects this liveliness. The people in this state generally go for spicy foods and use mustard oil and ghee to a considerably higher extent. Punjab's other grand contribution is the *dhaba* - the roadside eatery that has become a prominent feature on the national and state highways. Earlier frequented only by truck drivers, today it is in vogue to eat at a dhaba- urban or roadside.

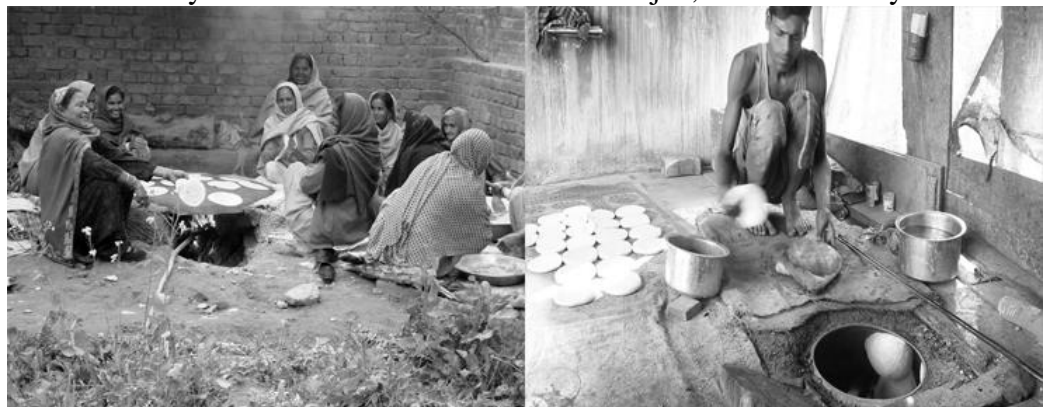
Features of the cuisine

- Punjab being near the border of Pakistan experiences Punjabi-Sikh, Hindu and Muslim diverse culinary influences and the proximity with Persia, Afghanistan and Central Asia gave them a taste for fresh and dried fruits and exotic nuts.
- Punjabi cuisine has always been strongly influenced by Mughal invaders who brought with them the tradition of the great Tandoor and now Punjabi tandoori cooking is celebrated as one of the most popular cuisines throughout the world.
- One of the salient features of Punjabi food is the diverse range of dishes that can suit any palate. The food could range from spicy to sour, and sweet to tangy.
- The natural diet is mostly vegetarian-based rather than meat-based, but still people are consuming chicken, fish and lamb dishes. Sikhism is the most widely followed religion in Punjab, which forbids the consumption of beef (as the cow is a sacred animal) and strongly discourages the consumption of meat.
- *Bhunao* or roasting is one of the main techniques of Punjabi cuisine specially for non-vegetarian cooking. It brings to mind images of appetizing food.

- Punjab being a land of abundant milk, its related products is an essential part of their everyday or routine cooking. Malai (cream), Curd and buttermilk is a must in every Punjabi meal apart from paneer (cottage cheese), a must in the vegetarian Punjabi menu. Several delectable items are made out of this rather bland derivative of milk. Creations like the *Kadai Paneer* and *Makhani Paneer* are basically Punjabi but are well loved all over the country.
- Punjabi's prefer more of wheat products and only on special occasions they prefer rice. Rice is never eaten plain for its always seasoned and flavored with cumin and fried onions and accompanied with Rajma or kadhi.
- Though they don't eat too much of sauces or marinades but prefer some spices adding lot of ghee to their food.
- Most Punjabi menus are made according to the season. The universal favourite is *chhole-bathure* which is a round-the-year item and is available at every wayside *dhaba* anywhere in Northern India.
- In winter, rice is cooked with jaggery - *gurwala chawal* or with green peas – *matarwale chawal* or as a delicacy called *Rao ki kheer*, which is rice cooked on a slow fire for hours together with sugar cane juice.
- During winters the locals sarson-*ka-saag* (mustard leaves) served with blobs of white butter accompanied by *makke-di-roti* and tall glass of *lassi* (churned yogurt-either spiced or sweet or both).
- They also prefer refreshing drinks like *kanjee* (fermented carrot and mustard paste drink, served in earthen ware “matka”) and *shikanji* (chilled drink made of chili water, lemon juice, salt, sugar black salt powder and black pepper powder).
- Punjab's own signature dishes include *matar paneer*, *dal makhani*, *Mah ki Dal*, *Sarson Da Saag Makki Di Roti*, *Tandoori chicken*, *Bhuna gosht*, *Achari Gosht*, *Amritsari fish*, *tandoori jheega*, *paranths*, *bhature*, *tandoori roti* and *lassi* and *Dahi Raita* that are popular all over India.
- Morning of every Punjabi starts with stuffed paratha with curd and pickle, lunch accompanies *Sarson Ka Saag* and *Makki Ki Roti* with mint and onion chutney and dinner usually *Mah Ki Dal*, *Bhunna Gosht*, *Naan*, *Tandoori Roti* and *Dahi Raita*.
- All lentils, especially black gram and yellow gram, are a part of Punjabi cuisine. *Rajma* or *Chana* are also very popularly used.
- The main masala in a Punjabi dish consists of onion, garlic and ginger and a lot of tomatoes fried in pure ghee.
- Various masalas used in Punjabi cuisines are *garam masala* -made of cumin seeds, black cardamom seeds, black pepper corn, green cardamom, cinnamon, mace, shahi jeera, bay leaves and dry rose petals, coriander seeds, fennel seeds, cloves and ginger powder, nutmeg. *Aromatic garam masala* (made of green cardamom, cumin seeds, black pepper corn, cinnamon, cloves and nutmeg). *Chaat masala*- made of cumin seeds, black pepper corn, black salt, dry pudina (mint), hing (asafetida), tartaric acid, amchoor (mango powder), ajwain (caraway seeds), sonth (ginger powder) and yellow chili powder. *Tandoori chaat masala* -made of cumin seeds, black pepper corn, black salt, dry pudina, kasoori methi, green cardamom, cloves, cinnamon, ajwain, hing, tartaric acid, mace, mango powder, ginger powder, yellow chili powder, anardana (pomegranate seeds).

- Traditional Indian spices ground in *Ghotna*, a conventional kitchen device to grind and crush spices and other ingredients, are generally used in preparing the dishes.
- Though chicken is a favorite with non-vegetarians, fish is also considered a delicacy, especially in the Amritsar region-*Amritsari machchhi*.
- Food is usually garnished with finely cut coriander leaves and juliennes of ginger.
- Traditional Punjabi thali consists of varied kinds of breads; some are baked in the tandoor such as *tandoori roti*, *laccha paratha*, *naan* and *kulcha*, while others are dry baked on the tava (pan) like *chapatti* and *jowar ki roti* and *rumali roti*. There are breads that are shallow fried such as *parantha* and deep-fried such as *puri* and *bhatoora*.
- *Phirni*, a sweet dish made of milk, rice flour and sugar and chilled in earthenware bowls is a typical Punjabi dessert. Punjabi sweet dishes like *gulab jamuns* and *burfi* have a strong percentage of *khoya* again made from milk.

Different Cooking Styles: Various traditional cooking styles are applied with the villagers still using some of the conventional cooking infrastructures like the *Punjabi bhathi* which is similar to a masonry oven. The Punjabi bhathi is constructed with bricks or mud and clay and covered with a metal at the top. One side of the oven has an opening where wood; grass and bamboo leaves are put to burn the fire. The smoke of such fire emits through a cylinder. The traditional stoves and ovens in Punjab are called *Chulla* and *Bharolli* respectively and it is common to find ovens called *band chulla* and *wadda chulla* in Punjabi households. Another method of cooking using a traditional heating appliance in the form of a wood-burning stove that comprise of a closed solid metal fire chamber, an adjustable air control and a fire base made of brick is gradually dying out. A variant of such cooking style that has been strongly influenced by Mughal invaders who brought with them become quite popular is the tandoori style that includes preparing various dishes in a clay oven called *tandoor*. In rural Punjab, the community tandoor or



Sanjha Chulha

Sanjha Chullah or *Kath tandoor* are dug in the ground is a meeting place, just like the village well for all the women folk, who bring the kneaded atta (dough) and sometimes marinated meats to have them cooked.

2.3.7 EQUIPMENTS AND UTENSILS USED

- *Madhani*: It is a wooden churner fixed to a brass pot. It is used for churning out butter from cream.
- *Chakla belan*: Chakla is a small marble or wooden platform and belan is the rolling pin. These are usually made up of wood. They are used for rolling the dough to make various Indian breads such as chapattis and puris.
- *Chajj* : is a kind of winnowing instrument
- *Kadhai*: it is a deep, concave utensil made up of brass, iron or aluminium and is used for deep fat frying and also general cooking.
- *Kadoo kas* (grater): This equipment has sharp grooves of different sizes meant for grating.
- *Channani* (sieve): It is used to sieve or sift flour and commodities of similar nature. The channani can have removable inserts that have varied sizes of holes for coarse or fine sieving.
- *Masala dani*: It literally translates to ‘spice box’. It contains the commonly used dry spices, both whole and powdered.
- *Pauni*: A perforated spoon used for frying food commodities.
- *Karchi* (ladle): It is actually a big round spoon for stirring dal or mixing food or even serving it.
- *Tawa*: This flat base equipment is usually made of cast iron is used for making Indian breads such as roti and parathas. They are available in various sizes, depending upon the uses.
- *Loh* :is a large pan used for cooking breads.
- *Patila*: It is generally made up of brass and comes with a lid. It is used when something has to be sauted, boiled or simmered. It is also used for making gravies and cooking in bulk. These are also available in various sizes.
- *Dechka*: is a brass cooking vessel.
- *Tandoor*: It is a clay oven chamber, which is lit with live charcoal. It is used for baking various Indian breads, kebabs (boti, white meat, fish, prawn etc)and other items.
- *Bhatti*: It is used for grilling kebabs. It is an open fire grill, where coal is the only medium of fire.
- *Khoncha*: It is a flat metal spoon used for stir frying or sautéing the ingredients.
- *Chimta*: These are meant for holding the hot objects e.g. the roti on the open fire or the griddle, turning items in hot oil while deep fat frying.
- *Chaati* : is a large earthen vessel.
- *Ghotna/ danda*: wooden pestles.
- *Hamam dista* (mortar and pestle): It is a pair of tools used to crush, grind, and mix solid substances or masalas. It is usually made of iron but can also be made of marble stone, wood, bamboo, iron, steel, brass and basalt.
- *Ukhli/Dauri/Kundi* : is a mortar used for grinding masalas.
- *Dori danda*: It is a stoneware pot with a log of wood, used for pounding chutneys aor dry spices. The pestle could be either of wood or stone.
- *Takri*: is a scale

2.3.8 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

- **Rajma:** These are red kidney beans cooked with ginger, garlic, and tomatoes and flavoured with turmeric powder and red chilli powder. They are normally paired with the jeera pulow and commonly eaten with desi ghee poured on top.
- **Sarson Ki Daag:** Fresh mustard leaves are combined with amaranth leaves and braised along with ginger, garlic, onions and tomatoes until they become creamy. This dish is garnished with white butter and eaten with *makki ki roti*.
- **Punjab Ratani Dal:** It is prepared by cooking five dals with onion and tomatoes, symbolic to the five rivers of Punjab. The most commonly used lentils are chana, split urad, green moong, kidney beans and masoor dal.
- **Maa Ki Dal:** Broken black lentils are combined with Bengal gram and simmered with onions and tomatoes on a low flame, until it is creamy. It is relished with the wholewheat chapattis.
- **Dal Makhani:** Black lentils are simmered overnight with tomatoes (finely chopped or puree) and butter on slow simmering charcoals. It is finished with cream and kasoori methi and served with a dollop of butter.
- **Amritsari Kulcha:** Wholewheat doughs stuffed with fillings ranging from paneer to cauliflower, potatoes, or a mixture of all of the above. It is cooked in the tandoor and served with dollops of butter.
- **Pindi Choley/Chana:** This dish comes from Rawalpindi, where the chickpeas are boiled with black tea to give it its traditional black colour. These cooked chick peas are then cooked with onions, tomatoes and spices. These are commonly served with bhatura for breakfast or even as snacks.
- **Baigan Da Bharta:** Large egg plants are char grilled in tandoor until soft and are then peeled. This soft flesh is mixed with little tomato and onion gravy flavoured with spices and chopped coriander leaves.
- **Bharwan Shimla Mirch:** Tandoori stuffed shimla mirch.
- **Tandoori Jheenga:** Tandoori prawn enriched with tandoori masala.
- **Tandoori Chicken:** Whole chicken is de – skinned and marinated overnight with curd, red chilli powder and spices. Normally the bird weighs around 800gm to 900gm after dressing. It is then skewered and cooked in the tandoor. Its reddish colour with typical flavour of the charcoal roast makes it a gourmet’s delight.
- **Maah Chhole Di Daal:** It is a dal preparation made of urad dal, rajma, channa dal, enriched with cream and desi ghee.
- **Amritsari Kulcha:** Potato cauliflower, paneer stuffed roti cooked in tandoor.
- **Murgh Butter Masala:** Tandoor cooked chicken is cooked in creamy tomato gravy (in base of butter) along with ginger garlic paste, red chilli powder and flavoured with kasoori methi. The gravy of tomatoes is also known as makhni gravy. This gravy adds moisture to the tandoori chicken which is otherwise eaten dry.
- **Rara Gosht:** A rich heavy and thick mutton preparation in which mutton boti and mutton mince is cooked together with onion and masalas till done.
- **Murgh Makhni:** Tandoori chicken in tomato based rich gravy which is enriched by addition of cashew nut cream and butter.
- **Fish Amritsari:** The cubes of fish are first marinated in salt, red chilli powder and lemon juice. A thick batter is prepared with besan, ajwain, red chilli powder and salt.

The fish is coated in this batter and the deep fat fried. It is served with aamchoor powder sprinkled on top and with lemon wedges.

- **Multani Tikka:** Crispy ajwain flavored paneer and onion tikka, served with tandoor kebab masala.
- **Phirnee:** It is a traditional dessert served normally during the summer months. Soaked rice is ground into a paste and then added to boiling sweet milk. This is cooked until thickened and poured into terracotta pots. The extra moisture from the pudding is soaked by the earthenware pot and thus the pudding sets soft yet firm. It is then garnished with slivers of pistachio and strands of saffron.

2.3.9 FESTIVALS AND OTHER OCCASIONS

Lohri: In Punjab, *wheat* is the *main winter crop*, which is sown in October and harvested in March or April. In January, the fields come up with the promise of a *golden harvest*, and farmers celebrate Lohri during this rest period before the cutting and gathering of crops. For Punjabis, this is more than just a festival; it is also an example of a way of life. Lohri is a festival of *zeal and verve and marks the culmination* of the chilly winter. In true spirit of the Punjabi culture, men and women perform Bhangra and Giddha, popular Punjabi folk dances, around a *bonfire*. Enthusiastic children go from house to house singing songs and people oblige them generously by giving them money and eatables as offering for the festival.

Logs of wood are piled together for a bonfire, and friends and relatives gather around it. They go around the fire three times, giving offerings of *popcorns, peanuts, rayveri and sweets*. Then, to the beat of the dhol (traditional Indian drum), people dance around the fire. Prasad of til, peanuts, rayveri, puffed rice, popcorn, *gajak* and sweets are distributed. This symbolizes a prayer to Agni for abundant crops and prosperity.

Lohri is also an auspicious occasion to celebrate a newly born baby's or a new bride's arrival in the family. The day ends with a traditional feast of sarson da saag and makki di roti and a dessert of *Rau di kheer* (a dessert made of sugarcane juice and rice). The purpose of the Lohri harvest ceremony is to thank the God for his care and protection. During this festival the people prepare large quantities of food and drink, and make merry throughout the day and night. Therefore everyone looked forward to this day.

Maghi: The very next day of the Lohri is marked as the Makar sankranti or the Maghi celebration in the form of local fairs and melas. While the female folk are engrossed in cooking the dish of the day, kheer, a lot of donations and charities take place and the day is passed with singsongs and dances.

Baisakhi: Baisakhi, celebrated with joyous music and dancing, is New Year's Day in Punjab. It falls on April 13, though once in 36 years it occurs on 14th April. It was on this day that the tenth Sikh Guru, Guru Gobind Singh, founded the *Khalsa* (the Sikh brotherhood) in 1699. The Sikhs, therefore, celebrate this festival as a collective birthday.

A sweet dish called Anaarse is prepared made using fermented batter (rice or wheat) and shaped into a pebble-shape.

Basant Panchami: It is a festival that marks the onset of spring. It is a brightly colored festival, with yellow as a symbolic color of harvest. This festival has a range of Punjabi foods like the main course ones such as biryani, but the lighter and excitable ones like jalaibeas and pakoras are also common. A number of sweet drinks are quite common as well at this time of the year. These are refreshing and symbolize the joy during the season. Aside from the festivals like Basant Panchami, Punjabi food traditions include the all-important heavy main courses at weddings. These might include heavy rice dishes and curries as well. These are accompanied with salads and other side dishes as well.

Guru Purab: The Sikh festivals are celebrated as Guru purabs. They either mark the birth anniversary or the martyrdom of any Sikh guru. The devotees attend langar or the common meals where everyone eats the same food irrespective of caste, class, or creed. Devotees offer their services for cooking food, cleaning the Gurdwara or carrying out other chores. This is called the Kar Seva. The food is served with the spirit of seva (service) and bhakti (devotion). On Guru Arjan Dev's martyrdom day, sweetened milk is offered to passers-by.

Holla Mohalla: Holla Mohalla is a Sikh festival celebrated in the month of *Phalguna*, a day after Holi. An annual festival held at Anandpur Sahib in Punjab, Holla Mohalla was started by the tenth Sikh Guru, Gobind Singh, as a gathering of Sikhs for military exercises and mock battles on the day following the festival of Holi. It reminds the people of valor and defense preparedness, concepts dear to the Tenth Guru who was at that time battling the Mughal Empire. On this three-day festival mock battles are held followed by music and poetry competitions. The Nihang Sikhs (members of the Sikh army that was founded by Guru Govind Singh) in their carry on the martial tradition with mock battles and displays of swordsmanship and horse riding. They perform daring feats, such as *Gatka* (mock encounters), tent pegging, bareback horse-riding and standing erect on two speeding horses. The festival culminates with a procession, wherein the "*panj pyaaras*" are adorned with traditional attires in blue and saffron colour.

Teeyan: A lively and refreshing dance festival, mostly for women, Teeyan is celebrated in the blooming season of spring. The upbeat nature feeds the rhythm in these women. The traditional folk dance of Punjab, "Gidda" is performed in full force during this festival, which is a magnificent sight to behold. The energizing dance is bound to leave you blown away for days.

Tikka: Also, known as "Bhai Dooj", Tikka is a festival celebrating the bond of brothers and sisters. Herein, the sister puts a red symbol on the forehead of the brother, called tikka which is meant for the long life of his brother. The brother in turn gives gifts as a token of his love and affection towards his sister. Everyone dresses up in new clothes and feels a loving sense of siblinghood in them.

Chappar Mela: A numerically small, but symbolically huge fair is held in the Chappar district of Ludhiana. The festival celebrates the supposed Lord of snakes, who is believed to pacify the venom of snakes and also bless families with children, if they are seeking them. The fair is a cultural phenomenon where thousands of believers participate annually.

Jor Mela: Commemorating the martyred sons of Guru Gobind Singh, the Jor Mela is held in Fatehgarh Sahib. The festival is a highly revered one, which is attended by many religious followers, who are moved by a feeling of belongingness to their community. The festival is marked by a recital of the holy book of Sikhs, followed by a procession on the streets.

Hariballabh Sangeet Mela: Remembering an important saint-musician, Swami Haribhallabh, this fair is held annually near his 70th anniversary. The music maestro is remembered through a gallant display of soothing musical notes and divine voices. Many classical musicians attend the festival and offer their voices to the celebration of the great saint.

Kila Raipur Sports Festival: Kila Raipur Sports Festival, popularly known as the Rural Olympics, is held annually in Kila Raipur (near Ludhiana), in Punjab, India. This festival which is popularly known as rural Olympics of Punjab. This rural sports festival takes place over 3 days in January/February and over 4000 men and women participate in it. Activities during the fest include bullock cart race, rope pulling, Tirinjen, Kikli, Gheeta Pathar, Khidu, Kokla Chhapaki, Chicho Chich Ganerian, Lukan Miti, Kidi Kada or Stapoo, Ghaggar Phissi, Kabbadi, Rasa Kashi, Akharas among others

Rose Festival: Rose Festival is one of the prime events in Chandigarh. Chandigarh is a centre of commerce or various Botanical products and the Rose Garden is specially the most reputed for the exquisite varieties of Roses that are on exhibition. 30 acres of land is allotted for the Rose Garden and every year festivals are held at this place for the exhibition of the Roses that bloom in the garden of Chandigarh.

2.3.10 COMMUNITY FOODS

Punjabi eating style: Winter, in Punjab, brings in the season of the famous *makki ki roti* (maize flour bread) and *sarson ka saag* (mustard leaf gravy). No meal is complete without a serving of lassi (sweet or salted drink made with curd) or fresh curd and white butter which is consumed in large quantities.

Connoisseurs of the cuisine say that the gravy component of Punjabi cuisine came from the Mughals. The most popular example is the *murg makhani*. It served the state well to combine this influence in its cooking since it had a lot of pure ghee and butter. Murg makhani also provided a balance to tandoori chicken, which was dry because it was charcoal cooked. Nans and parathas, rotis made of maize flour are typical Punjabi breads. Of course, over the years the roti has been modified to add more variety, so there is the rumali roti, the naan and the laccha parathas, all cooked in the tandoor.

Langar: The institution of the Sikh Langar or free kitchen was started by the first Sikh Guru, Guru Nanak. It was designed to uphold the principle of equality between all people regardless of religion, caste, colour, creed, age, gender or social status, a revolutionary concept in the caste-ordered society of 16th century India where Sikhism began. In addition to the ideals of equality, the tradition of Langar expresses the ethics of sharing, community, inclusiveness and oneness of all humankind.

Origin of word 'Langar': Guru ka Langar (lit. 'Gurus' communal dining-hall) is a community kitchen run in the name of the Guru. Often referred to as the Guru's Kitchen, it is usually a small room attached to a gurdwara, but at larger gurdwaras, such as the Harmandir Sahib, it takes on the look of a military kitchen with tasks arranged so that teams of sewadars prepare tons of food (all meals are vegetarian) for thousands of the Gurus' guests daily. Langar, is said to be a Persian word that translates as 'an almshouse', 'an asylum for the poor and the destitute', 'a public kitchen once kept by a great man for his followers and dependants, holy persons and the needy.' Some scholars trace the word *Langar* to Sanskrit *Analgarh* (cooking room). In Persian, the specific term langar has been in use in an identical sense. In addition to the word itself, the institution of langar is also traceable in the Persian tradition. Langars were a common feature of the Sufi centres in the twelfth and thirteenth centuries. Even today some dargahs, or shrines commemorating Sufi saints, run langars, like Khwaja Mu'in ud-Din Chishti's at Ajmer.

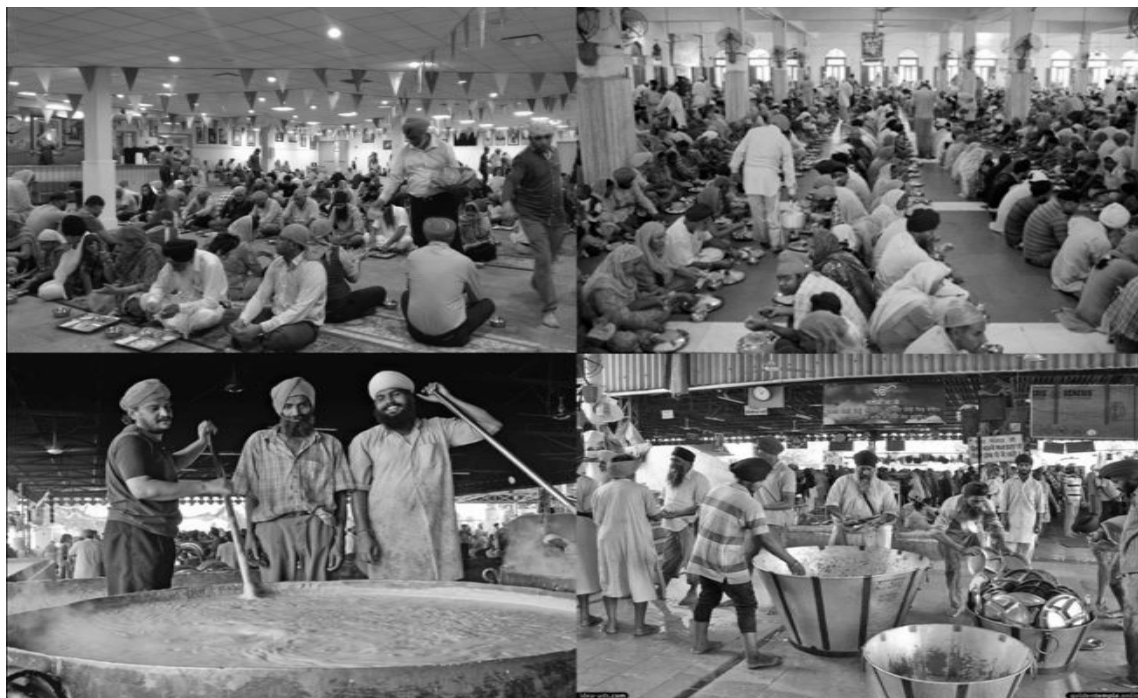
Rules concerning the tradition of Langar

1. Simple vegetarian meals
2. It is prepared by devotees who recite Gurbani while preparing the langar
3. It is served after performing Ardas.
4. The food distributed in Pangat without any prejudice or discrimination
5. All food must be fresh, clean and hygienically prepared

Amar Das the third guru formalized the institution of langar, the guru's free kitchen, uniting the Sikhs by establishing two key concepts:

- *Pangat* – One family compiled of all of humanity, regardless of caste, color, or creed, sitting together cross legged in lines, forming rows without discrimination or consideration of rank or position.
- *Sangat* – The ennobling influence of people, who aspire to truthful living, and congregate with like-minded company for the purpose of uttering the name of one God in the presence of the Guru Granth.

When preparing food for the Langar, the mouth and nose will be covered by a piece of cloth known as a "*parna*". Also during the preparation due regard is made to purity, hygiene and cleanliness, the *sewadars* (*selfless workers*) will normally utter Gurbani and refrain from speaking if possible.



Langar

When the Langar is ready, a small portion of each of the dishes is placed in a plate or bowls and placed in front of the Sri Guru Granth Sahib and a prayer called the Ardas is performed. The *Ardas* is a petition to God; a prayer to thank the Creators for all His gifts and blessings. A steel *kirpan* is passed through each item of food, after the "*Guru-prashad*" has been blessed. When serving the *Langar*, the servers must observe strict rules of cleanliness and hygiene. Servers should not touch the serving utensils to the plates of those they serve. When serving foods by hand, such as chapatis or fruit, the servers' hands should not touch the hand or plate of those they are serving. Those serving should wait until all others have been completely served before they sit down to eat themselves. It is advisable not to leave any leftovers.

Since some Sikhs believe that it is against the basics of Sikhi to eat meat, fish or eggs, hence non-vegetarian foods of this sort is neither served nor brought onto the Gurdwara premises. Others believe that the reason vegetarian food is served in Gurdwaras is so that people of all backgrounds can consume the food without any anxiety about their particular dietary requirement and to promote complete equality among all the peoples of the world. Alcoholic and narcotic substances are stringently against the Sikh diet, hence these with any meat products are strictly not allowed on Gurdwara premises.

Punjab's other grand contribution is the dhaba - the roadside eatery that has become a prominent feature on the national and state highways. Earlier frequented only by truck drivers, today it is in vogue to eat at a dhaba-urban or roadside.

2.3.11 DISHSES FROM PUNJABI CUISINE

1. Fish Amritsari

Ingredients

- King Fish cut into fingers 600 grams
- Gram Flour 1 cup
- Red chilli powder 1 tablespoon
- Salt to taste
- Carom seeds (ajwain) 1 teaspoon
- Ginger paste 2 tablespoons
- Garlic paste 2 tablespoons
- Lemon juice 1 tablespoon
- Oil to deep fry
- Egg 1
- Chaat masala 1 teaspoon
- Lemons cut into wedges 2

Method

- Take the fish fingers in a bowl. Add red chilli powder, salt, carom seeds, ginger paste, garlic paste, lemon juice, gram flour and mix well. Set aside. Heat sufficient oil in a kadai.
- Break an egg into the fish mixture and mix. Put the fingers, a few at a time, into the hot oil and deep fry till almost done.
- Drain and place on an absorbent paper. Deep fry again just before serving till golden and crisp.
- Drain and place on an absorbent paper. Serve hot, sprinkled with chaat masala and lemon wedges.

2. Murgh Patiala

Ingredients

- Chicken On Bone cut into 4 pieces on the bone 800 grams
- Yogurt 2 tablespoons
- Cumin seeds 1 ½ teaspoons
- Cinnamon 1 inch
- Cloves 4-5
- Green cardamoms 4-5
- Black cardamoms 2-3
- Black peppercorns 1 tablespoon
- Salt to taste
- Red chilli powder 2 teaspoons
- Yogurt ¼cup

- Garlic paste 1 tablespoon
- Ginger paste 1 tablespoon
- Oil 4 tablespoons
- Onions grated 4-5 medium
- Dried red chillies 2-3
- Tomato puree 3-4 teaspoons
- Turmeric powder ½ teaspoon
- Green chillies 3-4

Method

- Dry roast coriander seeds, cumin seeds, cinnamon, cloves, green cardamoms, black cardamoms and black peppercorns till fragrant. Set aside to cool.
- Place the chicken in a bowl, add salt, red chilli powder and yogurt and mix well.
- Add garlic paste and ginger paste and mix again and keep in the refrigerator to marinate for 15-20 minutes.
- Heat oil in a non-stick pan. Add onions and sauté till well browned.
- Coarsely grind the roasted spices with dried red chillies.
- Add tomato puree, turmeric powder and broken green chillies to the onions in the pan.
- Mix well and sauté for 3-4 minutes. Add the marinated chicken and mix well.
- Add ½ the spice powder and mix well. Add 2-3 tbsps water and mix again.
- Cover and cook till the chicken is done.
- Add the remaining spice powder and mix well, cover and cook on low heat for 10 minutes.
- Remove from heat and let it stand for a few minutes before serving.
- Serve hot.

3. Matar Methi Malai**Ingredients*****For masala paste:***

- 2 tsp oil
- 1 onion, slice
- 2 chilli, slit
- 1 tsp ginger garlic paste
- ¼ cup cashew / kaju, soaked

For curry:

- 3 tsp oil
- 1 tsp cumin / jeera
- 2 cup fenugreek / methi, finely chopped
- 1 cup water

- ½ cup cream
- 1 cup peas / matar
- ½ tsp sugar
- ¾ tsp salt
- ¼ tsp garam masala

Method

- In a large kadai heat 3 tsp oil and splutter 1 tsp cumin.
- Further, add the prepared masala paste and saute well.
- Saute until the oil is separated from sides.
- Add in 2 cup fenugreek and saute for 2 minutes.
- Add in 1 cup water and ½ cup cream.
- Mix well making sure the cream is well combined.
- Add in 1 cup peas, ½ tsp sugar and ¾ tsp salt.
- Mix well, cover and boil for 8-10 minutes or until the peas are cooked well.
- The curry turns creamy, adjust the consistency as required.
- Now add ¼ tsp garam masala and mix well.
- Finally, enjoy methi matar malai with roti or paratha.

4. Sarson Da Saag**Ingredients**

- Fresh mustard leaves (sarson) 5 bunches
- Fresh spinach leaves (palak) 1 bunch
- Bathua 1 bunch
- Olive oil 5 tablespoons
- Ginger sliced 2 one-inch pieces
- Garlic sliced 6-8 cloves
- Onions sliced 2 medium
- Green chillies 4
- Salt to taste
- Cornmeal 2 tablespoons

Method

- Heat three tablespoons olive oil in a pan, add ginger, garlic and onion and sauté for two to three minutes. Roughly chop mustard leaves.
- Add to pan and stir. Roughly chop spinach and bathua. Add to pan and stir. Break the green chillies and add to the pan.
- Add salt to taste and stir well. Let it cook till the greens turn soft.
- Add cornmeal dissolved in a little water and continue to cook till the greens are completely cooked. Cool and grind to a coarse paste.
- Transfer into the pan. Add the remaining olive oil and mix. Simmer for two to three minutes. Serve hot with makki ki roti.

5. Dhabbe Di Daal

Ingredients

- ¼cup drained,soaked split black gram
- ½ cup drained,soaked black beans
- 1 tablespoon chopped garlic
- 3 medium chopped tomato
- ½ tablespoon cumin powder
- 1 tablespoon roasted dried fenugreek leaves
- 3 tablespoon butter
- ¼cup drained,soaked red kidney beans
- 2 medium chopped onion
- 3 sliced and slit green chilli
- 6 tablespoon Refined oil
- 2 teaspoon Red chilli powder
- ¼cup chopped coriander leaves
- 1 teaspoon salt

Method

- To make this special recipe, clean, wash and soak black beans, split bengal gram and red kidney beans in sufficient water for at least 6 hours.
- When all the dals are soaked, drain the extra water. Then in a pressure cooker, add 4 cups of water and cook the drained dals on high heat in a cooker till 4 whistles and then cook on slow fire for around 30 minutes. Keep the cooked dals aside.
- Now take a pan and heat oil in it and add chopped onion, stir fry the onions till they turn golden brown and translucent.
- Add garlic and green chillies in the onions, and stir fry for another 10-15 minutes.
- Now add red chilli powder and cumin powder in the stir-fried onions, and cook for a minute.
- Then add tomatoes and stir fry on high flame for around 3-4 minutes or till the masala leaves oil. Now add salt in it, mix it well, and remove from fire.
- Add this stir-fried masala to the cooked dals in the pressure cooker, and cook for around 5 minutes.
- Top the prepared dal with butter and garnish it with freshly chopped coriander, and transfer the contents in a serving bowl.
- Crush roasted dry fenugreek leaves between the palms, sprinkle on the dal and serve it hot.

6. Makki Di Roti

Ingredients

- 1 cup maize flour
- 1 pinch red chilli powder
- boiling water as required
- 1 ½ tablespoon ghee
- ½ teaspoon salt
- 1 handful finely chopped fenugreek leaves (methi)
- 1 tablespoon butter

Method

- Start with sifting the maize flour with salt. Once, you have mixed the flour with salt, add the finely chopped fenugreek leaves along with red chilli powder and ghee. Mix all the Ingredients completely.
- Next, add hot water in the maize flour and fenugreek leaves mixture, and knead with soft hands. After making a soft dough, take equal portions of the dough and make medium sized balls. Dust the dough with some flour and flatten it into a roti.
- Now, put a tawa or a pan over medium flame and let it heat. When the tawa is hot enough, put the roti on it and cook. You don't need to apply ghee, oil or any kind of butter on it, as they are already present in the dough, which is enough to grease it.
- If you think, the roti is too dry, you can pour some drops of melted ghee and cook on both sides. When the roti is cooked, transfer in a serving plate and apply butter on the rotis. Serve hot with sarson ka saag.

7. Dodhi Halwa**Ingredients**

- 2½ cups grated Dudhi (bottle gourd/lauki)
- 1 cup (250 ml) Full Fat Milk
- 3 tablespoons Condensed Milk
- 2 tablespoons Ghee (clarified butter)
- 3 tablespoons Sugar
- 10 Cashew Nuts, chopped
- 10 Almonds, chopped
- 15 Raisins
- ¼teaspoon Cardamom Powder

Method

- To grate the dudhi, first peel it and then wash it in running water. After that, grate it from all sides and discard center part having seeds. Squeeze out water from grated dudhi completely.
- Heat ghee in a pan over medium flame. Add grated dudhi.
- Sauté it for 3-4 minutes, stirring continuously.
- Add milk and condensed milk; mix well and bring mixture to a boil.
- When it starts boiling, reduce flame to low and cook it until almost milk is absorbed. It will take approx. 10-15 minutes. Stir occasionally in between to prevent sticking. Add sugar, chopped cashew nuts, raisins and chopped almonds.

8. Paneer Amritsari**Ingredients**

- 1 cup Paneer (Homemade Cottage Cheese)
- 1 cup Homemade tomato puree
- 1 Onion , finely chopped
- 2 cloves Garlic
- 1 Green Chilli
- 1 inch Ginger

- 5 Cashew nuts
- 2 Cloves (Laung)
- 1 teaspoon Ajwain (Carom seeds)
- 1 teaspoon Garam masala powder
- 1 teaspoon Turmeric powder (Haldi)
- 1-½ teaspoon Coriander Powder (Dhania)
- ½ teaspoon Red chilli powder
- ½ teaspoon Sugar
- Salt
- 1 tablespoon Cooking oil
- Coriander (Dhania) Leaves , chopped for garnish

Method

- To begin making the Amritsari Ajwaini Paneer recipe, we will first make a paste of onion, garlic, ginger and green chillies to a fine paste. Keep this mixture aside.
- Next make a fine paste of the cashew nuts, adding very little water. Keep aside.
- Using a pestle and mortar pound ajwain and cloves to a fine powder. Keep aside.
- Heat oil in a heavy bottomed pan on medium heat; add the onion paste and saute for a few minutes; you will notice that the onion mixture begins to absorb all the oil and will look dry. Resist the temptation to add more oil at this point. Continue to saute the onions on medium heat until the raw smell goes away.
- Stir in the turmeric powder, pounded spices and garam masala stir well for a couple of more minutes.
- Add in the pureed tomatoes, coriander powder, red chilli powder, salt. Cover the pan and simmer the ajwaini paneer for 4-5 minutes.
- Stir in the cashewnut paste, sugar and simmer for about a minute. Finally stir in the paneer cubes, garnish with coriander leaves and serve hot with Naans or Tawa Parathas.

9. Methi Murg**Ingredients**

- ¾ Kg chicken (boneless, cut into medium sized pieces)
- 1 medium onions, finely chopped
- 2 medium tomatoes (grind to a smooth paste), finely chopped
- 4-5 tbsp cooking oil
- 1 tsp shahi jeera (black cumin seeds)
- 10-12 fresh curry leaves
- to taste salt
- 1 tsp turmeric (pasupu)
- 2 ½ tsp ginger and garlic paste
- 1 ½ tsp cumin powder
- 1 ½ tsp coriander powder
- 3 tsp red chilli powder (adjust according to your taste)
- 1 cup water (add more if required)

- 2 tbspyogurt (whisk it with a fork smoothly and set aside)
- 2 cups fresh methi leaves (fenugreek leaves), finely chopped
- 2 tsp garam masala powder
- 2 tbspcoriander leaves , finely chopped

Method

- In a wide bottomed vessel, heat oil. On low heat, add shahi jeera and fry for a few seconds. Add curry leaves, toss them and then add chopped onions, salt and turmeric.
- Increase the flame to medium and fry till the onions turn golden brown (around 8 minutes).
- Add ginger and garlic paste and fry for 1-2 minutes till the raw smell disappears.
- Add chicken add cumin powder, coriander powder, chilli powder, mix well, cover and cook for 4-5 minutes stirring in between.
- Add tomato paste, water and bring it to boil on high flame.
- When the gravy starts boiling reduce the flame to medium, cover and cook for around 10 - 15 minutes or till the chicken is tender and the gravy starts turning thick. By this time the oil starts floating on top of the gravy.
- Add whisked yoghurt, gently mix, add freshly chopped methi leaves, gently mix so the chicken pieces do not break.
- Lower the flame and allow to cook uncovered for 5 minutes.
- Just before turning off the heat, add garam masala powder, mix well, adjust salt and chilli powder if required.
- Garnish with freshly chopped coriander leaves.
- Serve hot with steamed basmati rice, rotis or naan.

10. Dal Fry**Ingredients**

- ¾ cup Tur (Arhar Dal /Pigeon peas spilt and skinned)
- 2 tablespoons Butter
- 1 tablespoon (Oil)
- 2 cloves Garlic (smashed)
- ½ teaspoon Garlic Paste
- ½ teaspoon Ginger Paste
- 2 Chilies, Green (slit lengthwise)
- 1 Onion (finely chopped)
- 2 Tomatoes (finely chopped)
- ½ teaspoon Chili Powder
- 1 teaspoon Dhaniya (or Coriander Powder)
- ½ teaspoon Jeera (or Cumin Powder)
- ½ teaspoon Turmeric (Powder)
- ½ teaspoon Garam Masala (Powder)
- 1 tablespoon Kasuri Methi
- 1 Lemon
- Salt to taste

- Coriander (Chopped for topping)

Method

- Pressure cook the dal with 2 ½ cups water till completely cooked through and can be mashed easily between two fingers. Use a wire whisk or spoon to mash the dal further so it's almost smooth.
- Heat oil and butter in a pan and smashed garlic. Fry the garlic till light brown, without burning it and add the slit green chilies, ginger and garlic paste.
- Cook for 30 seconds and add onions. Stir fry the onions till they are translucent and add tomatoes, spices and salt.
- Cook till the tomatoes completely break down and become pasty. At this point, stir in the dal along with some water if required. Bring this to a boil and simmer for 5-7 minutes.
- Dry roast the kasuri methi in another pan for a minute or so. Grind it to a powder and mix it in the dal along with juice from the lemon. Switch off the flame and stir in chopped coriander.
- Serve hot with rice, pickle, sliced onions and rotis.

11. Dahi-Karela**Ingredient**

- 4 large bitter gourd
- 1 ½ medium tomato
- ½ teaspoon turmeric
- 1 tablespoon refined oil
- 4 leaves coriander leaves
- 1 ½ medium onion
- ¼cup yoghurt (curd)
- 1 tablespoon coriander powder
- ½ teaspoon garam masala powder
- ½ teaspoon red chilli powder

Method

- To prepare this interesting karela recipe, scrape the karelas. Next, remove the seeds from them by cutting open.
- To remove the bitterness of the karelas, rub salt over them and keep them aside.
- Then take a pan and heat oil to shallow fry the karelas. Drain out the excess oil using a paper towel and set aside. Meanwhile, chop the onions and tomatoes.
- In another pan, start frying the chopped onion and tomatoes. Then add the spices and cook for 2- 3 minutes. Beat the yogurt for a few minutes and then add it to this pan and keep stirring.
- Now add the fried karelas. Cook for around 10 minutes over medium flame. Once done, turn off the gas knob.
- Lastly, transfer it to a serving bowl. Garnish with coriander leaves and serve hot.

12. Sabz Makhani**Ingredient**

- Cauliflower – 100 grams
- Capsicum – 100 grams
- Baby corn – 4
- Carrots – 2
- Tomatoes – 4 (300 grams)
- Green chilly – 1
- Ginger – 1 inch piece
- Green coriander – 3 to 4 tbsp(finely chopped)
- Butter – 2 to 3 tbsp
- Cream – ½ cup (100 grams)
- Oil – 2 to 3 tbsp
- Cumin seeds – 1 tsp
- Brown cardamom – 1
- Black peppercorns – 6 to 7
- Clove – 2
- Cinnamon stick – ½ inch piece
- Coriander powder – 1 tsp
- Red chilly powder – ½ tsp
- Turmeric powder – ½ tsp
- Salt – 1 tsp or to taste

Method

- Cut each tomato into four parts. Peel the ginger and dice it into rough chunks and cut the chillies into two halves.
- Heat a pan with 2 tbs of oil. Now to it add cumin seeds. When the seeds crackle, add chopped tomato-ginger-green chilly, coriander powder, turmeric powder, whole spices - cinnamon, black pepper and brown cardamom (peeled). Mix everything really well. Cover and cook for 2 minutes until tomatoes get tender.
- Remove seeds from capsicum and cut down into 1-1 inch chunks, chop baby corns as well into ½ - ½ inch chunks and carrots into ½ - ¾ inch chunks as well.
- Check the tomatoes after cutting the veggies. When the tomatoes turn soft, turn off the flame and let the spices cool down a little. Then place these spices in a mixer jar and grind them finely.
- Saute the veggies until they get crunchy. For this, add 2 to 3 tbs of butter and let it melt. Add chopped veggies to the melted butter and mix well. Cover and cook the sabzi for 2 minutes until crunchy. Keep the flame low.
- Prepare gravy on another flame. Add ground masala in the wok and stir constantly to cook. Now add cream to the sabzi and cook until gravy starts simmering. When the gravy starts simmering add ½ cup water into it and let the gravy come to simmer again.
- After 2 minutes, veggies have turned soft, turn off the flame.
- When the gravy starts simmering add salt, red chilly powder and some green coriander to it. Gravy is ready, mix slightly crunchy veggies to it and mix well. Cover and let the sabzi cook for 4 to 5 minutes on low flame.

- Check the sabzi after 5 minute. Sabzi is now ready, transfer it to a serving bowl and garnish with some green coriander. Palatable and super yummy mix veg makhani is ready. Serve this flavorsome and mouth watering sabzi with naan, chapatti, parantha or poori and relish eating.

13. Missi Roti

Ingredient

- Gram Flour (besan) 2 cups
- Whole Wheat Flour (atta) $\frac{3}{4}$ cup
- Cumin seeds $\frac{1}{2}$ teaspoon
- Carom seeds (ajwain) $\frac{1}{4}$ teaspoon
- Peppercorns 5-6
- Dried pomegranate seeds (anardana) 1 tablespoon
- Green chillies chopped 3
- Onion chopped 1 medium
- Salt to taste
- Turmeric powder $\frac{1}{2}$ teaspoon
- Fresh coriander leaves chopped 2 tablespoons
- Oil 1 tablespoon + for greasing
- Butter as required

Method

- Take gram flour and whole wheat flour in a bowl. Roast cumin seeds, carom seeds, peppercorns and dry pomegranate seeds. Pound them to a powder.
- Add green chillies, onion, salt, turmeric powder, coriander leaves and mix well. Add sufficient water and knead. Add one tablespoon of oil and the pounded spice powder and knead into a dough.
- Cover and rest the dough for about fifteen minutes. Divide into sixteen equal portions and roll into balls. Further roll each portion into a roti.
- Heat a tawa and roast the rotis with a little oil till both sides are well done. Serve hot with a dollop of butter.

14. Gajar Ka Halwa

Ingredient

- 1 kg or 4 cup grated carrot / gajar
- 4 cup full cream milk
- 1 cup sugar
- 2 tsp ghee
- 8-10 unsalted whole or chopped cashews
- 8-10 unsalted roasted almonds
- 12-15 golden raisins

Method

- Wash, peel and grate the carrots (gajar).
- In a wide open pan add ghee and all the dry fruits. Roast it for one minute.

- Add grated carrot to the same pan. Carrot needs to be cooked only for 2 to 3 minutes until they turn soft as seen in below picture.
- Now add 4 cup of milk. Try to use full cream milk instead of light milk.
- Mix well and let the milk comes to boil. Stir in between so that milk does not get stick to bottom.
- Cook carrot and milk for 30 minutes on low flame. All the milk should be evaporated leaving behind thick khoya.
- Once more than $\frac{1}{2}$ of milk evaporates add 1 cup of sugar. Mix it well with milk.
- Once again, cook the carrots for 30 minutes in a low flame until all the milk evaporates.
- You gajar halwa is ready. Garnish it with dry fruits. Serve it warm or cold depending upon your preferences.

CHECK YOUR PROGRESS-I

Q.1 Why is Punjab known as bread basket of India?

Q.2 List three main characteristics of the cuisine of Punjab.

Q.3 What do you mean by Sanjha Chullah?

2.4 HARYANA

The cuisine of Haryana is discussed under following sub-sections:

- Geographical Perspectives
- Brief Historical Background
- Culture and Traditions
- Climate
- Agriculture and Staple Food
- Characteristics and Salient Features of the Cuisine
- Specialties during Festivals and Other Occasions
- Festivals and Other Occasions
- Dishes from Cuisine of Haryana

2.4.1 GEOGRAPHICAL PERSPECTIVES

Haryana one of the north Indian states situated on the gigantic plains of Yamuna River was carved out of East Punjab long on 1 November 1966 on linguistic as well as on cultural basis, is one of the 29 states in India with Chandigarh is the capital. Haryana became one of the most economically developed regions in India with its agricultural bloom. The total area of the state is 44212 sq km. This state shares its border with Punjab, Uttar Pradesh, Rajasthan, Delhi and Himachal Pradesh. Most of Haryana is in the plains with the Aravali mountain range starting its westward journey from here. The Yamuna is the only major river that passes through this small state, which is one of the greenest in the country. There is a very good network of canals throughout the state, giving it the much-needed impetus for agriculture, the mainstay of Haryana's economy. Haryana has four main geographical features:

1. Shivalik Hills to the north east- These hills are the source of the rivers like Saraswati, Ghaggar, Tangri and Markanda. Parts of Panchkula, Ambala and Yamunanagar districts.

2. Ghaggar Yamuna Plain forming the largest part of the state which is highly fertile- Divided in 2 parts- the higher one is called *Bangar* and the lower *Khadar*.
3. Semi- desert sandy plain in the south west- This area includes the districts of Sirsa and parts of Hissar, Mahendergarh, Fatehbad, Bhiwani and shares border with Rajasthan.
4. Aravalli hills in the south- This is a dry irregular hilly area.

2.4.2 BRIEF HISTORICAL BACKGROUND

The Vedas, the most ancient manuscripts of the Vedic religion, stem from the area that is now known as Haryana. These Sanskrit documents were written by the Aryans, who descended into the region from the north between 2000 and 1500 BCE. Haryana is also considered to be the birthplace of Hinduism, which began to take discernible shape by the 2nd century BCE and had developed two distinct branches by the 4th century CE. The battle of Mahabharat fought between the Pandavas and the Kauravas in ancient texts, was fought in this state on a battlefield known as *Kurukshetra*. The boundaries of Kurukshetra correspond roughly to the state of Haryana. Thus according to the *Taittiriya Aranyaka* the Kurukshetra region is south of *Turghna* (Srughna/Sugh in Sirhind, Punjab), north of *Khandava* (Delhi and Mewat region), east of *Maru* (desert) and west of *Parin*. Various Puranas, specially *Vamana Purana*, were composed in Haryana at various *tirathas* on the banks of *Sarasvati River*. Other major vedic era religious sites in Haryana are *Adi Badri*, *Dhosi Hill* and *Kapal Mochan*. The Vedic state of *Brahmavarta* is claimed to be located in south Haryana, where the initial Vedic scriptures were composed after the great floods some 10,000 years ago. Among the world's oldest and largest ancient civilizations, the Indus Valley Civilization sites at *Rakhigarhi* village in Hisar district and *Bhirrana* in Fatehabad district are 9,000 years old.

Lying across the route of overland incursion into India, Haryana has experienced many waves of migration over the millennia; a notable invasion was led by Alexander the Great in 326 BCE. The area also has been the site of numerous decisive battles of Indian history. Among the most significant of these conflicts were the Battles of Panipat, which occurred in 1526, when the Mughal leader Bābur defeated Ibrāhīm Lodī and established Mughal rule in India; in 1556, when Afghan forces were defeated by the army of the Mughal emperor Akbar; and in 1761, when Ahmad Shah 'Abdāli decisively defeated the Marathas, paving the way for British control in India. Also important was the Battle of Karnal, in 1739, when Nāder Shah of Persia dealt a blow to the crumbling Mughal Empire.

The area included in the present state of Haryana was ceded to the British East India Company in 1803. In 1832 it was transferred to the then North-Western Provinces of British India, and in 1858 Haryana became a part of Punjab. The union between Haryana and Punjab was awkward, however, largely because of religious and linguistic differences between the two regions: Punjabi-speaking Sikhs of Punjab vis-à-vis Hindi-speaking Hindus of Haryana. By the first decades of the 20th century, agitation for a separate state of Haryana was well under way, led most notably by Lala Lajpat Rai and

Asaf Ali, both prominent figures in the Indian national movement, as well as by Neki Ram Sharma, who headed a committee to cultivate the concept of an autonomous state.

Haryana remained part of Punjab after the partition of India and Indian independence in 1947, but the demand for separate states—supported by both Hindus and Sikhs—continued, undiminished. Indeed, the movement gained momentum, reaching its fullest intensity in the early 1960s. Finally, with the passage of the Punjab Reorganization Act (and in accordance with the earlier recommendations of the States Reorganization Commission), Haryana was separated from Punjab in 1966 to become the 17th state of India.

2.4.3 CULTURE AND TRADITIONS

Dating back to 4,500 years the people of the Harappan civilization were the first to occupy the land of Haryana. Later the Aryans from Central Asia started to migrate from there and started settling down in places like Punjab and Haryana because of the mighty river and its tributaries in this area of the Indian subcontinent. Thus the current populations of the people Haryana has their ethnic origin to the Aryan race and are popularly known as *Jat*. This is clearly proved by the external features of the people who are tall with sharp features and wheatish colour. Though they are quite aggressive in nature they are very good at heart. The culture of Haryana dates back to the Vedic times and the people are noted for their rich cultural heritage. The people of Haryana are known for their rich folklore and strictly adhere to their own traditions and customs and follow meditation, Yoga and chanting of Vedic Mantras which has become an integral part of their life. This way of life of the people of Haryana is age old customs. The culture of the people is extoled by their seasonal and religious festivals. The people are known for their diverse races, cultures and faiths which are blended in the right proportion to become something truly India. Even today they are preserving and follow their old religious and social traditions including fairs and festivals which are celebrated following all the traditional customs.

Most of the people of Haryana have more or less equal social status. Elders are always respected highly irrespective of caste. They have a unique tradition regarding *khaat* (type of bed consist of wood and rope). They have different *khaat* for each member in the family and the head of the family or any other respectful person always sits along the head portion of the *khaat*. This is called respect in Haryana. *Khat* and *hukka* represent the values of Haryana. Small village problem is taken care by the committee of five members “*panch*” in “*panchayat*” of the village, headed by “*sarpanch*”, where as several *panchayats* are headed by a *single* “*khap panchayat*”.

When it comes to marriage, a boy and a girl of the same *gotra* are not allowed to marry and the marriage is a must within the same community. If marriages do not take place within the same *Jat* then it is considered as a great disgrace to the boy or the girl family and is never accepted. Marriage within the same village is also not permitted even if the boy and girl qualify for marriage according to *gotra* restriction. By following this custom the people are able to maintain racial purity and this factor of limiting within the

community helps in promoting good health and prevention of physical degeneration. The people of Haryana do not promote *karewa* or widow marriage which is a very big obligation among the community.



The costumes of the people of Haryana are very simple and contribute a lot to their culture. The status of the family is judged by their costumes. Men usually dress up themselves with dhoti, shirt, turban and a pair of shoes. The style of the turban varies for a Jat, an Ahir, a Rajput, a Bania or a Brahman. They are always found being wrapped by a blanket or *chaddar*. Costumes vary for the women folk especially for those of different communities. A Jat woman's costume consists of a *ghaggri* (a long skirt), shirt and a printed orhni which has long cloth used to drape the front area of her body. The Ahir women are characterized by their *lehenga* or petticoat tight blouse and orhni which are usually red or yellow in colour and decorated with bosses and fringes. The costume of a Rajput woman is very much similar to that of an Ahir woman where the only difference lies in her orhni which is plain white with silver fringe but without a fall. The Brahmans and Aggarwal women go in for the normal dhotis and saris.

Irrespective of the community the people of Haryana in general have a lot of affinity for ornaments which are usually made of gold and silver. Some of their common or the most preferred ornaments include necklace, heavy bangles made of silver, *jhalra* (long hanging string of gold *mohars* or silver rupees) *Karanphul* and *bujni* of gold and dandle of silver for the ears. The rings which they wear on their fingers usually have their favorites name embedded in it. They also prefer nose rings and anklets.

The dance of the people of Haryana forms the basis of their art and infact it is also most commonly referred by the people as mother of all arts. Apart from dance, the delighting form of arts enjoyed by the people is Saangs, dramas, ballads and songs. They consider dance to be a way of expressing their physical and emotional energy rather just as a part

of recreation for they believe that dance is a source of taking away the worries and stress of the performers. Punjab has influenced the people of Haryana a lot for the fact that culture and humour is very much similar to them. With Hindi as the base the people of Haryana speak numerous dialects.

2.4.4 CLIMATE

Climate of Haryana The climate of the state is subtropical, semi-arid to sub-humid, continental and monsoon type. The summers are hot with maximum temperature of 48°C. Winds called 'Loo' blows during the month of May and June. The average rainfall of the state is 560 mm of which About 80% of the rainfall occurs in the monsoon season during the months of July and September. Winters are very cold and foggy, with temperature dips down to 3°C at some of the northern areas.

2.4.5 AGRICULTURE AND STAPLE FOOD

Despite recent industrial development, Haryana is primarily an agricultural state and main occupation of the people of Haryana where they are involved in the cultivation of rice, wheat, jowar, bajra, maize, barley, pulses, sugarcane, cotton, oil seeds and potato. About 70% of residents are engaged in agriculture. The state owes a significant contribution in the GDP of India. Fertile lands, committed, hardworking and simple people. Haryana is at second position in food grain production in the country. Haryana contributed significantly to the Green Revolution in India in the 1970s that made the country self-sufficient in food production. The world famous basmati rice is from Haryana. Nearly 70 % of the total population of people living here are into farming.

Dairy farming is also an essential part of the rural economy. Haryana has a livestock population of 98.97 lakh. Milk and milk products form an essential part of the local diet. Almost every household rear cows and buffaloes and are engaged in milk production. There is the saying "*Desaan main des Haryana, jit doodh dahi ka khaana*", which means "Among places is Haryana, where the staple food is milk and yoghurt ". The Murrah breed of water buffalo and Haryanavi cow from Haryana is world-famous for its milk production.

By the change of animal era to machinery period, Jats too have changes over to tractors and tillers in place of bullocks and jeep instead of horse. However a Jat in a village or on his farm cannot do without one or two buffaloes because without milk, curd, Ghee (clarified butter) and *Chaach* (cream separated curd), his daily diet remains incomplete.

2.4.6 CHARACTERISTICS AND SALIENT FEATURES OF THE CUISINE

Haryanvi cuisine is like the people of Haryana - simple, earthy and inextricably linked to the land. There is no dearth of dairy products as it is one of the richest places in cattle population. *Haryanvis* believe in consuming the purest form of milk by petting cows and

buffaloes at homes. People here make their own butter and ghee. Homemade fresh butter is called *nooni* or *tindi* ghee and is churned daily in most homes.

Jats are mostly non-meat eaters as a result of Vedic and Buddhist influences. Obviously the cuisine of Haryana has lot of dairy products and more of vegetarians. Their staple food is wheat or bajra, vegetables and plenty of milk and ghee. Jats consider non-vegetarian food undesirable but some of Jats started taking non-vegetarian food after German war. Presently the proportion of meat eater Jats is very limited. Jat women are normally quite ignorant about cooking of non-vegetarian dishes. Jats earlier were not in habit of taking wine but it is slowly growing in modern times due to influence of other societies. Rice and Roti are most commonly eaten by the people of Haryana. The rotis are usually made either with wheat, barley, and gram flour. Some special varieties of rotis made in this region include *Besan Masala Roti*, and *Bajra Aloo Roti*. *Gochini atta* made from wheat and gram flour which is equally nourishing. *Curd*, *lassi*, *buttermilk*, and *sherbet* are part of everyday Haryana food. Side dishes made of *channa*, cottage cheese, and spices commonly known as *Kadai hara cholia* is a very popular side dish for rotis. Steamed rice is served with *Kadhi* which is made with gram flour, onion, potato, curd, and spices along with *aloo ke tikiyas*. *Parathas* are eaten with a dish called *bathua raita* made with bathua, curd, and spices. *Kichri*, the porridge made from *bajra*, *moong dal*, or rice, is a nutritious evening meal of the rural people consumed with kadhi and pickle. On special occasions *halwa* (ate ka halwa, gajar halwa, mongdal halwa, *kheer* and rabdi are prepared. Rice is consumed with a lot of ghee and sugar. *Dal*, *churma*, *baati*, *lapsi*, *Gulgule* and *shakarpara* are also very common. *Papad* and *mangori* are made from moong and moth which are used for vegetables throughout the year. Jat habitations have a plenty of *kair* and *khejri* trees. The fruit of kair is used as vegetable and in making curry. Kair is used in pickles and used throughout the year. Khejri pods, called *Saangri* in local language, are used as vegetables.

The 'Land of Rotis' is an apt title for Haryana, as people are fond of eating different kinds of rotis here. Wheat rotis are common and so are *baajre ki roti* and *besan rotis*, *poories* and *chapatis*. In earlier times, rotis would be made from a flour of wheat, gram and barley, a truly nutritious and healthy combination. Then there is the *gochini atta* made from wheat and gram flour. However with the rising price of gram and barley, people prefer the comparatively cheaper wheat flour, a loss both in terms of taste and nutrients.

Lassi made from yoghurt is another popular drink, almost a meal in itself. The Haryanvi's love for lassi can be gauged from the fact that *thandai*, a sweet, milk based drink is called kachi lassi.

2.4.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

1. Kachri Ki Sabzi- is one of the most popular foods in Haryana. Kachri is a commonly found vegetable in the state. It is a wild variety of cucumber that resembles a small brown-coloured lemon. It is mostly consumed as a chutney or even sabzi, made with potatoes and other vegetables mixed together. The chutney has all sorts of

ingredients including garlic, onion, aniseed (*saunf*), turmeric, cumin seeds, red chilies and salt to taste. It can stay fresh up to a month's time if refrigerated and kept properly in an air tight container.

2. Singri Ki Sabzi or Kair Sangri Ki Sabzi - which is mostly associated with Rajasthan, is also popular in Haryana. They are desert beans and berries that are used to make a lip-smacking stir-fry in Haryana. They are prepared by first soaking them in turmeric infused water overnight or boiling them with a dash of salt for about 15 minutes. Then goes the blend of numerous spices including dry mango powder (*amchur*), turmeric, chilli powder, coriander powder, *garam masala*, ground mustard, sugar and salt during the cooking process. You can add yogurt to it too. This *sabzi* can be enjoyed for a longer period once stored in the refrigerator, which is about 8-10 days, and can be savoured with *dal ke parathe*.
3. Hara Dhania Cholia- is chickpea or green chana which is commonly found in Northern India. Hari Dhania Cholia is a mix of green chana and variety of vegetables. It is prepared with onion, tomato, red chili powder, cumin seeds, coriander leaves and turmeric. It is a rare and unique combination that is popular in Haryana and is eaten with rotis or paranthas.
4. Methi Gajar- is a dish that most Indians are familiar with. This is a spicy preparation with little sweetness added to it with the help of carrots. Some people add a tad bit of sugar to maintain the balance. It's a popular dish in Haryana.
5. Kadhi Pakora- yogurt, coriander leaves, besan flour, green chillies, Mustard ghee, and cumin seeds along with curry leaves are the ingredients that result in delicious kadhi. Deep fried besan pakoras dipped in the khadi makes the dish awesome.
6. Mixed Dal- Mixed Dal is a staple diet in Haryana. It is basically a blend of four to five protein-rich dals including chana, toor, masoor and moong. Prepared in pure desi ghee, it is mostly eaten with jeera rice. It also makes a delectable accompaniment for paranthas. It makes a distinctive staple with tomatoes, curd, garam masala and ginger garlic paste among others.
7. Rajma Chawal- This delicious Rajma sabzi is served with hot steaming rice. Rajma is very good for health as it is a high-protein source for the vegetarians. The food of Haryana is lip-smacking and different in its own way. Whether it's the sweet dishes, the several types of rotis or mixed dal, it's going to make you fall in love with its authentic taste.
8. Kaddu ki subji- Pumpkin is gourd like squash in yellow and round shape. Pumpkin curry or Kaddu ki sabzi is very easy and simple to prepare, chop the pumpkin and cook with spices and with chapatti and poori.
9. Bajra Khichri- Since bajra is one grain that is found in abundance in Haryana, making khichdi out of it seems quite an obvious thing to do. The delicious concoction of ground spices, some juicy vegetables and the hard crop makes for a delicious and heavy meal.
10. Bathua Raita- Bathua Raita is a yogurt recipe that is very refreshing and gives added benefits to health. Bathua or chenopodium leaves are anti oxidants and are rich in many vitamins. To prepare this dish, ingredients like chopped bathua, cumin powder, red chili powder and salt are added to the yogurt. Raita can be served along with almost all meals in Haryana.

11. Tamatar Chutney- Tamatar (tomato) chutney is spicy, tangy chutney made from tomatoes, onion, garlic, spices, salt and a pinch of sugar. The chutney can be served with pakoras or just on the side with any meal.
12. Kachri Ki Chutney- This lip-smacking chutney is prepared from a locally grown fruit/vegetable called *Kachri*. The vegetable looks a lot like *parwal* and is a wild variety of cucumber. Mixed with garlic, onion, yoghurt and other spices, the ground concoction is mighty delicious
13. Besan Masala Roti-Makhan- is made with gram flour (*besan*), whole wheat flour (*atta*), *ghee* and the *masala*. The *masala* generally consists of cumin powder, coriander powder, dry mango powder (*amchur*), red chili powder, green chili paste and salt.
14. Bajra Aloo Roti-Makhan- It is prepared with a mix of *bajra* flour, mashed potatoes, ginger garlic paste, coriander leaves, *garam masala*. It served hot with white butter and it tastes heavenly.
15. Bhura Roti-Ghee- rotis dipped in ghee and eaten with bhura (powdered jaggary or sugar. The leftover *rotis* with these combination is extremely yummy.
16. Alsi ki Pinni- *Pinni* is an immensely popular sweet in Punjab, but Alsi Ki Pinni from Haryana is a different ball game altogether. It is prepared with *alsi* (lin seed or flaxseeds), whole wheat flour, sugar, ghee, nuts and cardamom powder. This sweet is not only amazingly delicious but also very healthy. *Alsi* is high in fiber, omega 3, iron and potassium among others.
17. Mithe Chawal- is prepared with rice, sugar, and ghee. To add color you can even use small quantity of saffron and cardamom. This mouthwatering dish will really add a taste for the whole day.
18. Churma- a simple but heavenly dish of roti, sugar and ghee which Haryanvi wrestlers have as part of daily diet and credit their strength to – does not offer it on the same plate but separately as a full breakfast dish or as an after-meal sweet dish.
19. Malpua or pua- the sweet fried pancakes served along with their sweet syrup or rabdi.

2.4.8 FESTIVALS AND OTHER OCCASIONS

The state of Haryana celebrates the rich, glorious culture of India in its various fairs and festivals that are celebrated with equal pomp and gaiety here as all over the country. There are several fairs and festivals in Haryana that attract a large number of visitors to the state at different times of the year. These festivals are occasions of celebration, fun and frolic when the entire state of Haryana bustles with life.

- Kurukshetra Festival – The festival in Kurushetra occurs in the month of November/December and coincides with the *Gita Jayanti*, signifying the birth of the *Srimad Bhagavad Gita*, the holy book of the Hindus. A visit to Kurukshetra during the festival is an exhilarating and spiritual experience. The pilgrims all gather to take a holy dip in the *Brahma Sarovar* and the *Sannehit Sarovar*, the waters of which are considered sacred. Week -long Bhagwad katha (presenting stories in Bhagwad Gita, sacred book of the Hindus), Shloka recital, bhajan, dance, dramas and '*deep daan*' at Brahma Sarovar are part of the religious festivities.

- Mahabharata Festival –This most popular festival is held every year in the month of December, at Kurukshetra, to commemorate epic battle of the Mahabharata. Though the time for celebrating the Mahabharata Festival almost coincides with the celebrations for the Gita festival at the same place, the Mahabharata Festival in Haryana takes place on a much larger scale and has wider participation. It is celebrated with a number of events and celebrations which include recitation of the Shrimad Bhagwad Gita, whereby homage is paid to the Epic Mahabharata and Lord Krishna. A number of seminars and interesting discussions upon Bhagwat Gita is held which empanels different scholars and specialists from across the globe.
- Baisakhi at Pinjore – Baisakhi festival in Pinjore, a small town in Haryana, is a grand event that is celebrated with much pomp and gaiety among the locals as well as visitors from across the country. It is celebrated to mark the start of the wheat harvest season. The festival falls on 13th April every year and is also observed as the first day of the New Year as per the traditional Vikrami calendar in India. Baisakhi at Pinjore is an equally frolicsome occasion when people adorn themselves with the best of apparels and jewelry, visit temples and gurudwaras to offer prayers and feast with loved ones. Another popular feature of the festival of Baisakhi in Pinjore is the performance of folk dances by men and women on dhol beats that is a must-watch. *Mock duels, Bhangra* and *Gidda* performances make the procession more joyous and colourful.
- Teej – Teej heralds the onset of Sawan (monsoon), which is necessary for the agricultural prosperity of the state. Dressed in all their finery, with mehndi on their hands, the womenfolk converge to welcome the rains. The festive occasion has them on their feet with *gidda* and *kikli* (two folk dances). Makeshift swings are hung from trees and the women frolic on them, singing the traditional *bojeeyan* and *tappe*. Songs are also sung in praise of Goddess Parvati, as it was on this auspicious day that Parvati, the consort of Lord Shiva, won him after much penance. This festival too, is celebrated in both Punjab and Haryana. The festival is held at number of places in the state. Women accessories like bangles, mehndi and other makeup utilities are displayed here along with local handicrafts.
- Holi and Deewali – These Hindu festivals are observed with great zeal and enthusiasm in every part of the state.
- Lohri– This is an important Haryana festival for the farmer community. It marks the end of winter and welcomes spring- *vasant ritu* which is also known the season of fertility and love. It is celebrated on 13th or 14th January as per the lunar Indian calendar. It is celebrated one day before *Makar Sankranti* (Makar Sankranti Marks the transition of the Sun into Makara rashi (Capricorn). The legend which is associated with Lohri is the legend of *Dulla Bhatti*. In the evening we used to make a huge bon fire and used to sing the songs of Dulla Bhatti around it. We also used to throw popcorns, mishri (crystallised sugar), chure (dried dates), puffed rice into the burning flame. Makki di rotl, sarson da saag, gajak and Gajar halwa are favourite dishes served.
- Haryana Day – Haryana Day is a regional public holiday observed on 1 November to celebrate marks the formation of the state of Haryana. The festival is held with great pomp and gaiety. This day also marks the *Pakwan Pratiyogita* (cookery completion), *Run for Fun* event, blood donation camps and various competitions along with

musical performances in the evenings that are held almost in all tourist complexes in Haryana. All the state complexes and buildings are brightly lit up and decorated and present a cheerful and beautiful sight.

- Pinjore Heritage Festival – It is organized to promote the rich cultural and historical tradition of the region and to celebrate the erstwhile heritage of the town of Pinjore. Dancers, theatre troupes, artisans and many more creative practitioners set to embellish the sprawling Pinjore Gardens. Festival is mainly an exhibition of the culture and tradition of the state. As a cultural concoction, this affair is attended by artists from all over the country who showcase their art and contribute towards the success of the event. It is one of the best places for the local artisan to showcase their creativity in handicrafts.
- Gangaur festival – This festival is all about honouring Goddess *Gauri* or *Parvati*, and celebrating marriage and love falls on the onset of Holi and lasts for 18 days. Processions are taken out on this day with the idol of the Goddesses which is blissful for everyone. A lot of rituals are religious songs are performed in the temples on this day. People offer sweet dishes to the Goddess and pray for wealth and prosperity. In this fiesta, both married and unmarried women take part in full enthusiasm. *Gana* signifies Lord Shiva, and *Gangaur* symbolises Lord Shiva and Parvati together. As per legends, Gauri won Lord Shiva's affection and love with her deep devotion and meditation. And after that, Gauri visited her paternal home during Gaugaur to bless her friends with marital bliss. Gangaur festival is altogether a very colourful affair, which attracts a huge number of tourists.
- Baisakhi – Baisakhi festival in Haryana is celebrated to mark the start of the wheat harvest season. The festival falls on 13th April every year and is also observed as the first day of the New Year as per the traditional *Vikrami* calendar in India. Baisakhi is

celebrated to welcome the harvesting of wheat, so it is a Thanksgiving Day. After taking an early bath in ponds or rivers people visit temples or gurdwaras to express gratitude to the Almighty for the bountiful harvest and pray for prosperity and



good times in future. This day also marks the anniversary of the founding of "*Khalsa Panth*" among the Sikh community. High point of Baisakhi celebrations in villages is the performance of traditional folk dance *bhangra* and *gidda* by men and women

respectively. The dance is simple in movement but is extremely energetic and is performed in-groups on the beat of dhol.

- Gugga Naumi – This is a seven day long religious festival, celebrated all over Haryana in August-September paying respect to snakes and *Gugga Pir* or *Zahir Pir* (the saint) who is reputed to have the power to curing snake bites. He is also referred to as *Beggar wala* because of his grave near Dadrewa near Ganga nagar, a tract over which he is said to have ruled. The devotees worship the idol of *Gugga Pir* which they called '*Gugga Kichhari*'. The temple is covered with colorful flowers, flags and other paraphernalia and the devotees sing folk songs which talked about the miracles performed by the great devine. *Sevian* (sweet vermicelli) is served to the guests as prasad.
- Surajkund – The festival's name Surajkund derives its name from ancient amphitheatre resembling Greek amphitheatre constructed in 10th century AD by Raja Suraj Pal, one of Tomar chieftains in Faridabad. This is unique monument was built to worship Sun God (Surya). This is one of the largest crafts fair in India which has spectacular showcase of regional and international crafts, handlooms, traditions along with some mouth-watering multi-cuisine food for the visitors. The place is setup as a typical rural marketplace displaying the rich arts and traditions of India by the skilled artisans, sculptors, weavers and craftsmen. To give the fair a complete traditional touch, traditional cultural programs are held and rural cuisine is served. The fair is truly the most popular among all fairs and festivals in Haryana and attracts visitors in large numbers from all parts of the country. Surajkund Crafts Mela is an annual confluence of India's culture and folk traditions that is organized on a large scale by Haryana Tourism from 1st to 15th February.
- Kartik Fair– The Kartik Cultural Festival is held at the *Nahar Singh Mahal* in Ballabgarh town organized by Haryana Tourism working with Ballabgarh Beautification Society and a number of allied agencies. The main aim of this festival is to promote the fort ambience, martial arts, Indian classical music and dance and a rich variety of folk theatre. The festival had given new life to dying folk arts, martial arts and worked to bring traditional folk dances and music to the national stage.
- Somwati Amawasya – This fair is held twice a year in the month of May and October in the name of *pitra-tarpan* on the bank of Sohana river, where as per the Hindu calendar *Shraadh* is observed to bring peace to the dead souls of the ancestors. While the men are busy with the rituals, the women cook a special dish with wheat and jaggery near the river on wood fire which is served to the departed souls (*shraddh arpan*). People take dip in the Sohana river hoping to get relief from the sorrows and prosperous future. Women tie thread around papal tree trunk, chanting *slokas* or singing local folksongs. The festival is accompanied by large fair where artisan sells their products like shawls, bangles, jewellery, toys etc. Food stall sprayed around serve intra as well as inter state cuisines.
- Mango Festival – It is observed to popularize and enhance and highlight the tremendous popularity of the mangoes. During this festival many different varieties of mangoes from all over India are showcased. Competitions held between mango growers from all over the country and the visitors get the chance to taste all the different and traditional varieties of these summer fruit. Apart from mangoes, latest hybrid fruits from the different agricultural universities are also exhibited. Fruit

products like jam, pickles and canned fruits from various agro industry and food companies are also displayed. Various kinds of cultural programs and functions take place. The Mango Festival in total also reflects the enriching cultural extravaganza of Haryana.

2.4.9 Dishes from Cuisine of Haryana

1. Kair Sangri Ki Sabzi

Ingredients

- ¾ cup Sangri
- 2 tablespoons Ker
- 2 Dry red chillies , broken into pieces
- ½ teaspoon Ajwain (Carom seeds)
- ¼teaspoon Asafoetida (hing)
- ½ teaspoon Turmeric powder (Haldi)
- 1-½ teaspoons Red chilli powder
- 1 teaspoon Amchur (Dry Mango Powder)
- 2 teaspoons Coriander Powder (Dhania)
- 1 tablespoon Jaggery , optional
- ¼cup Raisins
- 4 sprig Coriander (Dhania) Leaves
- Cooking oil , for cooking

Method

- To begin making the Ker Sangri Sabzi Recipe, soak the ker and sangri immersed in lot of water for at least 8 hours or overnight.
- After 8 hours, drain the water and rinse the ker sangri in water a couple of more times, to remove residual dust and dirt.
- In the next step, we will cook the soaked ker sangri in the pressure cooker. Place the soaked Ker Sangri in the pressure cooker, add 1 cup of water and cook the ker sangri until you hear 3 to 4 whistles.
- After 3 to 4 whistles, turn off the heat and allow the pressure to release naturally.
- The next step is to combine it with spices and make the Ker Sangri Sabzi
- Heat a tablespoon of oil in a heavy bottomed pan over medium heat. Add the ajwain, the red chillies and allow it to roast a little. Add the cooked raisins, the turmeric powder, asafoetida powder, coriander, amchur powder and finally the Ker Sangri and give all the Ingredients a good stir.
- Stir fry until all the Ingredients are combined and allow it to cook for another 5 minutes. Once done, turn off the heat and the Ker Sangri Sabzi is ready to be served.
- Serve the Ker Sangri Sabzi along with Kadhi, Phulkas and Steamed Rice and not to forget the ghee along with.

2. Besan masalas roti

Ingredients

- 1 cup besan (gram flour)
- 1 cup atta (whole wheat flour)
- ½ tsp turmeric powder
- 1 teaspoon ajwain (caraway or carom seeds)
- 1 teaspoon salt
- ½ cup curd | yogurt (optional)
- Water to knead
- For the Masala filling
- ½ tsp red chilli powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- 1 Tbsp Ghee

Method

- Add the flour, salt, ajwain and turmeric powder in a mixing bowl. Mix well. Add the curd, and then sprinkle water little by little to form slightly firm dough. Rest it for about 20 minutes.
- Mix all the Ingredients mentioned under masala filling and keep aside.
- Take the rested dough and divide into 8 portions. Take a portion and flatten it slightly. Dust some flour on the rolling surface (minimum flour as needed) and some on top of the dough. Roll it out into a small disc (approx 3 cm).
- Brush the surface with ghee and sprinkle the masala filling evenly. Then you can fold this into a triangle or a circle.
 - **For triangle:**
- Fold it into half. Fold again from one side to another to form a triangle. Now roll the folded triangle as thin as possible.
 - Start rolling the disc into a cylinder with the stuffed masala inside.
- Heat the griddle | tawa on medium heat. Once it is hot, place this on the tawa. In 10-15 sec flip it. Apply some ghee on top and then again flip it and apply ghee on other side. Now cook both sides until brown spots appear and it may slightly puff.
- Follow the same procedure with the remaining dough.
- Serve it immediately with a spicy side or a simple yogurt.

3. Mixed dal

Ingredients

- 1 cup chana dal
- 1 teaspoon turmeric
- 1 small onion
- 1 clove garlic
- 1 teaspoon cumin seeds

- 2 tablespoon butter
- handful coriander leaves
- ½ cup urad dal
- 1 ½ teaspoon salt
- 1 small tomato
- 1 green chilli
- 1 red chilli
- 8 ml vegetable oil
- 1 teaspoon red chilli powder

Method

- To make this delicious recipe, soak the chana dal and urad dal separately for about 15 minutes. Wash them twice or thrice and keep separately.
- Take a pressure cooker and fill it with 2 cups of water and chana dal. Add salt and turmeric powder. Cook until 2 whistles and turn off the gas. Let it cool.
- Add soaked urad dal into the boiled chana dal, cook until 2 whistles. Keep the cooker aside.
- Now take a non-stick pan and heat oil and butter on a medium flame. Then add 1 tbspchopped garlic and ginger. When garlic becomes a light brown in colour, add chopped green chilli, cumin seeds along with whole red chillies and saute for 3-4 minutes.
- Add chopped onion in the pan and saute until the onion becomes translucent. Now add chopped tomato into it. Cook until the tomato becomes tender or soft. Add red chilli powder, saute it and turn off the gas. Pour this tempering on the dal and the mix dal is ready. Garnish dal with chopped coriander leaves and serve hot with roti, rice or naan.

4. Bhura Roti Ghee**Ingredients**

- 3 home made rotis or 3 wholewheat tortillas (see tips)
- 2 ½ tablespoons ghee
- 3 tablespoons goor (jaggery or palm sugar – see tips), plus more if you like it sweeter
- 3 tablespoons ground almonds
- couple of strands of saffron
- a large pinch of ground ginger

Method

- Reheat the rotis or wholewheat tortillas, if using, in a toaster oven for a minute on the lowest setting. Or heat on a hot griddle for a minute each, turning over half way. Tear into small pieces and place in a large shallow bowl.
- Scatter on the ground almonds and dot with goor or palm sugar, if using.
- Heat the ghee over medium high heat till hot but not burning hot. Gently drizzle over the mountain of roti, goor and almonds. There is something therapeutic about this, so take your time.

- Crumble the saffron in your palm and sprinkle over the mixture. Dust on the ground ginger and, with not so nimble fingers, gently knead the Ingredients so that they meld into each other. This is an act of love so try not to be in a rush.
- The mixture should be warm. If it has cooled a bit, simply toss into a frying pan and heat gently. Tumble the ghee, goor and roti into a bowl and serve immediately.
- Ghee, goor and roti can be doled out into bowl and eaten with a spoon.

5. Malpua

Ingredients

For malpua

- 1 cup maida / plain flour / all purpose flour
- ½ cup rava / semolina / bombay rava / sooji
- ¼ cup sugar
- ½ tsp fennel / saunf, powdered
- ¼ tsp cardamom powder / elachi powder
- ½ cup milk / rabri
- water as required, to prepare batter
- oil for deep frying
- rabri for serving
- dry fruits for garnishing

For sugar syrup:

- 1 cup sugar
- ½ cup water
- ¼ tsp cardamom powder / elachi powder
- few threads saffron

Method

- Firstly, in a large mixing bowl take maida, rava and sugar.
- Also add fennel powder and cardamom powder.
- Further add milk or rabri.
- Mix well making sure there are no lumps in the batter.
- Add water as required and mix well.
- Make sure the batter is of smooth poring consistency.
- Further whisk the batter for atleast 5 minutes.
- Cover and rest the batter for 30 minutes.
- Pour the batter into hot oil / ghee.
- Once the malpua starts to float, splash oil over malpuas.
- And also press gently with the help of perforated spoon.
- The malpuas will puff up like poori.
- Now fry both sides till they turn golden brown.
- Drain the malpuas onto the a kitchen towel to remove excess oil
- Now soak the malpuas into hot sugar syrup.
- Rest for 10 minutes making sure both the sides of malpua are soaked well.
- Finally, serve malpuas hot with rabri and garnished with few nuts.

6. Kachri Ki Sabzi

Ingredient

- 1 cup Gawar Phali (Kothavarangai / Cluster beans) , chopped
- 9 Kachri (Wild cucumber) , chopped
- 1 tablespoon Cooking oil
- 1 tablespoon Cumin seeds (Jeera)
- 1 teaspoon Asafoetida (hing)
- 1 tablespoon Turmeric powder (Haldi)
- 1 tablespoon Red chilli powder
- Salt , to taste
- ¾ tablespoon Coriander Powder (Dhania)
- 1 tablespoon Amchur (Dry Mango Powder)

Method

- To begin making Rajasthani Kachri Phali Ki Sabzi Recipe (Wild Cucumber And Beans Sabzi), peel and cut wild cucumber, make sure you taste them before adding with other Ingredients as sometimes they can be bitter in taste.
- Take a pressure cooker. Add gawar phali and pressure cook them for one whistle and release pressure immediately.
- Take a strainer and strain water and keep them aside.
- Heat oil in a pan or kadai on a medium heat, add cumin and asafoetida once the oil is hot.
- Let cumin crackle and add turmeric powder, red chilli powder, and coriander powder. Mix everything well for few seconds.
- Add chopped kachri and mix it with masala. Let it cook for about 5-7 minutes.
- Now add boiled gawar phali to cooked kachri. Let it cook for about 2 minutes on medium heat. Add salt to taste and amchoor powder.
- Serve Kachri Phali Ki Sabzi Recipe (Wild Cucumber And Beans Sabzi) along with Phulka, and Smoked Dal Makhani Dhaba Style Recipe for a weekday lunch.

7. Hara Dhania Cholia

Ingredients

- Green Bengal Gram 3 cups
- Yogurt to taste
- Oil 3 tablespoons
- Onion 1 large
- Asafoetida ¼teaspoon
- Cumin seeds ½ teaspoon
- Green chillies 2-3
- Garlic paste ½ tablespoon
- Ginger paste 1 tablespoon
- Turmeric powder ¼teaspoon
- Coriander powder ½ tablespoon
- Cumin powder 1 teaspoon
- Red chilli powder 1 teaspoon

- Yogurt 1 ½ cup
- Garam masala powder 1 teaspoon

Method

- In a pressure cooker cook hara cholia with 3 cups of water half teaspoon salt for 20-25 minutes (2-3 whistles).2. Drain all the water and keep it aside. Now, heat oil in a deep non-stick pan.
- To this add asafoetida and cumin seeds to the pan. Sauté these till the seeds splutter.
- Now, add onion to the pan and saute for 1 minute. Now, add green chillies, garlic-ginger paste and sauté till fragrant.
- Add turmeric powder, coriander powder, cumin powder and red chilli powder and mix well. And close the lid and cook for few minutes. Now, add yogurt, cholia and salt to taste and mix well.
- Add ¼ cup water and garam masala powder and mix. Cover and cook for 3-4 minutes. Serve hot.

8. Rajma Masala**Ingredients**

- For pressure cooking:
- 1 cup rajma
- 1 bay leaf
- 1 black cardamom
- 1 tsp salt
- 4 cup water
- OTHER INGREDIENTS:
- 1 tbspghee / clarified butter
- 1 tsp cumin / jeera
- 1 inch cinnamon
- 5 cloves
- 1 onion, finely chopped
- 1 tsp ginger garlic paste
- 1 chilli, slit
- 2 cup tomato pulp
- ¼ tsp turmeric
- 1 tsp kashmiri red chilli powder
- 1 tsp coriander powder
- ½ tsp cumin powder
- ½ tsp aamchur / dry mango powder
- ½ tsp garam masala
- ½ tsp salt
- 1 tsp kasuri methi, crushed
- 2 tbspcoriander, finely chopped

Method

- In a large kadai heat 1 tbspghee and saute 1 tsp cumin, 1 inch cinnamon and 5 cloves.

- Add in 1 onion, 1 tsp ginger garlic paste, 1 chilli and saute until the onions turn golden brown.
- Now add 2 cup tomato pulp.
- Cover and cook for 10 minutes, or until the oil is separated.
- Further keeping the flame on low add ¼ tsp turmeric, 1 tsp chilli powder, 1 tsp coriander powder, ½ tsp cumin powder, ½ tsp aamchur, ½ tsp garam masala and ½ tsp salt.
- Saute until the spices turn aromatic.
- Add in cooked rajma and mix well.
- Cover and simmer for 15 minutes or until the curry thickens.
- Now add 1 tsp kasuri methi, 2 tbspcoriander and mix well.
- Serve hot.

9. Besan Masala Roti

Ingredients

- 1 cup besan (gram flour)
- 1 cup atta (whole wheat flour)
- ½ tsp turmeric powder
- 1 teaspoon ajwain (caraway or carom seeds)
- 1 teaspoon salt
- ½ cup curd | yogurt (optional)
- Water to knead
- For the Masala filling
- ½ tsp red chilli powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- 1 TbspGhee

Method

- Add the flour, salt, ajwain and turmeric powder in a mixing bowl. Mix well. Add the curd, and then sprinkle water little by little to form a slightly firm dough. Rest it for about 20 minutes.
- Mix all the Ingredients mentioned under masala filling and keep aside.
- Take the rested dough and divide into 8 portions. Take a portion and flatten it slightly. Dust some flour on the rolling surface (minimum flour as needed) and some on top of the dough. Roll it out into a small disc (approx 3 cm).
- Brush the surface with ghee and sprinkle the masala filling evenly. Then you can fold this into a triangle or a circle.
- (1) For triangle:
- Fold it into half. Fold again from one side to another to form a triangle. Refer the stepwise pic. Now roll the folded triangle as thin as possible.
- (2) Start rolling the disc into a cylinder with the stuffed masala inside.
- Heat the griddle | tawa on medium heat. Once it is hot, place this on the tawa. In 10-15 sec flip it. Apply some ghee on top and then again flip it and apply ghee on other side. Now cook both sides until brown spots appear and it may slightly puff.
- Follow the same procedure with the remaining dough.

- Serve it immediately with a spicy side or a simple yogurt.

10. Alsi ki Pinni

Ingredients

- Alsi 500g (flax seeds or linseeds)
- Wheat flour 500g
- Ghee 400g
- Sugar 750g
- Almonds 100g
- Raisins 100g
- Pistachios 100g
- Cashew nuts 100g
- Green cardamom powder 1,tsp (heaped)
- Gond 100g(gum arabic)

Method

- Heat a pan and roast the alsi on medium flame till fluffs up and place it in a plate.
- In a pan heat ghee 200g and roast the wheat flour, till light golden on a medium flame, once roasted keep aside in a plate.
- Heat ghee 100g and fry the gond till it fluffs up on a medium flame, and keep aside.
- Now grind the roasted alsi (flax seeds) keep aside, and grind the gond and keep aside as well.
- Cut the nuts and keep aside.
- Now heat ghee 100g in a pan ad roast the alsi (flax seed) for 5 minutes on a low to medium flame, and then keep aside.
- Make the sugar syrup add sugar in a pan with 2 cups of water and cook it till you make a 1 thread consistency.
- Now in a large pan add the wheat flour, gond, nuts, green cardamom powder, alsi mix well and then add the sugar syrup.
- Now u have to work fast or the sugar will dry in the mix, so take hand full of the mix and squeeze and make round balls, can grease your palms if required.
- Keep in air tight boxes.

CHECK YOUR PROGRESS -II

Q.1 List at least four characteristics of Hariyanavi cuisine?

Q.2 List four festive foods of Hariyana?

Q.3 What is the significance of Gangaur festival?

2.5 CUISINE OF DELHI

The Cuisine of Delhi is discussed under following heads:

- Geographical Perspectives
- Brief Historical Background
- Climate
- Agriculture, Staple Food and Social Life
- Characteristics and Salient Features of the Cuisine
- Popular Foods and Specialties
- Specialties during Festivals and other Occasions
- Festivals and other Occasions
- Dishes from Cuisine of Delhi

2.5.1 GEOGRAPHICAL PERSPECTIVES

Delhi stands at 77.12° E longitude and 28.38° N latitude in a triangle formed by the Yamuna river in the east and spurs from the Aravalli range in the west and south, and is spread over 1483 sq.km area.. It is surrounded by Haryana on all sides except east where it borders with Uttar Pradesh. It is traversed by the River Yamuna, Agra Canal, Hindon

Canal and the Yamuna Canal on the western side supply water to Delhi. Almost entirely within the Gangetic plains, Delhi can be divided into 3 segments - the Yamuna flood plain, the Ridge and the Plain. The Yamuna flood plains are somewhat low-lying and sandy and are subjected to recurrent floods. This area is also called *Khadar*. The ridge constitutes the most dominating physiographic features of this territory. It originates from the Aravalli hills of Rajasthan and entering the union territory from the south extends in a north eastern direction. It encircles the city on the north west and west. The point near *Bhatti* has a height of 1045 feet. Tughlqabad fort is located on one of the highest spurs of the ridge. Leaving aside the Yamuna flood plain (*khadar*) and the ridge, the entire area of the national capital territory of Delhi is categorized as *Bangar* or the plain. A major proportion of the area of Delhi is plain and on this are located Delhi, New Delhi and Delhi cantonment along with a vast stretch of numerous villages. Yamuna is the main river which passes through the territory. Apart from the flood channels of Yamuna, there are 3 canals i.e., portion of Agra canal, Hindon canal and western Yamuna canal.

2.5.2 BRIEF HISTORICAL BACKGROUND

Delhi, the capital of India has a strong historical background. It was ruled by some of the most powerful emperors in Indian history. The history of the city is as old as the epic Mahabharata. The town was known as Indraprastha, where Pandavas used to live. In due course eight more cities came alive adjacent to Indraprastha: Lal Kot, Siri, Dinpanah, Quila Rai Pithora, Ferozabad, Jahanpanah, Tughlakabad and Shahjahanabad. Delhi has been a witness to the political turmoil for over five centuries. It was ruled by the Mughals in succession to Khiljis and Tughlaqs. In 1192 the legions of the Afghan warrior Muhammad of Ghori captured the Rajput town, and the Delhi Sultanate was established (1206). The invasion of Delhi by Timur in 1398 put an end to the sultanate; the Lodis, last of the Delhi sultans, gave way to Babur, who, after the battle of Panipat in 1526, founded the Mughal Empire. The early Mughal emperors favoured Agra as their capital, and Delhi became their permanent seat only after Shah Jahan built (1638) the walls of Old Delhi. From Hindu Kings to Muslim Sultans, the reins of the city kept shifting from one ruler to another. The soils of the city smell of blood, sacrifices and love for the nation. The old 'Havelis' and edifices from the past stand silent but their silence also speaks volumes for their owners and people who lived here centuries back. In the year 1803 AD, the city came under the British rule. In 1911, British shifted their capital from Calcutta to Delhi. It again became the center of all the governing activities. But, the city has the reputation of over throwing the occupants of its throne. It included the British and the current political parties that have had the honour of leading free India. After independence in 1947, New Delhi was officially declared as the Capital of India.

2.5.3 CLIMATE

The climatic conditions of Delhi are similar to that of the temperate grasslands with hot, dry summers, and cold winters. That is why, it is said that Delhi climate alone can take tourists to a different climate zone. For example, the chilly winters can give tourists a feel of Himalayan regions while the warm breeze that also takes along with it sand and

dust can give you a feel of the sandy breezes in Rajasthan. The climate of Delhi can be referred to as semi-arid and the summers and winters can be very extreme. The summers in Delhi start from the month of April and continue till the month of July. It is very hot and dry in the summer months, with temperature soaring up to 45⁰C. The rainy season provides relief from searing heat, which is frequented by North West monsoon winds (Norwester). It continues till the month of October. The winter months of December and January are characterized by dip in the temperature levels often reaching 5⁰C to 0⁰C. The months of October, November, February and March have pleasant weather and ideal for tourism.

2.5.4 AGRICULTURE, STAPLE FOOD AND SOCIAL LIFE OF PEOPLE OF DELHI

Agriculture of Delhi accounts for 17% of the National GDP and 50% of the workforce. While the highest quality soil lies along the Yamuna, limited access to the river dictates that most agricultural production occurs along the periphery of the city. Approximately 7000 farmers reside along the shores of the Yamuna. The agriculture in Delhi can be categorized as rural and peri-urban agriculture. The rural farmers are mostly located on the periphery of the city of Delhi along the edges of the river and canals and grow major crops like sugarcane, wheat, jawar, bajra, pulses and paddy. The lands are very big enough to grow these crops. In the peri-urban agriculture system, small farmers having small pieces of land scattered around the water beds in Delhi grow varieties of exotic crops that enhance their income to meet their essential and basic needs. These agricultural produces are very much economical and highly profitable as their target market is easily available in the cosmopolitan city. Major vegetables grown include cauliflower, cabbage, carrot, spinach, mustard (leaves), bottle gourd, bitter gourd, okra, brinjal, corn, tomato, watermelon, carrots, and radishes. In addition, culinary herbs such as thyme, rosemary, fenugreek and coriander are also cultivated. In addition to food crops, many farmers grow some type of flower, either roses or marigolds. Animal husbandry is an important component of the agriculture sector. The main livestock products are milk, eggs and meat. Farmers are involved in poultry farming and cattle rearing.

The people of Delhi are generally referred as 'Delhi-ites' and they take the pride of falling in the fifth most populated urban area in the world and the people dwelling in this capital city- Delhi are regarded as the most hospitable people of India. They are friendly, cheerful and helpful. The inhabitants of Delhi honor their guests and treat them well with respect. As the inhabitants of Delhi hail from all parts of Indian region, the city is multi –ethnic, multi-cultured and multi-linguistic and most versatile cosmopolitan where formal caste and creed live together, which tends to influence the lifestyle and ideas. People here are engaged into different kinds of occupation, but take active part and share same platform and views every cultural and social gathering. Hinduism is the main religion followed by the people of Delhi and customs related mostly to this religion is followed. Apart from Hinduism the other commonly practiced religions here includes Islam, Sikhism and Christianity. Islam forms the second largest population after Hindus in New Delhi. The Muslim people of Delhi mainly live in Old Delhi in areas like Chandni Chowk, Daryaganj, and so on. There is no specific ethnic origin of

the people of Delhi for most of them are migrants coming from other states opting for a better standard of living.

The city lifestyle in Delhi is also evident with the growing influx and modernization of Urban as well as Rural societies. One can witness a blend of modern lifestyles with the old customs and traditions in the people of Delhi. The people living in the area of Old Delhi still follow old traditions and customs whereas the people living in New Delhi follow new customs and traditions according to urbanization but still the people in both the area co-exist in harmony. The Sikhs never miss going to the Gurudwaras where we can get to enjoy the old *Gurbhani*, *Kawwalis* and the *Prabhat fery*. The Hindus strictly follow the traditional practices of aartis and bhajans. The people of Delhi celebrate the traditional festival of '*Phoolwalo-Ki-Sair*' with great joy. Other festivals celebrated by the Delhites are *Diwali*, *Dussehra*, *Holi*, *Id-Ul-Fitr*, *Lohri*, *Mahavir Jayanti*, *Durga Puja*, *Lohri*, *Chhath*, *Krishna Janmastami*, *Maha Shivaratri*, *Eid ul-Fitr*, *Moharram*, *Christmas* and *Buddha Jayanti*.

Earlier there were local markets in the city where people use to shop but with the change of lifestyle the way of shopping also changed. Now, Delhi has new shopping malls and complexes where people can get every kind of items as per their requirements. Apart of shopping Delhi is also famous for its numbers of restaurants and top class hotels one can get food of his/her own choice. Nowadays world class hotels and restaurants can be found in each and every locality of Delhi, which indicates the changing lifestyle of the people. Young generation of the city loves to wear latest and trendy cloths while going to their colleges, market or out with their friends and family. According to western culture, the city is following modern lifestyle. Hindi is the official language of Delhi but for business and official purposes, English is generally used along with Urdu and Punjabi.

2.5.5 CHARACTERISTICS AND SALIENT FEATURES OF CUISINE

Delhi, which has been a capital for several kingdoms in the past, has successfully adopted those flavours on its platter. It has been ruled successively by the Rajputs, Arabs, Afghanis, Mughals and the English, and even if they don't exist in the city anymore, their cuisine is well preserved. There is no specific food in the cuisine of the Delhiites for it is a place of amalgamation of several cuisine styles for people from different parts of the country came and settled in Delhi. The rich culinary heritage of the city is a mix of all those royal recipes from the *Shahi kitchens* of South India, Gujrat, Bengal, Rajasthan, Kashmir and the roadside chaats. The in-house family recipes passed down through generations and the plush restaurants that line the urban landscape of the city. These little pieces of history and culture clubbed together constitute what is known as the "*Dehli Cuisine*". Slowly and gradually, Delhi assumed some of the aspects of the identity of all the types of people living in it, making multiple identities for itself. As a result, even the traditional food of New Delhi has no distinctiveness. Due to its proximity to Punjab and for which dominant Punjabi community recipes from Punjab are extremely popular in Delhi. Foods like *paneer Tikka*, *Tandoori chicken*, *Seekh*, *Boti kebab*, *Tandoori fish*, *Butter Chicken*, *Chole Bhature*, *Rajma Chawal*, *Saag* and *Makai*

Ki Roti, Tandoori Roti and Tandoori Chicken, Naans, Kormas, Pilafs and Nihari etc. and liberal doses of ghee, butter and cheese are savoured with as much joy here as in Punjab. However, as people of all communities, languages and creed have come to occupy a significant proportion of Delhi's population, recipes from all corners of the country are gaining gradual yet notable popularity. Delhi happened to be the most favoured and favourite city of Moghuls and hence the secrets of the rich and royal Mughlai food was handed down to the people of this state. Delhi takes pride to have inherited the recipes deemed '*fit for royals*'. For, it consists of a superb mix of aromatic spices, exotic sausages, butter based curries, loads of dry fruits and roasted meats cooked in earthen ovens called tandoors. In Delhi one can see a Punjabi enjoying idli and sambhar whereas a South Indian eating Chole Bhature. With globalization, the Delhiites enjoy the best of embrace the best of the Indian and International cuisines which includes authentic Chinese, Thai, Lebanese, Israeli, Japanese, Spanish, Italian, Spanish, Mediterranean, French, Moroccan, Swiss or American food. So depending on our taste preferences, there is a specific cuisine for everyone.

Deluxe and five-star hotels, exclusive and popular restaurants scattered all over Delhi, and the busy dhabas (the humble Indian forerunners of modern restaurants) provide fare that would tempt the most fastidious of Nawabs (noblemen) or gourmets living in times when the culinary arts had reached a peak and feasts had become a measure of class, style and social status. Delhi offers a whole gamut of eating joints in the form of low budget restaurants, elite restaurants and road side Dhabas that satiate your taste buds with authentic Delhi cuisine. The one exclusive feature however about Delhi eating joints is that the capital city has a few streets and lanes that are totally dedicated to food. Some of the popular road side eateries in Delhi include places like *Chandni Chowk, Parathe wali gali, Annapoorna, Ghantewala, Bengali Market, Greater Kailash* and *Sunder Nagar* are famous for entertaining their gastronomes with kababs, rotis chaat, bhelpuri, sweetmeats and biryani. For example, Chandni Chowk area of the city boasts of the most delicious paranthas (a sort of bread). Then, there is the Bengali Market in New Delhi that is very popular for Chaat Papri, Gulgappas, Sweets, etc.

Delhi is also very popular for its roadside vendors that serve awesome local cuisine. However, before eating make sure that the place is neat, clean and hygienic. Whatever one feels like having, the choices are wide. Mughlai, Chinese, Continental, food from the Northwest Frontier, South Indian food, delicacies from the coastal states of India, a variety of salads, fast-food creations, piping hot Punjabi makki ki rotis (flat bread prepared from corn) and sarson ka saag (prepared from fresh, green mustard leaves), bar-be-cued sizzlers, Turkish delights, the unusual flavors of cuisine perfected in beautiful Kashmir, Tibetan food, dishes from Japan-one just has to name it and it shall served, for, in matters of taste. Savouries, snacks, biscuits, sweets, paneer, spices, vegetables and fruits – everything is available in old Delhi. Delhi offers the same, virtually unlimited choice as did Aladdin's lamp.

With the introduction of centralized malls and shopping complexes in the past few years, food cultures have blended in even more. Most eateries offer multiple cuisines at their service nowadays. You can feed your taste buds with South Indian dishes like

Dosa, Idli, Sambar to Italian dishes like pasta, to North Indian dishes like Dal Makhani, Paneer curries, and Naans, and well what not!

Famous traveler, Marco Polo recalls that kebabs were served during the Delhi Sultanate and was enjoyed by the royalty and commoners alike. Some of the famous Kebabs are *Boti Kebab*, *Shami Kebab*, *Kathi Kebab* etc. Another Mughlai dish, *Nihari*, which was prepared in the royal kitchens of the Mughals for breakfast is now a popular dish among the people of all the classes. *Biryani*, a meat based dish was a favorite of the Mughal emperors and is enjoyed all over India today. This entire speciality makes Delhi stand apart in terms of food culture. It is unique and wondrous in itself. People still wonder why the capital is called “*Delhi-Belly*”?

2.5.6 POPULAR FOODS AND SPECIALTIES

Chittaranjan Park- CR Park houses the maximum number of Bengalis in Delhi. Today, the Bengali food at CR park is exactly what one would expect to get in the City of Joy (Kolkata), with many specialty Bengali dishes and ingredients available easily. Be it a mustard mixed *Shorshe eelish* (Hilsa fish), or *mishti doi*, or *jhal muri* and *mochar chop*, CR Park has outlets selling all these and more. It is, infact, a great source of all sorts of ingredients for Bengali cooking, right from the spices to fresh fish. Culturally too, it's a mini Bengal. In Delhi, this is usually a go-to place for a taste of Bengal. Crispy-spicy Kolkata styled *puchkas*. Unlike Delhi's *gol gappa*, puchka has its own charm, it's crispier, it's spicy, the stuffing is how it should be - potatoes mixed with spices and a lot of chillies, and the paani is a sour mixture of tamarind, lemon and everything Bengali. All type of Bengali snacks such as *Jhalmuri* (an uncooked mixture made of puffed rice, onions, spices, peanuts and a lot of other ingredients depending on individual tastes. The usual options are boiled potatoes, tomatoes, finely sliced coconut, mustard oil and roasted gram), *Chur mur* (Typical Bengali chaat) *Matar ghugunee* (yellow peas cooked in thick gravy), deepfried, pocketsized, goldenbrown *cutlets*, *aloo chop* (spiced mashed potatoes besan batter fried), *piyazy* (onion slices besan batter fried), *Beguni* (sliced eggplant coated in besan and deep fried), *Fish fingers*, *Egg devil* (boiled egg coated in besan and deep fried), *Mutton cutlet*, *Mocha chop* (banana flower cutlet), *Posto narekel bora* (fritters made of poppy seeds and coconut). *Mughlai paratha* (Mughlai-style stuffed bread), Kolkata Hot *Kathi Roll* (a skewer-roasted kebab wrapped in a paratha bread,) are only some of the names of the unique offerings that are difficult to find outside of Kolkata. This place also serves other gastronomical delights such as honey chili potato and tandoori chicken and many other Continental and Chinese cuisines. Apart from this other eating joints include Karim's, Sanjha Chula, a chaap outlet and other north-indian cuisine joints. However sign boards of '*luchi aloo*' (aloo curry and puri), *Kosha Mangsho* (spicy Bengali styled mutton), *Bhat* (boiled rice) and *Doi katla* (fish prepared in curd which is tangy soft and moist from the inside), *Bhetki shorsha* (a unique dish where the fish is boiled in milk first and spiced and oiled later). If prepared well, it has a creamy, runny flavor in each bite, with an interesting sprinkle of the pungent taste of the mustard oil that's been used. Order a slice of *Beguni* (sliced eggplant coated in besan and deep fried) as a side.

Connaught Place- Connaught place is the hub for all people whether local or foreigners for hangouts. It is New Delhi's central business area and is famous for sampling some street food or fine dining. Its **Cha Bar** is the first of its kind urban contemporary space that has history of 90 years where people can enjoy two of the best things in life: food and books. The restaurant is an extension of the neighboring Oxford Bookstore and visitors can browse for books here while waiting for their food order from the varied menu. *Berco's* restaurant offers Chinese and Thai offerings and is perfect for a family lunch or dinner. Their variety of dishes ensures that there's something for everyone, and the reasonable prices allow you to eat guilt free. One of the most distinguished names when it comes to Chinese and Thai cuisines, they have a well-curated menu of dishes, which are prepared only by the qualified chef using the finest quality of ingredients, so that each bite you take feels as perfect as the last. *Saravana Bhavan* - high-quality South Indian Vegetarian restaurant in Delhi has long been known as a vegetarian's paradise. Their wide range of dosas and other South Indian delights including Tamil Nadu Thali will leave you spoilt for choice. It's one of the best places to eat after a great shopping session at Janpath market. *Mother India*- restaurant has the same name as a 1957 Bollywood movie. The extensive menu consists of more than 150 dishes from across the country. The kebabs are popular here. However, ideally be adventurous and try some of the lesser-known specialty dishes such as grilled river fish marinated with *raja mirchi* from Nagaland, home-style *Mandi chicken curry* from Himachal Pradesh, or mutton (goat) curry from Odisha. *Rajdhani*- restaurants serves the best of its kind of Gujrati and Rajasthani thali. If you are carved to sea-food, you can visit the famous *Lady Baga* restaurant which serves the original Goan cuisine, which serves *Bibinka*, *Goan fish curry*, *Sorpetal*, *prawn curry*. Moreover you can find burgers, snacks, and some very creative cocktails on their menu. The *Smoke House Deli* offers

best kind of continental dishes *Peri Peri Chicken*, *Caesar salad*, or a *tenderloin steak*. Top it off with one of the fruit and herb infused martinis, or artisanal cocktails. The *Masala Trail* by Osama Jalali serves Gujarati savouries to *Banarasi Chaats* like *Bedmi Puri*, *Chaat*, *Gini Dosa*,



Places to visit in Delhi

Dabeli, *Haji Ali Fruit Cream*. The street foods include Kachori with aloo ki sabzi served by a vendor at Hanuman mandir, Chole bhature from Jain Chawal wale, Momos, Kathi Roll & Paneer Ball at Deepauls.

Dilli Haat- Dilli Haat is an open air food plaza and craft bazaar managed by the DTTDC (Delhi Tourism and Transportation Development Corporation). It was initially established to provide a platform to all the craftsmen who come to Delhi from all over the country. All these craftsmen are from small towns and villages with limited access and this helped in giving them a platform where they could showcase their art to the rest of the world. The Dilli Haat is the only place that offers variety in food. The food comprises of cuisine from all over the states of India. The dishes range from different states of India like Awadh Cuisine (Shami, Galauti, Boti and Tangri Kebabs, Dum Biryani) Uttrakhand Cuisine (Kafli, Pahari urad Dal, Meat Bhat, Rhododendron), Wazwan Cuisine (*Rista, Gushtaba, Haksag*), Meghalaya Cuisine (*Doh Neiong, Doh Syiar Khleh, Wak Bijak*), Arunachal Pradesh or Momo-mia Cuisine (*Dimsums, Thukpa*), Behari or Mahak Cuisine (*Litti Choka, Madua Roti Saag*), Rajasthan Cuisine (*Khoya Kachori, Besangatta*), Manipur Cuisine (*Erombadish, Prawn Pakora, Tarai Thong, Ngou Thon*), Odisha Cuisine (*Prawn Masala, Crab Sizzler and Katahchaatthat* (for vegetarians)), Kerala Cuisine (*Aapam, Idiyappam, Chicken and Meat Stew*), Hyderabad Cuisine (*Handi Biryani, Chicken Changezi, Double Ka meetha*), Tamil Nadu Cuisine (*Dosa, Sambhar, Payasam kheer*), Bengali Cuisine (*Fish Thali, Sandesh*), Nagaland Cuisine (*Prawn sizzlers*), Maharashtra Cuisine (*Pav Bhaji, Masala Bhel, Vadapav*), Assam Cuisine (*Fish Curry, Luci Bhaj, Narikolpitha*). At Dilli Haat one can increase his taste bud with different variety of dishes that too at decent price.

Hudson Lane- Hudson Lane and Vijay Nagar have become a hotbed of cafes and restaurants in the past few years for both students and families. From Italian and Mexican to Moroccan, Marathi and Rajasthani to Manipuri and Naga, North Indian to South Indian and Chinese and Korean to Tibetan and Bhutanese, this place has become a gastronomical hotspot never ceasing to amaze its inhabitants. Breakfast at the DDA (Delhi development authority) market is quintessentially north-Indian. The options vary from soft 'melt-in-the-mouth' Rajma Chawal with its a distinct aroma that entices from a mile away, to heavily stuffed paranthas. Everything has to be followed by strong 'masala chai'. A left from DDA Market and a few steps towards the NDPL Office, Shagun is famous for serving authentic Chinese fare since 2011. It is immensely popular for its Single/Double person Jumbo platters, so a lunch here is a must. A typical platter consists of starters - a healthy and flavor-some soup (either Sweet Corn or Manchow) and a choice of either dumplings (fried/steamed and heavily stuffed) or won-tons as starters. This is followed by either Fried rice or Hakka noodles, depending on what you prefer, accompanied by perfectly balanced and succulent Chili Chicken or Chicken Manchurian (non-vegetarian) as the main course. A few paces from Shagun, the Big Yellow Door greets a line of customers queuing to get inside. Sometimes, it takes half an hour to get a table indicating how hugely popular it has become since it opened its doors in 2013. The soft, silky and creamy white sauce Arrabiata pasta, the immensely tender patty of the Chicken Juicy Burger and the crunchy Mexican Nachos. Bake Lane is a tiny place with old English style ambiance and fragrant smell of freshly baked cinnamon rolls coming out from the chimney serves soft and buttery pastries with piping hot coffee. *Creamy Crème Brulee* and *Banoffee pie* are personal favorites. Mr. Crust Bakers offers some of the finest bakery products since 2010. Sweet and buttery

croissants that melt at first bite, freshly baked thick-crust Apple Pie, soft and creamy red velvet cupcakes, subtly tangy Lemon Tarts, hot doughnuts, fresh fruit pudding, delicious birthday cakes and pastries with numerous flavors along with savory dishes such as thick-crust double-decker cheese pizza, spicy mushroom plait, wholesome brown bread club sandwiches are the favourites. The Organic Kitchen serves proper 'ghar ka khana' meal for one to feel right at home. Kanglei Fast Food- '*Kanglei*' is the historic name of Manipur, offers the traditional Manipuri dishes like Hot and pungent *Eromba* (mashed potatoes with dried fish), *King Chilly* (succulent Pork curry cooked with sour bamboo shoots, sweet and creamy), *Ooti* (lentils cooked with soda), tangy Fish curry and more.

Jama Masjid- The adjoining area of this place has become the paradise for food connoisseurs. The lane opposite Jama Masjid - *Bazar Matia Mahal* is filled with heady aromas from big heaps of *Keema samosas*, vats of *buffalo biryani*, *grilling botis* and *kebabs* and *hot paneer jalebi*. To cool down, there are drums filled with *Rooh Afza sherbet* and dishes of dahi vada. *Kallan Sweets* started by Mohd. Shaan in 1939 is famous for its fresh batch of sweets and snacks. One of their specialties is the bright orange and thick *paneer ki jalebi*, which uses a cottage cheese paste in lieu of much of the flour that goes into the more common *jalebi*. It is extremely popular in Ramzan, along with other festive delicacies such as *khoya samosa*, *keema samosa* (shaped like *gujiya* and stuffed with minced meat) and *paneer ke pakode*. **Haji Mohd. Hussain Fried Chicken** established 40 years ago, this shop has been dishing out fried chicken in Delhi and served with *rumali roti*, onions and special tangy masala chutney. During Ramzan, Haji sa'ab also sells *keema goli*, which are small balls made out of minced meat, and served with onion and chutney. **Kebabs at Qureshi, Lallu Kebabi, Bhaijaan and Kale Baba** are known *kebabchi* famous for *seekh* and *boti* kebabs. All of them make excellent kebabs of buffalowsmeared with butter, onions, and spicy chutney. They also sell more than **350 varieties of dates**, including the ones dipped in chocolate, honey, pista & even apricot. *Bhaijaan Kebabs* in Chitli Qabar sells fibrous *shammi* kebabs deep fried in oil. Another kebab shop in Sui Walan, Kale Baba ke Kebabs, is popular for their *sutli* kebabs - these are so soft, they have to be held together with a twine of thread. *Sutli* kebabs are served on a green leaf, with radish and mint chutney. **Changezi Chicken** established in 1986 is the signature dish served in a tangy gravy of yogurt, tomatoes and onion. They also prepare beef biryani, *paya*, *nahari* and a multitude of other chicken preparations. **Laung Churey Kebab** sells something that vegetarians are delighted by: *laung churey* kebab, made from besan, aata and onion. There are three varieties - fried, kebabs which are soaked in water after frying and long vegetarian *seekhs*, all of which are made in a small shop nearby. These kebabs are served with chutney of red chillies, *amchur*, and salt and *garam masala*. *Karim's* especialises in *Chicken Jehangiri* and *Mutton Burra*. Twenty five years old *Cool Point* is famous for its shahi tukda and phirni. It is also known for its *kesar milk*, *badammilk*, *lassi* and *mango* and *vanilla ice cream*. Ameer Sweet House serves the best like *keema* and *khoya samosa*, *balushahi*, *besan ke laddu*, *chamcham* and *gulaab jamun* apart from *chhole bhature* and *pakorras*. Gur ka Sharbat at Pahadi Imli opened in 1947 serves jaggary *sharbat* along with other indigenous made mocktails.

Karol Bagh-This area is famous for its Punjabi delicacies, constantly bustling with activity, culinary aromas and pleasures. *Roshan Di Kulfi* is probably the most famous eating joint of Karol Bagh serving various Indian snacks. The famous *kulfi faluda* is served with coloured, sweet vermicelli. *Changezi* second most visited restaurant in Karol Bagh has made a reputation for itself with its array of Mughlai food. If you are a non-vegetarian, Changezi could be your next best favourite joint to have butter chicken and *Nalli Nihari* with some hot Tandoori Naan. *Peshawari Chicken Corner* serves delicious *roasted chicken*, *Soya Malai Chaap* and the best *Kaali Mirch Chicken*. *Sandoz* serves Mughlai, Chinese and North Indian food and the best one is their *Chicken Korma*. *Suruchi* is A 100% pure vegetarian restaurant dealing specifically in Gujarati and Rajasthani Cuisine along with North Indian, Punjabi and even a South Indian Thali. The three decade old *Om Corner Chhole Bhature* is definitely one of Delhi's best *chole bhature* joints. *Art Of Spices* prepares classic *tawa rolls* or delicious tandoori preparations especially *Malai Tikka Roll* and *Cream Chicken*.

Nizamuddin- Hazrat Nizamuddin's Dargah, considered one of the last great Sufi abodes is also a haven for carnivorous street food delights like kebabs, tikkas, nihari and more. The Dargah itself can be accessed by three alleyways, all lined with Mughlai eateries serving some of the most exquisite *naharis*, *keema*, *roganjosh* and of course kebabs. *Moradabad Ki Mashhoor Biryani Ki Puraani Dukaan* serves the best biryanis of Delhi. *Manpasand Nahari Roti Waale* especialises in Nahari alongwith hot, soft and yeasty khameeri rotis. *Ghalib Kebab Corner* especialises in *shaami kebab chicken tikka and mutton tikka*. *Al Quresh* serves the best tangdi kebabs with green chutney. The two curries—the *chicken qorma* and the *karahi chicken* are also best sold. *Kit Care Kabab Corner* prepares varieties of mouthwatering kebabs and tikkas apart from *Dahi Butter Chicken* or the Mast enjoyed with soft roomali roti. *Nasir* is famous for its silver foiled covered Kheer with a hint of cardamom in it.



Places to visit in Delhi

Paharganj-

Paharganj in New Delhi is a landmark of street food like

Parathas, Kulchas and Chat. Sita Ram

Diwan Chand is the right place for delicious *Chole Bhature*, along-with onions, pickle and green chillies and varieties of chat and mouthwatering pani-puri. *Chawla Ke Mashhoor Special Naan* serve especial Naans. Their *Chur-Chur Naan Thali* are quite popular. They serve four kinds of Thali - Aloo Pyaaz Chur-Chur Naan Thali, Stuff

Paneer Chur-Chur Naan Thali, Special Chur-Chur Naan Thali and Plain Naan Thali. The Thali comes with 2 Butter Naan, Chholey, Mix Daal and Raita. *Multani Geela Kulche Wala-* serves flavorful *Multani food* in Paharganj. They are famous for their Geela Kulcha. Unlike the regular Kulcha, *Geela Kulcha* is broken into small pieces and smeared into the *Multani Chholey*. The Kulcha is soaked in Chhole and then topped with a load of tangy *imli ki chutney* and *green chutney*. It has a very unique taste, a perfect combination of sweet and tangy flavours. *Shri Baanke Bihari Samosa Wala-* This legendary shop in Paharganj Market is immensely famous for its Samosas, Gulab Jamuns and Kachoris.

2.5.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

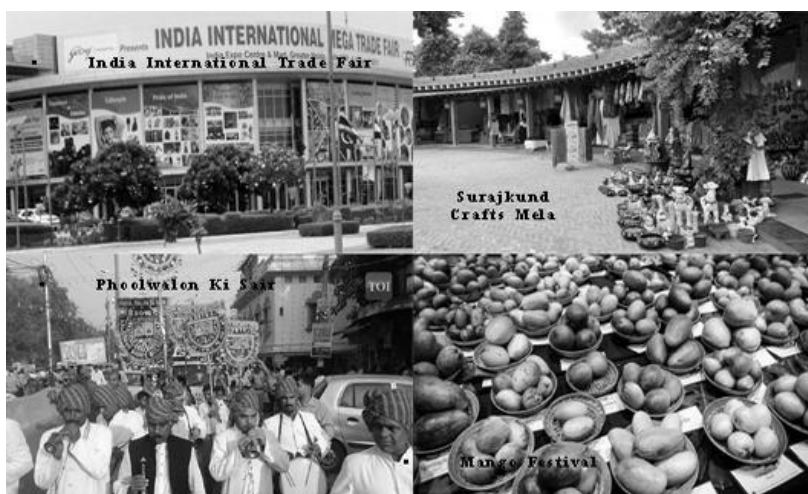
1	Amritsari kulcha	Flat breads stuffed with innumerable stuffings spiced mashed potatoes, onions, cauliflower, paneer or even mince meat. They are ghee fried. Especiality of Amritsar (Punjab).
2	Bedmi Puri	Bedmi poori is made from grounded urad dal combined with spices and later mixed with wheat flour. Usually eaten with aloo sabji and achar
3	Bhalle papdi	Urad dal fried dumplings served with curd and sweet and sour chutney and topped with papdi.
4	Biryani	Dish made with highly seasoned rice and meat, fish, or vegetables.
5	Black Cod with Miso	<i>Is a beautiful seafood dish in which cod is marinated in saikyo miso and baked to perfection</i>
6	Butter Chicken	Is a dish of roasted chicken in a mildly spiced tomato sauce (makhani gravy).
7	Chat	Is a savory snack typically served as an hors d'oeuvre at roadside tracks from stalls or food carts. It is a mixture of potato pieces, crisp fried bread dahi vada or dahi bhalla, gram or chickpeas and tangy-salty spices, with sour Indian chili and saunth sauce (dried ginger and tamarind sauce), fresh green coriander leaves and yogurt for garnish, but other popular variants included aloo tikkis or samosa (garnished with onion, coriander, hot spices and a dash of curd), bhel puri, dahi puri, panipuri, dahi vada, papri chaat, and sev puri.
8	Chicken Changezi	Roasted chicken cooked in rich gravy made of milk and cream with ginger garlic paste, tomato paste, coriander powder, chilli powder and garam masala.
9	Chicken Haldighati	Or Turmeric Chicken is a Rajasthani especiality made with chicken and hot spiced yellow gravy.
10	Chocolate Paan	Is made with paan leaves, gulkand, saunf, coconut and cherry. The paan is then covered with melted chocolate and frozen until set.
11	Chur-Chur Naan	Is simply Naan that has a stuffing of spiced vegetables or

		meat or both. Best had with Dal or Raita.
12	Dabeli	It is a spicy snack made by mixing boiled potatoes with a special dabeli masala, putting the mixture in a ladi pav (burger bun), and serving it with chutneys made from tamarind, date, garlic, red chilies, etc.
13	Dal Bukhara	Urad dal cooked to <i>velvety texture, the buttery creamy flavors. Especiality of Bukhara restaurant (ITC-Maurya).</i>
14	Dal Meat	Flavorful lentils stew with goat meat.
15	Gajrela	A carrot pudding which is prepared by boiling milk sugar and grated carrot together.
16	Goan fish curry	Goan style fish curry cooked in coconut milk.
17	Gushtaba	Soft meat dumplings cooked in yoghurt gravy, especialty of Kashmir.
18	Jalebi	A sweet made of a coil of batter fried and steeped in syrup.
19	Jhalmuri	Mixture made of puffed rice, onions, spices, peanuts, coconut and a lot of other ingredients depending on individual tastes. A street food from West Bengal.
20	Kachori Aloo Sabzi	Urad dal kachori served with spiced potato sabzi.
21	Kadha Prasad	Is a type of semolina halva made with equal portions of whole-wheat flour, clarified butter, and sugar. It is offered to all visitors to the Darbar Sahib in a Gurdwara.
22	Karachi Halwa	Or Bombay halwa is Indian sweet dish made with cornflour sweetened with sugar, ghee, flavored with cardamom and garnished with nuts.
23	Khao Suey	Is a one-dish soup meal made of egg noodles and curried beef or chicken with coconut milk, served with a variety of contrasting condiments.
24	Kosha Mansho	Is a famous Bengali mutton curry popular for its rich taste and spiciness.
25	Kulfi	A type of Indian ice cream, typically served in the shape of a cone.
26	Laung Kebab Churey	Kebabs are one of a kind vegetable kebabs that are made with combination of besan, atta and onions. Served in three varieties - seekh, fried and kebabs soaked in water after frying.
27	Momos	A steamed dumpling filled with meat or vegetables from Tibet.
28	Multani Chholey	Is a tasty and spicy multani recipe chickpeas curry cooked. Multani masala is a special blend of spice powder, which is made in Multan region of Pakistan.
29	Mutton Barra	Mutton ribs are marinated leisurely with spices and grilled golden.
30	Nihari	Is a stew from the Indian subcontinent consisting of slow-cooked meat mainly shank meat of beef or lamb and mutton, goat meat and chicken, along with bone marrow.
31	Pakistani Biryani	The exotic and aromatic Sindhi biryani is known

		inPakistan for its spicy taste, fragrant rice and delicate meat. Sindhi biryani is a beloved staple in food menus of Pakistani cuisine and Sindhi cuisine.
32	Patrani Basa	A mini tower of Basa fillets infused with galangal (Thai ginger) and wrapped in <i>patra</i> leaves.
34	Peking Duck	Especially bred duck which is roasted and cooked in Mandarin style.
35	Peri Peri Chicken	Chicken breasts marinated in fiery pepper and baked.
36	Rice with Gunpowder & Ghee	Rice tossed in gunpowder and served with ghee. 'gunpowder' is made with equal measures (about half a cup each) of <i>toor dal</i> , <i>moong dal</i> , and <i>chana dal</i> , 10 red chillies, and one teaspoon of cumin seeds.

2.5.8 FESTIVALS AND OTHER OCCASIONS

- **India International Trade Fair** - India International Trade Fair or the IITF is an annual fair that takes place at the grounds of Pragati Maidan. Organized by the India Trade Promotion Organization (ITPO) takes place in November and provides a good platform to the manufacturers, traders, exporters and importers of the country to showcase their products.
- **Surajkund Crafts Mela** - Surajkund Crafts Mela is held at Surajkund - near Delhi in the month of February for two weeks. Artists, painters, weavers, sculptors and craftsmen from all over the country participate in the fair.
- **Phoolwalon Ki Sair** - Phoolwalon ki Sair festival meaning Procession of Flower Sellers, takes place in the Mehrauli. An annual event, it consists of a procession taken out by flower sellers down the flower-seller's promenade.
- **Mango Festival** - The Mango Festival is organized in the month of July and held at the Talkatora stadium and also at the Delhi Haats. This festival presents one with as many as almost 500 varieties of the king of fruits.



Festivals and fairs of Delhi

- **Qutub Festival** - Qutub Festival is organized at Qutub Minar during Sharad Purnima (October-November). A classical music and dance extravaganza, it lasts for three days. Some of the most graceful and elegant performers can be seen dancing to the music here.
- Other all festivals celebrated in the country

2.5.9 DISHES FROM CUISINE OF DELHI

1. Shami kebab

Ingredients

- 500 Gram Mutton Keema
- ½ Cup Chana Dal
- 2 Tbsp Ghee
- 1 Cinnamon Stick
- 1 Mace
- 3 Cloves
- 1 Bay Leaf
- 2 Green Cardamoms
- 7 Black Peppercorns
- 1 Brown Cardamom
- ½ tsp Salt
- ½ tsp Red Chilli Powder
- 1 Cup Water
- 1 Onion
- 1 Green Chilli
- ½ Lemon

Method

- How to Make Mutton Shami Kebab
- In a bowl soak ½ cup of chana dal for 30 minutes. Mutton Shami Kebab
- Heat 2 tbspghee in a pressure cooker. Add cinnamon stick, mace, cloves, bay leaf, green cardamoms, black peppercorns and brown cardamom. Mix them thoroughly. Mutton Shami Kebab
- When they crackle add mutton Keema to it. Mutton Shami Kebab
- Now add salt and red chilli powder. Mutton Shami Kebab
- Mix it thoroughly and cook for a minute.
- Add soaked chana dal and mix it well by adding a cup of water. Mutton Shami Kebab
- Pressure cook the mixture until the mutton gets soft. Mutton Shami Kebab
- After 1-2 whistles remove the cover and mix it well.
- If water remains, cook till the mutton dries up. Mutton Shami Kebab
- 10. Grind and then refrigerate for 30 minutes to get a thick paste. Mutton Shami Kebab
- Mix onion, green chilli and lime juice to this paste and mix thoroughly. Mutton Shami Kebab
- Make flat balls out of this dough and refrigerate for another 10 minutes. Mutton Shami Kebab

- Heat a tbspof ghee in another pan and shallow fry the kebabs from all sides until golden brown.Mutton Shami Kebab
- Place them on an absorbent paper and serve hot.

2. Matar paneer

Ingredients

For onion tomato paste:

- 2 tbspoil
- 1 onion, sliced
- 3 clove garlic, chopped
- 1 inch ginger
- 3 tomato, sliced

Other Ingredients:

- 2 tbspoil
- 1 bay leaf
- 1 inch cinnamon stick
- 2 pods cardamom
- 1 tsp cumin / jeera
- ¼ tsp turmeric
- 1 tsp kashmiri red chilli powder
- 1 tbspbesan / gram flour
- ¼ tsp cumin powder
- 1 tsp coriander powder
- 1 tsp salt
- 1 cup water
- 1 cup peas / matar
- 12 cubes paneer / cottage cheese
- 2 tbspcoriander, finely chopped
- ¼ tsp garam masala
- 1 tsp kasuri methi, crushed

Method

- In a large kadai heat 2 tbspoil and saute spices.
- Add ¼ tsp turmeric, 1 tsp chilli powder and 1 tbspbesan. Roast well.
- Add in prepared onion tomato paste and saute well.
- Further add ¼ tsp cumin powder, 1 tsp coriander powder and 1 tsp salt.
- Now add 1 cup water and stir well.
- Add in 1 cup peas and stir well. Cover and cook for 10 minutes.
- Add in 12 cubes paneer and simmer for 10 minutes.
- Now add 2 tbspcoriander, ¼ tsp garam masala and 1 tsp kasuri methi.
- Finally, enjoy matar paneer with roti or rice.

3. Chicken Kandhari Kofta

Ingredients

- Chicken Mince 400 grams
- Cashewnut paste ½ teaspoon

- Salt to taste
- Oil 3 tablespoons
- Onion paste boiled $\frac{3}{4}$ cup
- Ginger-garlic paste 1 tablespoon
- Red chilli powder 1 teaspoon
- Tomato puree $\frac{1}{2}$ cup
- Cashewnut paste $\frac{1}{4}$ cup
- Garam masala powder $\frac{1}{2}$ teaspoon
- Fresh cream 2 tablespoons

Method

- Mix cinnamon powder, one tea spoon salt and chicken mince thoroughly. Divide this mixture into twelve equal portions. Shape them into balls and place on a greased baking tray. Refrigerate for thirty minutes and then cook in a preheated oven for fifteen minutes.
- Heat oil in a pan. Add boiled onion paste and cook till onions turn pink. Add ginger garlic paste and red chilli powder. Sauté for a minute on a low heat. Stir in tomato puree and cashewnut paste dissolved in a little water. Cook for five minutes, stirring constantly. Add one and half cups of water, bring it to a boil. Add cooked chicken koftas, garam masala powder and pomegranate syrup. Correct seasoning. Simmer for five minutes.
- Finish with fresh cream and serve hot.

4. Dal maharani**Ingredients*****For pressure cooking:***

- $\frac{3}{4}$ cup black urad dal, soaked overnight
- 2 tbsprajma, soaked overnight
- 4 cup water
- 1 tsp oil

Other Ingredients:

- 1 tbspbutter
- 1 tsp oil
- 1 tsp cumin / jeera
- 1 bay leaf
- 2 pods cardamom / elachi
- 2 tsp kasuri methi
- 1 onion, finely chopped
- 1 tsp ginger garlic paste
- 1 chilli, slit
- $\frac{1}{4}$ tsp turmeric
- $\frac{3}{4}$ tsp kashmiri red chilli powder
- $\frac{1}{2}$ tsp garam masala
- $1\frac{1}{2}$ cup tomato puree
- 1 tsp salt
- 2 tbspream
- 2 tbspcoriander, finely chopped

For tempering:

- 1 tsp butter
- 3 clove garlic, sliced
- Pinch kashmiri red chilli powder

Method

- Firstly, in a large kadai heat 1 tbspbutter and 1 tsp oil.
- Add in 1 tsp cumin, 1 bay leaf, 2 pods cardamom and 2 tsp kasuri methi. Saute until the spices turn aromatic.
- Further add 1 onion, 1 tsp ginger garlic paste and 1 chilli.
- Saute until the onions turn golden brown.
- Keeping the flame on low, add ¼ tsp turmeric, ¾ tsp chilli powder, ½ tsp garam masala.
- Now add 1½ cup tomato puree. To prepare tomato puree blend 3 large tomatoes to a smooth paste.
- Add in cooked dal, 1 tsp salt and mix well.
- Simmer for 20 minutes stirring in between to prevent from burning.
- Now add 2 tbspcream, 2 tbspcoriander and mix well.
- Pour the tempering over the dal and enjoy dal maharani with jeera rice.

5. Tawa pulao

Ingredients

- 4 cups boiled and cooled rice *
- 1 tablespoon oil
- 1 tablespoon butter
- 2-3 tablespoon water
- 4 -5 medium sized tomatoes finely chopped
- 1 onion finely chopped
- 3-4 grated garlic
- 1 carrot diced /chopped
- 1 /2 cup chopped bell pepper
- ½ cup green peas boiled /steamed
- 1 tablespoon red chilly powder
- 1 tablespoon pav bhaji masala
- Salt to taste
- Good squeeze of fresh lemon
- Fistful of fresh coriander chopped

Method

- Heat oil and butter in a heavy bottom non stick pan
- Add the onion and sauté till lightly browned.
- Add grated garlic and carrots.
- Saute until carrots are a bit tender.
- Add chopped tomatoes and salt.
- Sauté till tomatoes become tender.
- Add in the chopped bell peppers

- Add pav bhaji masala, red chilly powder .
- Let it cook for 2 minutes.
- Add water if needed.
- Add in steamed / boiled green peas . Cook for a minute.
- Add the rice and give it a nice mix until the masala is coated well.
- Taste test and add lemon juice .
- Adjust seasoning as per your preference if needed.
- Cook the rice for 2 more minutes.
- Fold in some chopped cilantro .
- Serve hot with a side of chilled cucumber raita and some papad .

6. Gajar aur khajoor ka halwa

Ingredients

- 1 tbspghee
- 8-10 cashew nuts
- 3 cups carrots ,washed, peeled and grated
- ¼ cup sugar
- 2 cups full-fat milk
- ¾ cup dates ,de-seeded and chopped
- 8-10 golden raisins
- 2 tsp green cardamom powder

Method

- Heat ghee in a kadhai or thick bottomed pan. Add cashew nuts and lightly roast them for a minute or two.
- Remove the cashew nuts and keep aside.
- In the same pot, add the grated carrots and sugar. Mix well and cook for about 5 mins.
- Add milk and continue to cook on medium flame for another 15 mins till there is a boil in the milk and the milk starts to reduce.
- Add dates, raisins, cardamom powder and mix. Cook for another 10 minutes with occasional stirring until all the milk has evaporated and the carrot halwa is thick.
- Serve hot or cold.

7. Paneer Taash Kabab

Ingredients

- Cottage Cheese 400 grams
- Mint Chutney cut into rings 2 medium
- Tomatoes cut into rings 2 medium
- Mint chutney 8 tablespoons
- Cheese 8 slices
- Fresh cream 1 tablespoon
- Cheese grated 1 cup
- Peppercorns crushed ½ teaspoon
- For marinade
- Hung yogurt 1/3 cup
- Red chilli powder 2 teaspoons

- Coriander powder 1 teaspoon
- Cumin powder 1 teaspoon
- Ginger-garlic paste 4 teaspoons
- Garam masala powder 1 teaspoon
- Mustard oil 2 tablespoons
- Chaat masala to taste
- Salt to taste

Method

- Preheat oven to 180°C. Slice the paneer into seven slices.
- Mix well all the marinade ingredients and spread evenly on the paneer slices. Set aside for ten minutes.
- Spread mint chutney evenly on the paneer slices. Arrange onion and tomato slices on each paneer slice and cover with the cheese slice.
- Stack each paneer slice with its layers one on top of the other, by repeating the process.
- Make a mixture of cream, grated cheese and crushed peppercorns and pour over the top layer.
- Place the last cheese slice on top, bake at 180°C for ten minutes in the oven.
- Cut equally into pieces of desired shape.

8. Chicken Hazaarvi**Ingredients**

- Boneless chicken cut into 1 inch cubes 250 grams
- Ginger-garlic paste 1 tablespoon
- Salt to taste
- Black pepper powder ½ teaspoon
- Processed cheese ½ cup
- Green chilli finely chopped 1
- Fresh coriander leaves finely chopped 2 tablespoons
- Mace powder ½ teaspoon
- Nutmeg powder ½ teaspoons
- Egg 1
- Fresh cream 2 tablespoons
- Butter for basting

Method

- Preheat oven at 180°C. Spread an aluminum sheet on a baking tray.
- Take chicken cubes in a bowl. Add ginger-garlic paste, salt and pepper powder and mix well. Set aside for 10 minutes.
- Combine cheese, green chilli and chopped coriander in another bowl and mix well. Add mace powder and nutmeg powder and mix again.
- Add egg and mix well. Add chicken and mix well. Add cream and mix well. Refrigerate to marinate for 2 hours.

- Skewer the marinated chicken cubes onto satay sticks, put the sticks on the tray, put the tray in the preheated oven and cook for 10 minutes, basting with butter at intervals.
- Serve hot.

9. Bhendi anardana

Ingredients

- Ladyfingers (bhindi) slit 400 grams
- Pomegranate (anar) 2 tablespoons
- Oil 3 tablespoons
- Cumin seeds 1 teaspoon
- Green chilli chopped 2-3
- Small onions 12-15
- Red chilli powder $\frac{1}{4}$ teaspoon
- Turmeric powder $\frac{1}{4}$ teaspoon
- Coriander powder 1 teaspoon
- Dry mango powder (amchur) $\frac{1}{2}$ teaspoon
- Salt to taste
- Garam masala $\frac{1}{2}$ teaspoon
- Lemon juice $\frac{1}{2}$ tablespoon

Method

- Put the anardana in a non-stick pan and dry roast lightly on low heat. Spread it on the tabletop and crush with a rolling pin.
- Heat sufficient oil in a non-stick kadai. Add cumin seeds and sauté lightly. Add green chillies and small onions and sauté till the onions become soft.
- Add ladyfingers and sauté for a while. Add red chilli powder, turmeric powder, coriander powder, dried mango powder and salt. Toss well.
- When the ladyfingers are almost done add the crushed anardana, garam masala powder and lemon juice and mix well. Serve hot.

10. Panch rattan dal

Ingredients

- $\frac{1}{4}$ Cup whole urad dal (black lentils)
- $\frac{1}{4}$ cup chana dal (Bengal gram split)
- $\frac{1}{4}$ cup moong (whole green grams)
- $\frac{1}{4}$ cup masoor dal (Egyptian lentils)
- $\frac{1}{4}$ cup tuar dal (Arhar/ pigeon peas)
- 2 small onions, finely chopped
- 1 tbspginger garlic paste (Garlic: optional)
- 2-3 green chillies
- 2 large tomatoes
- As per taste salt
- $\frac{1}{2}$ tsp turmeric powder
- 1 tsp coriander powder
- 1 $\frac{1}{2}$ tbspghee/oil
- 1 tsp cumin seeds

- A pinch of asafoetida powder (Hing)
- For garnishing coriander leaves

Method

- Mix, pick, rinse several times and soak the lentils in water for 1-2 hours.
- In a pressure cooker (or slow cooker) add the mix of lentils and pour some water, till the water level reaches above the level of lentils. Add salt and turmeric and pressure cook (or cook it, if using slow cooker) till 3-4 whistles of cooker.
- If cooking in a pan, let the water reach the boiling point and then simmer on low heat for 30 -40 minutes. Be sure to cover the pan and to stir the dal occasionally. Add some more water if needed.
- Meanwhile in a frying pan or kadahi, pour 1½ -2 tbs of ghee or oil and let it heat up. Carefully add a pinch of hing and some cumin seeds.
- When cumin is brown, add ginger garlic or just ginger paste, saute well, then add onions and sauté again till slight brown in colour.
- Add tomatoes, green chillies, coriander powder and cook well till oil separates out or till tomatoes are cooked well.
- Now just whisk the dal slightly and pour it in the pan or kadahi (you can pour the onion- tomato mixture in the cooker if your frying pan cannot accommodate the dal).
- Mix well, add some water if needed and cook on low flame for atleast 15 minutes or pressure cook it till 3 whistles of cooker. Simmer for 5 more minutes.
- Adjust the consistency of dal. This dal is supposed to be of creamy consistency. The longer you cook it on low flame, the more creamy texture is obtained.
- Garnish with coriander leaves.
- Serve it with rice/ roti.

11. Jeera pulao**Ingredients**

- 1 cup long grain Basmati Rice
- 2 cups Water + extra for soaking
- 1 tablespoon Ghee
- 1 Bayleaf
- 1 inch Cinnamon Stick
- 4-5 Cloves
- 1 teaspoon Jeera (Cumin Seeds)
- 1 Green Chilli, chopped finely
- ½ teaspoon Salt
- 2 tablespoons chopped Coriander for topping

Method

- Wash the basmati rice a few times, and then soak it in enough water so that the rice is completely soaked and has an inch of extra water on top. Soak the rice for at least 30 minutes.
- When you are ready to cook, drain all the water from the rice and set the rice aside.
- Heat ghee in a pot and add the whole spices and cumin seeds to it. Once the cumin seeds start spluttering, add the chopped green chilli and drained rice to it. Saute the rice in the pan for two minutes on a medium flame. This helps add more flavour to the rice.

- Add two cups water and salt to the rice and mix well. Bring the rice to a quick boil, and then reduce the heat to a simmer. Cover and cook for approximately five to six minutes, till all the water has evaporated and the rice is cooked through. Top with chopped coriander and serve hot.

12. Moong dal ka halwa

Ingredients

- ½ cup split yellow Moong dal, washed
- ½ cup unsalted butter (ghee)
- ½ cup sugar add 2 tablespoon more
- 1/8 tsp cardamom powder
- Few strands saffron
- 2 cups water
- For Garnishing
- 2 tbspsliced almonds

Method

- Wash dal thoroughly and soak in 3 cups of water for at least 4 hours. Drain the water and blend dal into a thick paste, adding just enough water as needed to blend.
- Boil water and sugar in a pan over medium heat, for 3-4 minutes. Remove from heat. Add cardamom powder and saffron; set aside.
- In a non-stick or heavy bottom frying pan add moong dal paste and melted butter. Mix well.
- Turn on the stove to medium heat and fully cook dal paste. Use spatula to gently press the paste, then fold the paste over and press again. Repeat this pressing and folding of the dal paste several times until the texture becomes grainy and light brown in color. This will take approximately 15 minutes, and will have a sweet, mild aroma when it is cooked.
- Lower the heat to medium-low. Add syrup to the dal, little at a time. The syrup will splatter as you are adding. Cover and cook for an additional 2-3 minutes.
- Remove cover, stir and cook for another minute. Turn off the heat. Garnish with almonds.

CHECK YOUR PROGRESS-III

Q.1 Why the cuisine of Delhi is is amalgamation of all the cuisines of India?

Q.2 List five popular specialty foods of Delhi?

Q.3 What are the famous food joints near Jama Masjid ?

2.6 SUMMARY

Cuisine of Punjab is one of the most celebrated aspects of Punjabi culture. People of Punjab have a knack of experimenting successfully with their dishes. Be it vegetarian or non vegetarian dishes, there are so much varieties that even a person who lives in Punjab might not have tasted all. Punjabis are known to be fond of nutritious food and most of their delicacies are rich in flavor as well as are wholesome. The land is ideal for growing wheat and is called the '*Granary of India*' or '*India's bread-basket*'. Though wheat varieties form their staple food, Punjabis do cook rice on special occasions. Food is mainly based upon wheat, masalas (spice), pure desi ghee, with liberal amounts of butter and cream. The practice of multi-cropping is quite common in Punjab which also grows sugarcane, bajra (pearl millet), jowar (great millet), barley, potatoes, vegetables and fruits among others. Cattle primarily used for agriculture and dairy farming in the region form the major source of dairy products starting from ghee, butter, clarified butter, curd, paneer (cottage cheese) to a wide variety of sweet dishes. Thus the staple foods grown locally including the dairy products form an integral part of the local diet. Non Vegetarian Punjab is home for mouth watering tandoori tikkas, kababs, roganjosh, fried fish dishes and much more. Curries can be made as dry or gravy preparation. There is hardly any one in India who has not heard the name 'Makke Di Roti' and Sarson Da Saag'. These are the two most famous dishes of Punjab. These dishes are exclusive to Punjab and among the

many that have made a name for themselves outside the state. Dal Makhani, Shahi Panner, Aloo chole, Aloo Gobhi are the other few. The lavish use of ghee and vegetables in their dishes makes them quite heavy and nutritious. A tall glass full of cold *Lassi* (Churned Yogurt) is not only the favorite of Punjab people but you will find its admirers down south as well. Lassi can be salty as well as sweet but sweet Lassi is the more preferred one. Another famous sweet dish of Punjab is the *Gajrela*, a carrot pudding which is prepared by boiling milk sugar and grated carrot together. Cashews, almonds and raisins are added for extra flavor. Punjabis are also famous for their community food service called '*Langar*', where people of any caste or creed are fed with nutritious food without any cost. In rural Punjab, the community tandoor, dug in the ground, is a meeting place, just like the village well, for the women folk, who bring the kneaded atta (dough) and sometimes marinated meats to have them cooked while chit-chatting. Until a few years ago, this phenomenon existed in urban neighborhoods too. Even today, a few neighborhoods have a communal tandoor.

Haryanvi cuisine is like the people of Haryana - simple, earthy and inextricably linked to the land. In Haryana, the emphasis is on food that is wholesome, fresh and can be prepared easily. The 'Land of Rotis' is an apt title for Haryana, as people are fond of eating different kinds of rotis here. Wheat rotis are common and so are baajre ki roti. In earlier times, rotis would be made from a flour of wheat, gram and barley, a truly nutritious and healthy combination. The state is well known for its cattle wealth, so milk and milk products forms the major part of each food. People make butter and ghee at home and use these liberally in their daily diet. The refreshing *Bathua-Ka-Raita* (green leafy Bathua in delicately spiced yoghurt) and the lip-smacking *Aloo-ki-Tikiyas* (mashed, browned potatoes patties, stuffed with spicy lentils, smothered in sour tamarind chutney) are other favourites. Their cuisine is also inspired from the nearby states. As such, some dishes in Haryanvi Thali sound more like Rajasthani or Punjabi Thali. Haryanwis are traditionally vegetarians and take fresh vegetables are taken daily. Pethe ki subji is made on special occasions. The most relished dishes are Raabri and Bajre ki khichri with ghee or kadi. Teet ka achar is a pickle made of Kair tree. Some of the popular Haryana cuisines are Singri ki sabzi, Kachri ki Sabzi, Methi Gajar, Mixed Dal, Hara Dhania Cholia, Kadhi Pakora, Tamatar Chutney, Bathua Raita, Khichri, Mithe Chawal, Besan Masala Roti Makhan, Bhura Roti Ghee, Bajra Aloo Roti Makhan, Churma, Kheer and Malpuas.

There is no such thing as typical cuisines of Delhi. This is so because there is no specific identity of the city. This city is a whirlpool of different cultures and everyone contributes their significant little self to make a 'Dilliwalla' exist. With time, people from different areas of India came and settled, making Delhi an assortment of sorts. Slowly and gradually, Delhi assumed some of the aspects of the identity of all the types of people living in it, making multiple identities for itself. As a result, even the traditional food of New Delhi has no distinctiveness. It comprises of South Indian food, Punjabi food, Gujarati food, Rajasthani food and so on. However, there are certain food items for which Delhi is quite famous. For example, Chandni Chowk area of the city boasts of the most delicious paranthas (a sort of bread). Infact, the entire area of Old Delhi is famous for the local Delhi cuisine. Then, there is the Bengali Market in New Delhi that is very popular for Chaat Papri, Golgappas, Sweets, etc. Some of the other popular road side eateries in

Delhi include places like Paranthe wali gali, Annapoorna, Ghantewala, Bengali Market, Greater Kailash and Sunder Nagar are famous for entertaining their gastronomes with kababs, rotis chaat, bhelpuri, sweetmeats and biryani.

2.7 GLOSSARY

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|-----|---------------|---|
| 1. | Dhaba | Road side eateries. |
| 2. | Hamam dista | It is a pair of tools used to crush, grind, and mix solid substances or masalas. It is usually made of iron but can also be made of marble stone, wood, bamboo, iron, steel, brass and basalt. |
| 3. | Kandi | The name given to semi-hilly area in Punjab. |
| 4. | Kanjee | Fermented carrot and mustard paste drink, served in earthen ware “matka” |
| 5. | Kathi Rolls | Kati roll is a street-food dish originating from Kolkata, India. In its original form, it is a skewer-roasted kebab wrapped in paratha bread; although over the years many variants have evolved all of which now go under the generic name of kati roll. Today, mostly any wrap containing a filling enfolded in an Indian flatbread (roti) is called a kati roll. |
| 6. | Khoncha | It is a flat metal spoon used for stir frying or sautéing the ingredients. |
| 7. | Langar | Community dining hall organised by the Punjabis. |
| 8. | Multani tikka | Crispy ajwain flavored paneer and onion tikka, served with tandoor kebab masala. |
| 9. | Pangat | One family compiled of all of humanity, regardless of caste, color, or creed, sitting together cross legged in lines, forming rows without discrimination or consideration of rank or position. |
| 10. | Paya | Paya is an Urdu word that denotes the trotter or foot. This recipe of Paya curry has sheep's trotters, cooked in a luscious tomato-onion curry. This is a famous Mughlai dish of Northern India. |
| 11. | Rara gosht | A rich heavy and thick mutton preparation in which mutton boti and mutton mince is cooked together with onion and masalas till done. |
| 13. | Rau di kheer | A dessert made of sugarcane juice and rice. |
| 14. | Sangat | The ennobling influence of people, who aspire to truthful living, and congregate with like-minded company for the purpose of uttering the name of one God in the presence of the Guru Granth. |
| 15. | Shikanji | Chilled drink made of chili water, lemon juice, salt, sugar black salt powder and black pepper powder |
| 16. | Tikiyas | Mashed, fried browned potatoes patties, stuffed with spicy lentils, smothered in sour tamarind chutney. |

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2.9 TERMINAL QUESTIONS

1. What are the main features of Punjabi Cuisine?
2. How climate affects the feeding habits of Punjabi?
3. List the dishes of Delhi.
4. What are the main dishes from Punjabi Cuisine?
5. List the various equipments and tools used by people of Haryana in preparing their speciality food.
6. List the various equipments and tools used by people of Punjab in preparing their speciality food.
7. List the ten speciality dishes of Haryana.
8. List the two sweet dishes from cuisine of Delhi.

UNIT: 03

CUISINES OF RAJASTHAN AND GUJARAT

STRUCTURE

- 3.1 Introduction
- 3.2 Objectives
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3.1 INTRODUCTION

Set against the backdrop of the Thar region is well regarded as the beautiful land of vibrant colors, wonderful palaces, attractive architecture and tasty cuisines. The state faces the problem of scarcity of water and green vegetables. Apart from this the climatic condition and the frequent war conditions also influenced the local cuisine. Long lasting food, not requiring any heating, evolved because of the frequent wars fought by the state.

- Brief Historical Background
- Culture and Traditions of the People of Punjab
- Climate
- Agriculture and Staple Food
- Characteristics & Salient Features of Cuisine
- Equipments and Utensils Used
- Specialties during Festivals and Other Occasions
- Festivals and Other Occasions
- Community Foods
- A Few Dishes From Gujarati Cuisine

3.3.1 GEOGRAPHICAL PERSPECTIVES

Rajasthan is situated in the north-western part of India. It is the largest Indian state by area and the seventh largest by population. Rajasthan is located on the northwestern side of India, where it comprises most of the wide and inhospitable Thar Desert (also known as the "*Rajasthan Desert*" or "*Maru-kantar*" or "*Great Indian Desert*") and shares a border with the Pakistani provinces of Punjab to the northwest and Sindh to the west, along the Sutlej-Indus river valley. The rest it is bordered by five other Indian states: Punjab to the north; Haryana and Uttar Pradesh to the northeast; Madhya Pradesh to the southeast; and Gujarat to the southwest. The capital city is Jaipur. The oldest chain of fold mountains- the Aravali Range splits the state into two geographical zones- desert at one side and forest belt on the other. The *Mount Abu* is the only hill station of the state and houses the *Guru Shikhar Peak* which is the highest peak. This place is famous for *Dilwara Jain Temples*.

The topography includes rocky terrain, rolling sand dunes, wetlands, barren tracts or land filled with thorny scrubs, river-drained plains, plateaus, ravines and wooded regions. All the rivers are mostly situated in the eastern part of the state. Chambal and Luni are the main rivers quenching the thirst of this state along with few other small rivers like Kali, Banas, Banganga, Parvati, Gambhiri, Mahi, Kakni, Jokham, Sabarmati, Katli, Sabi and Mantha.. The State's scorching and dry summers and its parched landscape are undergoing significant changes because of the developmental effort that have led to the spread of the *Indira Gandhi canal*.

3.3.2 BRIEF HISTORICAL BACKGROUND

Rajasthan, the land of Raja-Maharajs has witnessed a glorious history, which dates back to the ancient times. There is an interesting legend attached to the history of Rajasthan. It is believed that ages ago when Lord Rama (heroic figure in Hindu Mythology) was about to fire an arrow towards Lanka where his consort Goddess Sita was imprisoned by the demon king Ravana, other Gods requested him to refrain from doing so. However, once the arrow was drawn it could not be taken back, so Lord Rama released the arrow at a distant sea. As a result, all the water evaporated from the sea and from it rose the great Indian Thar Desert, Rajasthan. According to archaeological reports, the settlements in

Rajasthan began during the Indus Valley Civilization (2500 BC). It is believed that the civilization declined due to several factors such as earthquake and invasions. Later the trade link between Europe and Asia came as a blessing to Rajasthan as it is during this period that the settlements were re-established. The Aryans occupied the Dandhmer region of Rajasthan and settled there in 2000 BC. Mina and Bhil tribes were the first inhabitants of Rajasthan. Constant fights between these two tribes resulted in several small kingdoms. Next came the Maurya dynasty, which ruled over Rajasthan till 400 AD. The great king Ashoka was one of the kings of the Maurya dynasty who, after seeing the horrible results of the war took to Buddhism to understand life better. Thereafter the Guptas established their supremacy in the 4th century and ruled for 300 years. Famous for their bravery, the Rajputs ruled Rajasthan from the 7th century AD. But infighting amongst themselves eventually split them into 36 splinters, and ever since, Rajasthan has been referred to as the "Land of Rajputs". 1200 AD saw the rise of the Muslim rulers who were later defeated by Marathas in 1707. Finally, British rule was established in 1817, and came to an end in 1947 when India gained Independence.

Social life of the people of Rajasthan

The people of Rajasthan are as diverse and colorful as the state itself. The dominating populations of the Rajasthan are the Rajputs. The state is also popularly known as 'Land Of Rajputs' which means the 'son of the king' and is believed that they belong to the warrior clan or the descendants of the Ksatriyas of Vedic India. Indeed, the state draws its name from this community. Since ancient times, the profession of a person was the deciding factor of his caste. The tradition has been modified in modern times and now the caste is decided by the family in which a child is born. One can say it has become a birth based caste system. The caste does not restrict an individual to choose a profession of his own. In terms of caste structure, the Brahmans (highest caste) are subdivided into many *gotras* (lineages) who carry out rituals and holy practices; the Rajputs noted for their bravery are classified into various castes and sub castes where the Gurjar Pratiharas are supposed to be the earliest of the Rajput clan. Some of the other Rajput clan includes the Sisodias, Rathors, Chauhans, Kachawahas, Bhattis, Panwars and Solankis, while the Mahajans (trading caste) are subdivided into a bewildering number of groups. In the north and west the Jats (peasant caste) and Gujars (herding caste) are among the largest agricultural communities. In the eastern part of the state, those groups include the Mina (and the related Meo), most of whom are farmers; the Banjara, who have been known as traveling traders and artisans; and the Gadia Lohar, another historically itinerant tribe, who traditionally have made and repaired agricultural and household implements. The Bhil, one of the oldest communities in India, generally inhabit southern Rajasthan and have a history of possessing great skill in archery. The Grasia and Kathodi also largely live in the south, mostly in the Mewar region. Sahariya communities are found in the southeast, and the Rabari, who traditionally are cattle breeders, live to the west of the Aravallis in west-central Rajasthan.

Atleast 12% of the total population of Rajasthan is constituted by the tribal people. Some of the major tribes of Rajasthan are the Bhils, Minas, Lohars, Garasias and Sahariyas. Udaipur is mainly occupied by the Bhils tribal community and districts like Jaipur and Madhopur are inhabited by the Minas. Garasias and Sahriyas tribes belong to the Sirohi

and Kota district. The lohars are nomads who found their home in Udaipur. The Sahariyas inhabit the jungles of Shahbad, Jhalawar, Sawai Madhopur, Dungarpur and Udaipur.

3.3.3 CLIMATE

Being the driest region in India, the royal state experiences a tropical desert climate. Rajasthan features extreme temperatures in both summer and winter.

The presence of the desert makes the summer days very hot and nights very cold. In the dessert the nighttime temperatures in winters can reach -1°C , as can be witnessed in Churu, Jaisalmer and Barmer district at any time of the year. The summer season extends from April to June where the maximum daytime temperature varies from 28°C to 45°C . Prevailing winds are from the west and sometimes carry dust storms (we call them *aandhi*). In day time this wind is called "Loo".

The winter season falls in the between the months of December to March in Rajasthan, where the days are more or less pleasant, and is the best time to visit this state. The night experiences harsh cold climate where the temperature may fall below 0°C . The monsoon occurs mainly in the eastern region during the month of July to September, so this area is fertile and suitable for growing crops.

3.3.4 AGRICULTURE AND STAPLE FOOD

The State has only 10% land useful for farming. In spite of this the agricultural sector has long been the mainstay of Rajasthan's economy. It accounts for about one-fourth of the state's economic output, employing about two-thirds of the state's working population. Despite scanty and scattered rainfall, nearly all types of crops are grown, including pearl millet in the desert area, sorghum around Kota, and mainly corn (maize) and ground nuts around Udaipur. Wheat, barley and pulses (such as peas, beans, and lentils), sugarcane, and oilseeds (Rape and mustard) are fairly well distributed in the plains that are drained by the rivers and streamlets owing to the alluvial and clay soil deposits. The main source of irrigation is wells and tanks. The Indira Gandhi Canal irrigates northwestern Rajasthan. Rice is grown in the irrigated areas of both the southeast and the northwest. The hilly tracts of the Aravali are characterized by the black, lava soils that sustain the growth of cotton and Isabgol. This area is also suited for the growth of some spice plants, especially red, hot chilies. These chilies give Rajasthan its distinct flavor. Other spices are cumin seeds and fenugreek. Cotton and tobacco are important cash crops. Apart from this crops an assortment of fruits and vegetables are also grown in Rajasthan in the local gardens and some fertile regions. These fruits include oranges, guavas, lemon, pomegranates and mangoes.

Due to odd and harsh climatic condition the folk of Rajasthan could not cultivate vast fields of food, they became champions of animal husbandry, nurturing and maintaining hordes of cattle despite the scarcity of grazing land. They found that lentils and legumes flourished in the semi-fertile land northeast of the Aravallis, and they made them an integral part of their diet. They discovered desert berries and created magnificent dishes from them. Spices grow well even in the arid soil of this land, and are more pungent and

potent because of it, making them the star ingredients in most dishes and imparting a wholly distinct flavour to the food.

Rajasthan has a large livestock population and is a major wool-producing state. It also is a source of camels and draft animals of various breeds. Apart from farming they are also engaged in animal husbandry and activities like handicrafts in brass, silver, lacquer, pottery, wood, and leather.

3.3.5 CHARACTERISTICS AND SALIENT FEATURES OF CUISINE

The common households used the simplest of cooking methods to prepare the food. Each

home was equipped with a basic stone or clay stove (*angithi*) fuelled by wood and coal called an. In some of the more rural areas and amongst the nomadic tribes, food was cooked on stoves made of



hardened mud (*chullah*) and cow dung cakes were used. Sometimes a flat slab of stone was placed on blazing coal. Once hot, it would work as a grill and food placed upon it would be roasted. Since fuel like wood and coal was a rare and expensive commodity and was often not available for days, food had to have a long shelf life and needed to be easily edible without requiring any heating or further preparation. These durable recipes were also preferred because of the necessity of travel for the men folk, who were away from home for several days at a stretch, mostly for economic purposes like work or trading and sometimes for recreational pastimes like hunting. Yet another reason was the constant state of internal conflict and war within Rajasthan as Rajputs eagerly engaged in frequent battles for land and honour. These battles often meant food supply routes were cut off, especially during sieges, so large quantities of food that could be preserved for long periods of time were prepared beforehand.

1. Geographically, the state experiences scarcity of water and due to which fresh green vegetables are least available, which in turn has influenced the cuisine of this land. As a result, most of the delicacies of Rajasthan are cooked with the minimum quantity of water. Milk and buttermilk are used in generous quantities in the preparation of Rajasthani food.

2. The cooking medium that are commonly used are desi ghee, mustard oil and rape seed oil.
3. Only the Rajputs used to lavish meat, but not frequently and usually preferred to keep a vegetarian and lacto-vegetarian diet. Chicken is uncommon and is rarely used ingredient, Goat and lamb meat is widely used but they were still a bit of a secondary preference.
4. Another form of an “outdoor” kitchen is the *khad* (deep pit) style of cooking of Rajasthan. When hunting wildlife was not considered a violation of animal rights, members of the royal family would set out on a *shikar* (hunting), which were hunted during pastime and was a passion of the royal Rajputs. Cooking the hunted animals or game cooking was considered as a kind of royalty. In the *khad* style of cooking large leaves and mitti (wet earth) were used in lieu of a utensil. The heat source at the base of the pit was by burning charcoal covered with dry twigs and cow dung to provide the heat. The marinated shikar was tightly wrapped in the leaves, which were then coated with mitti and placed in the pit which was then covered with sand. After a passage of time the pit was dug up, the dried-up mitti crust was broken and the deliciously aromatic preparation, cooked in its own juices, was ready to be eaten. One such creation is the unique *Junglee maas* by the Maharaja of Salwar ‘*Khad khasrgosh*’ (Hare or rabbit meat cooked in a pit), ‘*Khad ka pind*’ or ‘*Khad maans*’ (- delicacy of chicken) by Hada Rajput royal family. The hunted game was simply cooked in clarified butter, salt and plenty of hot red chilies due to the scarcity of exotic ingredients in the kitchen of hunting camp.
5. Other non-vegetarian dishes include ‘*soola*’ or barbecued meats, marinated with a local vegetable, *Murg ko khaato* (chicken cooked in a curd gravy), *soor santh ro sohito* (pork with millet dumplings). Apart from these *Lal maans* and *Maans ke sule* and *Safed maas* by Kachchhawadas of Jaipur .are also on the top list of meat delicacy.
6. Despite such popularity of the meat dishes the vast majority of inhabitants have always been staunch vegetarians.
7. Vegetable and fruit produces include Cluster beans (Gawar ki phalli), Mateera (Kind of gourd resembling watermelon, Singhara (water chestnut), Kawkari (kakri or kakdi) –a type of cucumber, also called pahadi kheera, it's a type of cucumber.
8. Every other ethnic group in Rajasthan abstained from meat and relies on dairy products as both the base for curries and for cooking. The Jains, Marwaris, Bishnois and Maheshwaris abstain from most root vegetables, and avoided onion and garlic, which are integral parts of most Rajasthani cooking.
9. In the absence of a variety in vegetables, hardy grains like Bajra (pearl millet), wheat and gram became staples, along with moth, soya bean and ground nuts. Dried lentils as well as beans from local plants like Ker, Sangri etc are utilized in Rajasthani cuisine quite liberally.
10. Spices like dry red chilies, cumin, coriander, custard, fennel, fenugreek, sesame seeds, garlic, coconut and kaachri (Berry used as a souring agent and meat tenderizers- Cucamelons). Maithania town near Jodhpur is famous for its red fiery chilli – called Maithania mirch or Lal Badshah

11. Gram flour is one main ingredient used by the people to make delicacies like '*khata*', '*ghatta ki sabzi*' and '*pakodi*'. *Mangodi* and *Papad* forms a part of their daily meal and it is made of powdered lentils. The most commonly used grains are Bajra and corn with which they make rotis, '*rabdi*' and '*kheechdi*'. *Jalebis* and *Fafda* are usually taken along with a glass of milk in the morning.
12. Fruits like Sita-phal (custard apple), oranges, guavas, lemon, pomegranates and mangoes. datepalm, karonda, lasoda or gonda (Indian glue berry), are also part of daily diet.
13. Soup also form a part of their daily lunch which is made of legumes and alternately flavored with red chili peppers, yoghurt or milk and sometimes a vegetable such as lady finger, jackfruit, brinjal, mustard or fenugreek leaf.
14. Chutneys made of spices like turmeric, coriander mint and garlic are prepared and are hot and spicy. Various types of chutneys are also an integral part of the cuisine of Rajasthan. Most of these are made from local spices like turmeric, coriander, garlic and mint.
15. *Dal baati churma* and *Bikaneri bhujia* have garnered both national and international popularity among foodies.
16. Another interesting indigenous practice is that of dungar cooking, wherein the prepared food is placed in a vessel (usually a bronze or copper pot) and a small container with a hot piece of coal is kept in the centre of the dish inside the vessel. Hot ghee is then poured onto the coal and the dish is covered for 30 minutes, giving the dish an intoxicating smoky flavour and aroma.
17. During summers, an appetizing and refreshing drink *Aanch* is very popular. It is made of pureed roasted mango pulp and spices.

The sweet tooth: Native Rajasthanis have a unique style of coupling the sweet dishes with the main (bread/roti/puri) course instead of or in addition to vegetables or meat. Halwa - Puri for example makes a famous combination. A great use of *clarified butter (ghee)* characterizes the sweets. *Chashni (caramel)* based Halwas and Chakkis are a must on most festive occasion. A variety of dal ka halwas are made using lentils such as *Moong dal ka halwa*, *Semolina (Sooji ka Halwa)* or *Besan ka hlawa (Chakki)*. Ajmer is famous for its *Sohan Halwa*. Jaisalmer is also known for the many varieties of laddus (sweet balls) prepared commonly in the households. *Motichur ka Laddu*, *Besan ka Laddu*, *Dal ka Laddu* and the unique *Gaund ka Laddu* eaten mostly in winter months due to the heat it imparts to the system are the state's specialties. *Gotma* (small sugar dipped boondis which are mashed) is common in almost all occasions. A number of diary products are also effectively used in making desserts. Kheer is a milk-based sweet dish. *Kheer* is cooked in variations such as with the more common rice or with vermicelli (*Seviyan Kheer*). *Makhane ka Kheer* and *Jhajharia* are also diary based recipes cooked only by the natives of the state. *Ghevar* (a specialty of Jaipur) of is probably the most intriguing of sweets prepared in the state. It is a must have on Makar Shankranti, a festival that usually falls around the 14th of January every year. The *Rabri topped Jalebi* of Rajasthan is legendary. *Malpuas of Pushkar*, *Kalakand and Diljani of Udaipur*, *Mishri Mawa* and *Imarti of Ajmer*, *Balushahi* and *Makhan bade* of Kishangarh, *Chiwde ke pede* of Pillani, *Mawa Kachori* of Bikaner have claimed the hearts of international tourists.

The Royal Heritage of Cuisine in Rajasthan: The royal households of Rajasthan (called *rajthikanas* or *rajgharanas*) were famed for their lavish and extravagant lifestyles. It was in the magnificent kitchens of these royal families that some of the richest and most flavourful dishes find their origins. Each royal gharana has a huge *rasowara* (kitchen) that usually employed a minimum of 10 to 12 chefs, called *khansamas*, whose primary job was to cook new and innovative dishes using different ingredients, especially game meats using dry fruits. Game meats included wild hare, wild boar, venison, duck, pheasant, rabbit, quail and even camel. *Laal Maas*, *Govind Gattas*, *Doodh ke Samose*, *Kaleji ka Raita*, *Khad Khargosh*, *Khargosh ki Mokal*, *Lahsoon ki Kheer* were also a part of the festivity. More than hundreds of dishes were made and served during any kind of royal festival. These were presented in elaborate vessels made from the rarest of precious materials.

The Royal Thali: A traditional Rajasthani thali depicts a brilliant play of gourmet preparations on a plate of epic proportions. A big thali meticulously arranged with small bowls all around, and each bowl consists of delicious preparations displaying numerous dishes. It is a complete menu with snacks, main course, side dishes, sweets and beverages. The dishes may be:

- Breads- Rotis, Pooris, Kachauris, Bati and Parathas made of wheat flour, besan, bajra, makka and jowar.
- Rice- Plain rice, pulao
- Dal- Besan kadhi, Gatte ki sabji, Moong dal, Mixed dal, Amras ki kadhi, Papad ki sabji, Ker sangria,
- Non- vegetarian dishes- Laal maans, Safed maans, Banjari gosht, Bhuna kukda, Khad khargosh, Sula
- Accompaniments- Chick pea salads, Papad, Fried chilies, Lahsun chutney, Red chilli chutney
- Beverages- Lassi, Chhaans, Thandai, Raita
- Sweets- Imarti, Malpua, Rasgulla and Moong dal halwa, Mawa misri, ghewar, Gond ke laddoo, Churma laddoo.



3.3.6 EQUIPMENTS AND UTENSILS USED

- Tikra: This is a clay pot that is typically used for making a dal called tikri ki dal. The much desired earthy flavour of the dal is obtained in this manner.
- Chullah: In the olden days, stoves were made out of mud and cow dung was the most commonly used fuel. The low flame of the chulah would cook the food and the flavour of the spices would be more pronounced.
- Sigri: This is an open barbecue griller used for grilling kebabs such as *maans ke sooley*.

Very little 'special' equipment would be needed to prepare your Rajasthani cuisine. Pots and pans those are non-sticky of course as they make the best utensils for simply any type of cooking. Moreover, using



wooden stirrers in place of stainless steel ones is the best choice always. The traditional Rajasthani breads such as chapattis, parathas and rotis are all made using the tawa. Karahi is another deep frying pot which looks quite like a Chinese wok but it is heavier and deeper than the former. The karahi makes a great alternative for ordinary deep frying recipes. Commonly the meat dishes are prepared in the karahi. Other equipments used are karchhi, palta, deg, lota, mortar pestle etc. Meat pieces are roasted after being pierced in iron skewers.

3.3.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

1	Amrud ki sabji	:	This is an exquisite delicacy of guava simmered in a tangy tomato and yoghurt masala.
2	Dal Bati Churma	:	Bati is flaky round bread baked under a mound of firewood or cow dung cakes. They can also be steamed. Batis are accompanied by <i>Panch Kutti Dal</i> and <i>Churma</i> . A part of unsalted dough batis are deep fried, crushed, mixed with sugar or jaggary, form small laddoo balls called Churma laddoo.

3	Badi ka saag	:	It is sun-dried moth-lentil dumplings mixed with spices and cooked dry
4	Bajra roti	:	Crispy flat bread made of millet flour is one of the most favored edibles for Rajasthanis. Bajra rotis, soaked in clarified butter, are often matched with lehsun ki chutney, Ker Sangri ka Saag, Gwaar phali ka saag, Rajasthani Khaata, and even sweet jaggary .
5	Bajre ki Roti	:	It is a crisp roti paired with a natural onion and Lahsun ki Chutney
6	Banjari Gosht	:	It is a hot spicy preparation of mutton and curd, the shining reddish brown colour exhibits the royal taste.
7	Bejad ki roti	:	It is wonderful flat bread made of a mix of chick pea and barley flour, Bejad rotis are highly nutritious. High on fibre, and low on carbohydrates.
8	Bhedawi Puri	:	Bhedawi Puri is the favorite fried flat breads. It is made of urad daal (black gram lentils) flour, fennel and nigella seeds. The crunchiness of Bhedawi puris make them ideal for the tea-time snacks as well.
9	Bhuna Kukda	:	Marinated chicken is cooked in a mixture of spices until it gets tender and then sprinkled with coriander leaves.
10	Bina Pani ki Roti	:	Made with just boora (ground sugar), ghee, milk and flour. it is pressed into a flat roundel by hand, and cooked on a mitti ka tawa called a <i>khejdi</i> , often decorated with saffron, cardamom seeds and raisins.
11	Chilla	:	Generally Besan ka chilla is a very common street food from Rajasthan. It can be made from besan or moong dal. Paste of these are spread on tawa like dosas and cooked on a hot plate and stuffed with grated paneer and folded over to a half moon. It is served hot with garlic chutney.
12	Dilkushar	:	Also known as ‘Mohanthal’ or ‘Besan ki Chakki’, Dilkushar is made by roasting besan (gram flour) and mawa in copious amount of ghee. Sugar syrup is poured over the gram flour mixture and allowed to set. Once it sets, cardamom and chopped dried fruits are sprinkled on. This fudgy confection is cut into squares, and has a chewy texture with sweet grainy flavour.
13	Doodh pheni	:	Highly garnished Sewaiyan kheer

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|----|----------------|---|--|
| 14 | Gatte ki Sabzi | : | Popular and all-time favorite Rajasthani (Marwari) recipe with gram flour dumplings simmered in a tangy gravy made of buttermilk and spices. It is eaten with rotis/rotla (Indian bread) or rice. |
| 15 | Ghevar | : | Made in large quantities on the festival of Teej, Ghevar is one of Rajasthan's quintessential sweet delicacies. It is disc shaped and has a crispy but porous texture. It is made of corn flour, fried in ghee (clarified butter) and then infused with sugar syrup. |
| 16 | Jhanajariya | : | Small pedas made of corn, milk, ghee and sugar and garnished with raisins and nuts |
| 17 | Kachori | : | Small golden brown discs of flour filled with spiced lentils or more famously, spiced onions. Kachoris are served with various kinds of chutneys. |
| 18 | Kalmi Vada | : | This crispy and crunchy snack delicacy made of batter of chana dal, onion, dhanias seeds, chillies and other ingredients savoured with chilli or mint chutneys forms a perfect tea-time snack. |
| 19 | Khad ka pinda | : | This preparation is associated with wild animals. In this case, a rabbit is marinated and wrapped in a jute cloth. It is then covered with clay and cooked embedded in the earth with simmering wood charcoals on top. |
| 20 | Khad | : | A multi – tiered cake of lamb mince and phulka – a magnificent meal in itself. Khad means a hole in the ground. Originally, the ‘cake’ was baked in a hole in the ground with charcoals and hot sand providing the heat. |
| 21 | Khichra | : | It is a porridge of millets and moth lentils that are cooked along with water, a little spice and some ghee in combination with either jaggary or karhi form a staple part of Rajasthani diet. |
| 22 | Khoba roti | : | Khoba roti, in short, is the elaborated version of regular whole-wheat chapatti. The surface of the Khoba chapatti is made uneven by pinching it lightly with fingers. All this is done to increase the absorbing quality of the bread, which would later be poured with a great quantity of clarified butter. |
| 23 | Laal Maas | : | A traditional Rajasthani meat recipe, Laal Maas literally means 'red meat'. A curry is made by marinating lamb pieces with ground red chillies and other spices that give it a red tinge and spicy flavor. |

24	Laapsi	:	It is prepared with broken wheat (dalia) browned in a pan containing a small quantity of ghee and then sweetened with sugar or jaggary and dressed with saffron and dried nuts and raisins. It is a special sweet dish of Rajasthanis.
25	Lahsun ki chutney	:	A saucy and spicy preparation of garlic and onion.
26	Maans kay sooley	:	This dish is usually eaten as an appetizer. Thin slices of lamb are firstly marinated overnight in buttermilk and spices. They are then skewered and cooked on a charcoal grill.
27	Machhli Jaisamandi	:	Tender pieces of fish are marinated in a green paste which is then fried and cooked in gravy full of spices and silky creamy texture.
28	Makki ka soweta	:	This is a spicy combination of corn and lamb in which lamb is cooked with yoghurt and various spices and grated corn and milk is added.
29	Malpuwa	:	It is a soft pancake dipped in sugar syrup or thickened milk (rabri) and served as a sweet.
30	Mirchi vada	:	The Jodhpur mirchi bada, a spicy chilli cutlet made of chilli and potato stuffing is a popular Rajasthani snacks item that goes along well with tamarind chutney, mint chutney or tomato sauce.
31	Missi roti	:	This is a very famous bread prepared by kneading gram flour, wholewheat flour, chopped onions, and green chillies into a dough. The chapattis are rolled out from this dough and cooked on a tawa.
32	Mohan maas/Safed maas	:	It is a rich preparation of mutton with lots of cream, spices and milk usually taken with Roti.
33	Mongidi chawal	:	It is prepared with rice and fried lentil dumplings known as mongodis. It is prepared by putting whole hot spices in the ghee followed by some sliced onions, ginger juliennes, and other spices. The soaked rice is added and cooked along with fried mongodis.
34	Panchkuta	:	This is a quintessential curry made up of five ingredients found widely across the Thar Desert. It has a long shelf life after being cooked and is traditionally eaten with pooris/rotis. The five ingredients of panchkuta are sangri, ker, Kumat (seeds from the pod of a deciduous tree), gunda (a kind of wild berry) and dry red chillies.

35	Papad ki sabzi	:	Papad Ki Sabzi is a popular Rajasthani dish that is prepared by sautéing the fried papads in gravy made of curd and tomatoes. It can be enjoyed with chapattis, Missi Roti, bajra roti, parantha, or rice.
36	Pathorey	:	These are fritters made by combining gram flour, curd, turmeric, chilli powder, mustard seeds, and ghee. They can be eaten as snacks or even stewed in a kadhi to make pathorey ki kadhi.
37	Pittod	:	It is synonymous with the word bliss, as far as edibility is concerned. A batter of gram flour is cooked in sizzling oil with mustard seeds and onion slices. This cooked paste is then spread evenly on a thaal for cooling down. Once the paste cools down enough to get the consistency of a jelly, it is cut in diagonal stripes. These diamond shaped pieces are then used in making a finger-licking curry.
38	Pyaaaz kachori	:	Pyaaaz kachori, a popular spicy snack from in and around Jodhpur has not only found place in almost every snacks shop of Rajasthan but has also gained much popularity in other north Indian regions. It is a deep fried puffy pastry stuffed with spicy onion that is usually relished with sweet and sour imli (tamarind) ki chutney.
39	Raabori	:	The hot red-chilli-and-garlic chutney (a type of tangy Indian sauce),
40	Raab	:	This is a thick broth made from millet (bajra) flour and buttermilk, which is heated and fermented. Bajra flour and buttermilk are put in an earthen pot and mixed to make a thick sauce. This is then left to simmer over a low flame for several hours until fully cooked. It is then eaten, usually as a soup. A variant is 'makki ki raab', or corn raab, in which boiled corn kernels are added.
41	Rabodi	:	It is all-time favorite home-made food for Rajasthanis, resembling regular small-sized papads. They are made of maize flour and buttermilk and raw dried and can be preserved for a couple of years making it a perfect survival food for the drought-prone areas of Rajasthan.
42	Rabri	:	Milk is boiled on a low flame for a long time till it becomes dense. Sugar, spices and nuts are boiled into the thickened milk until the whole liquid changes colour and turn pinkish brown. It is then chilled and served in earthen cups as dessert.
43	Rotlas	:	A thick roti made of jawar, bajra, makai on an upside down earthen pot is a dish commonly used by the <i>kalbelias</i> one of the most common tribals

44	Seera	:	It is made of wheat flour in ghee and
45	Tikkad	:	Tikkad are special Rajasthani flat breads made of flour of wheat and bengal gram, semolina, fennel seeds and milk. These Tikkads can either be fried or roasted, depending on the desired output. Though Tikkad tastes toothsome with any spicy savoury dish, it is mostly served with aloo-pyaaz ki sabzi in Rajasthan.



Rajasthani Especialities

3.3.8 REGIONAL SPECIALTIES

Each region has its own special food item that is identified with the town or city.

- Jaipur in Rajasthan has its specialty of Mishri Mawa, Kalakand and Ghevar. The *Kachchwaaha* family of Jaipur in Rajasthan is the originator of the delicacy called *Safed Maas*. The preparation is white in colour and is

prepared from white mutton. The curry is prepared from cashew nuts, almonds, fresh coconut kernel paste, white pepper and poppy seeds.

- Bikaner has its savouries, especially bhujia, which has accounted for its fame, and the quality of its papads and badi remains unrivalled. In sweets rasogollas are mouthwatering. The lean mutton of the desert goats of this region too is considered the most favourable.
- In Bharatpur, milk sweets, rarely commercially available, occupy a niche by themselves. A Rajasthani delicacy, linked with the monsoon festival of Teej, is called *ghevar*, consisting of round cakes of white flour over which sweetened syrup is poured. Today, variations include lacings with cream and khoya, making it a delightful concoction.
- Muslim food has also occupied a place in the overall cuisine of Rajasthan, not just in pockets such as *Tonk and Loharu*, but also in *Jaipur*, Rajasthan.
- The region of Mewar or Udaipur in Rajasthan is believed to have come up the form of barbecue called *Sooley and Dil Jani*.
- The region of Jodhpur in Rajasthan is famous for Makhaniya Lassi, Kachoris, hot green masala chilies and Laddoos.
- The region of Jaisalmer in Rajasthan is famous for Laddoos.
- Pushkar is famous for its variety of Malpua.
- Jodhpur is famous for its delicious Kachories.
- Ajmer in Rajasthan is famous for *Sohan Halwa*.
- Doodhiya Kheech is a decadent wheat and milk pudding is the specialty of Udaipur.
- Alwar is well known for Mawa, Kalakand and hot Jalebies are available in most town and cities of Rajasthan.
- Scarcity of water, fresh green vegetables have all had their effect on the cooking. In the desert belt of Jaisalmer, Barmer *and* Bikaner, cooks use the minimum of water and prefer, instead, to use more milk, buttermilk and clarified butter

3.3.9 FESTIVALS AND OTHER OCCASIONS

	Month	Festival name	Description	Foods
1	August	Teej	One of the most popular festivals of Rajasthan, Teej is celebrated with absolute grandeur, traditional songs & dance, fair, and procession and worship of Goddess Teej.	Ghewar, Kachori, Chat, Namkeens, Ghewar, Gujiya Malpua
2	January/ February	International Kite Festival	One of the most vibrant and popular festivals is celebrated around Makar Sankranti every year.	Ghevar, Til-Paati, Gajak, & Kheer

3	February/ March	Elephant Fair	Elephant Fair, held every year at Jaipur Polo Ground on the day of Holi. Elephants are decorated and presented for races, shows, & competitions.	Laal Maas, Safed Maas, Rasogolla, Ghewar
4	March	Brij Holi	Celebrated few days before Holi, this special Brij Holi is celebrated with worship of Lord Krishna, dance, music, and splashing of colors.	Ghewar, Balushahi, Namkeen, Gujiya
5	December	Winter Festival	The Winter Festival brings together artisans and artists from different corners of the state to showcase various forms of art, handicrafts, food, and culture.	Kachoris, Pithorey, Malpuwa
6	March- April	Gangaur Festival	This festival is held by married women in commemoration of Goddess Parvati who possesses many qualities such as marital love, courage, strength, and power.	Laapsi, Balushahi, Khichdaa
7	May	Summer Festival	The Summer Festival starts on the day of Buddha Purnima and rejoices Rajasthani folk culture & traditions for three days.	Dilkushar, Chilla, Khichda, Laapsi
8	May- June	Urs Festival	The Urs festival is celebrated at the holy tomb of Sufi Saint Khwaja Moinuddin Chisti, memorializing his emblematic unification with Allah (God).	Kebabs, Namkeen, Gujiyas, Kalmi Vada, Khad, Kaba Roti
9	January	Pushkar Fair	This is one of the most traditional festivals in Rajasthan and grand show of thousands of camels.	Rasogolla, Kachoris, Malpuwa, Raab
10	November	Kolayat Fair	Popularly known as the Kapil Muni Fair, in this mesmerising carnival the 52 ghats are beautifully decorated. Devotees also take dip in the holy Kolayat Lake.	Sheera, Gujiya, Malpuwa, Kachoris
11	February	Nagaur Fair	Nagaur Fair is the 2nd largest cattle feast in India and provides largest platform for trading cattle, cows, bullocks, oxen, camel and horses.	Maans Ke Suley, Machhli Jaisamandi, Laal Maas
12	March/A pril	Mewar Festival	During this festival, women carry the statues of Isar and Gangaur towards Lake Pichola. It is one of	Kachori, Chat, Namkeens, Ghewar,

		the most important celebrations of Udaipur and the rich culture of Rajasthan is at its all time best.	Gujiya,	
13	August	Raksha Bandhan	Rakhi reflects the sweet relationship of a brother and a sister. This is a special day to celebrate the emotional bonding of siblings.	Rasogolla, Kalakand, Jalebi,
14	September-October	Navratri	Considered as the most auspicious 9 days of the Hindu calendar. Worship and fasting takes place during the day time while the nights are reserved for feasting and dancing.	Gujiya, Balushahi, Kalakand, Ghewar,
15	September-October	Ashwa Poojan	On the 9th day of Navratri, a regal festival for the worship of horse is organized in Udaipur.	Laal Maas, Safed Maas, Fried Fish, Raabori,
16	September-October	Dussehra	To celebrate the victory of good over evil, Dusshera is celebrated all over Rajasthan. This day also symbolizes triumph of Goddess Durga over the devil Mahishasura.	Kachori, Chat, Namkeens, Ghewar, Gujiya, Malpuwa
17	October-November	Diwali	Considered as the festival of lights, Diwali is celebrated as the homecoming of Lord Rama. Puja is organized in the evening to seek the blessings of Devi Lakshmi.	Gujiya, Balushahi, Kalakand, Ghewar, Kachori, Chat, Namkeens, Gujiya

3.3.10 DISHES FROM RAJASTHANI CUISINE

1. Saadi Baati

Ingredients

- 300 gm - Wheat flour
- 100 gm - Semolina
- Ghee - as per requirement
- 1 teaspoon - Salt
- ½ litre - Water

Method

- Mix salt, 6 tbsp. ghee, flour and semolina and knead into stiff dough with a little water. Cover with a wet cloth and set aside for half an hour.
- Break the dough into about 10 pieces. Flatten the dough and press the centre with your thumb.
- Place the baati in half litre of boiling water for 10 minutes and lift out onto paper towels.
- Roast the baati in an oven (grill) until golden brown.
- Dip each baati in hot ghee and serve with dal, churma, gatta curry and garlic chutney for a real Rajasthani feast.

2. Padampuri Murg**Ingredients**

- 750 gm chicken
- One pod of garlic
- ½ tsp coriander seeds
- ½ tsp ginger-finely chopped
- 2 Tbsp garlic paste
- 7 small onions-finely chopped
- 6 whole red chillies
- 5 cloves
- ½ tsp aniseed
- 2 sticks of cinnamon
- 100 gm khoya
- 250 gm yogurt
- 2 cooking spoons of clarified butter (Ghee)
- Salt according to taste

Method

- Mix all the ingredients except for the chicken, cloves, cardamom and the cinnamon with the yogurt and keep ready.
- Heat the clarified butter and add the cloves, cardamom and cinnamon.
- Add all the ingredients except for the chicken and stir till the masalas is done.
- Add the chicken and cook till its done.
- Served garnished with chopped coriander leaves.

3. Makki Doodhi Ra Moothiya**Ingredients**

- 2 Tbsp vegetable oil
- ¼ Tbsp cumin seeds
- 1 stem of cinnamon
- 3 whole black pepper pinch of mace / jaivitri
- 2 pieces of cardamom
- 3 pieces of clove
- 1 cassia Leaf
- 2 finely chopped onions

- 2 Tbsp ginger garlic paste
- ¼ Tbsp coriander powder
- ¼ Tbsp red chilli powder pinch of turmeric powder
- 50 gm yoghurt
- ¼ Tbsp garam masala
- ¼ Tbsp fenugreek seeds, coriander leaves, fried whole red chillies and juliennes of ginger
- Salt to taste

Method

- Mix corn flour with corn seed, bottle legour, oil, salt, cumin seeds, fennel, finely chopped coriander leaves, green chillies, bishops weed, finely crushed coriander seeds and water , to make a dough.
- Take the dough in your hand and roll out a few dumplings. Boil them in water.
- Now deep-fry them in vegetable oil for about 2 minutes.
- Cut the fried moothiya into tiny pieces and soak them in water till they become soft.
- For the Gravy-
- Heat oil in pan and add cumin seeds. Cook them till they start crackling.
- Now add cinnamon, whole black pepper, mace, cardamom, clove, cassia leaf, onions and
- Ginger garlic paste. Saute the onions till they become translucent.
- Then add coriander powder, red chilli powder, and turmeric powder. Add salt to this and mix well.
- Add the curd to the preparation and cook for a few minutes.
- Add the water, garam masala and fenugreek seeds. Cook for 10 minutes.
- Mix the prepared moothiya and gravy together.
- Makki doodhi ra moothiya is ready to eat Garnish with coriander leafs, fried whole red chillies
- Add juliennes of ginger. Serve hot with rice.

4. Dal Dhokli**Ingredients**

- 3 cups maize flour (makki ka atta, yellow sweet corn flour)
- ½ cup peas
- 1 cup methi (fenugreek leaves) , finely chopped
- ½ cup cilantro , finely chopped
- 2 ½ tbs oil
- ½ tsp baking soda
- 1 tsp coriander seeds , crushed
- 1 ½ tsp red chilli powder
- ½ tsp turmeric powder
- ½ tsp garam masala
- 1 tsp ginger , crushed
- 1 tsp green chilies , finely chopped
- Salt to taste

- Warm water , for dough
- 3 tbspghee

Method

- In a bowl put maize flour, salt, red chili powder, coriander powder, turmeric powder, garam masala and oil. Mix everything together.
- Now add baking soda, peas, cilantro leaves, and fenugreek (methi) leaves to the flour mixture. Mix it well.
- Gradually add water to make a soft dough that will roughly hold its shape.
- Form the dough into round discs about 2-3 inches in diameter. Flatten them a bit and then using your fingers, press down in the middle to create a small indent, that will ensure even cooking and serve as a place to add ghee later.
- Steam them for 20 minutes in a greased dish. It can be done in a bamboo steamer, stainless steel steamer, or idli stand. For the first five minutes do it on high heat. After that make it medium heat for 10-15 mins. For the very last minute, make the flame higher and then remove it from the stove.
- Once the dhoklas are done, pour some ghee on top. It is important to use ghee as it enhances the flavor and will keep them moist.

5. Bajre Ki Roti**Ingredients**

- 2 cup bajra atta / pearl millet flour / sajje hittu
- ½ tsp salt
- Hot water, to knead
- Wheat flour, for dusting

Method

- Firstly, in a large mixing bowl take 2 cup bajra atta, ½ tsp salt and mix well.
- Add ½ of hot water and start to knead.
- Knead to the soft dough for at least 10 minutes.
- Add water as required and knead well as there is no gluten in the dough.
- Pinch a small ball sized dough and knead again.
- Dust with wheat flour and pat gently. You can alternatively use a rolling pin to roll as done for paratha.
- Pat with both the hands until the roti turns as thin as possible. If the roti breaks, it means it needs more kneading.
- Dust off excess flour and put over hot tawa.
- Now spread water over the roti with help of hand or wet cloth removing excess dough.
- Wait until the water evaporates then flip it to the other side.
- Press gently and cook all the sides.
- Finally, serve bajra roti / sajje rotti with jaggery or curry.

6. Ghevar**Ingredients**

- 1 ½ cup all purpose flour
- 2 pieces ice cubes

- ¼ cup milk
- ½ cup ghee
- ½ cup ghee
- 2 ½ cup water
- 1/8 teaspoon edible food color
- 1 cup sugar
- For Toppings
- ½ teaspoon powdered green cardamom
- 1 strand saffron
- ½ tablespoon chopped almonds
- 6 inches silver film

Method

- Prepare the sugar syrup for Ghevar - This traditional recipe needs no introduction. Ghevar is an easy-to-make recipe and can be prepared with some easily available ingredients. To begin with you need to prepare the sugar syrup of one string consistency. Then, take a large wide bowl and add solidified ghee in it. Take one ice cube at a time and rub the ghee vigorously. Take more ice cubes as required, till the ghee becomes very white in colour.
- Prepare the Ghevar batter - Then add milk, flour and one cup water. Mix these ingredients to make a smooth batter. Dissolve colour in some water and add to the batter. Add more water as required. The consistency of the batter should be fairly thin in texture.
- Cook the Ghevar - Then take an aluminium or steel cylindrical container. Make sure that its height is at least 12" and diameter is of 5-6". Fill half of the container with ghee. Heat it and once the ghee is hot enough, then take a 50 ml, glassful of the batter. Pour in centre of ghee, slowly in one continuous thread like stream. Allow the foam to settle.
- Dip the Ghevar in sugar syrup - Pour one more glassful in hole formed in centre. When the foam settles again, loosen the Ghevar with an iron skewer inserted in hole. Lift carefully, at a slant and place on wire mesh to drain. Keep hot syrup in a wide flat-bottomed container to fit in the Ghevar. Then, dip the Ghevar in it and remove it to drain out the excess syrup. Then, keep aside on a mesh, this will take out the extra syrup.
- Cool the Ghevar and garnish with dry fruits - Alternatively, pour some syrup evenly all over, keeping Ghevar in a mesh placed over a container. Let it cool and settle down, then top it with silver foil. Splash a few drops of saffron milk, sprinkle some chopped dry fruits and a few pinches of cardamom powder. Serve

7. Lal Maans

Ingredients

- 1 kilograms lamb
- 5 teaspoon red chilli powder
- 3 sliced onion
- salt as required

- 1 tablespoon garlic paste
- 2 bay leaf
- 1 cinnamon stick
- ½ cup ghee
- 3 teaspoon coriander powder
- 1 cup yoghurt (curd)
- 1 teaspoon powdered turmeric
- 2 teaspoon garam masala powder
- 4 green cardamom
- For Garnishing
- 2 tablespoon chopped coriander leaves

Method

- In a deep bottomed pan add ghee. Once hot, add cinnamon sticks, cardamom and bay leaves. Sauté for 3-5 minutes.
- Now, add the washed mutton pieces, onions, ginger-garlic paste, yogurt, turmeric and salt. Cook covered on a low flame till the mutton pieces turn soft.
- Add the powdered spices (except garam masala) and cook till oil starts separating from the meat.
- Now, add one cup water, garam masala and again simmer for 5-7 minutes.
- Serve hot with steamed rice or paratha.

8. Gatte Ki Sabji

Ingredients

- For gatte / gram flour dumplings:
 - 1 cup besan / gram flour
 - ½ tsp coriander seeds, crushed
 - ¼ tsp ajwain / carom seeds
 - ¼ tsp turmeric
 - ¼ tsp kashmiri red chilli powder
 - pinch hing / asafoetida
 - ¼ tsp salt
 - 2 tbspghee / clarified butter
 - 2 tbspcurd / yogurt
 - 2 tbspwat
- For sabzi:
 - 2 tbspoil
 - 1 tsp cumin / jeera
 - 1 tsp kasuri methi / dry fenugreek leaves
 - 1 bay leaf / tej patta
 - ½ tsp fennel / saunf
 - pinch hing / asafoetida
 - 1 onion, finely chopped
 - 1 tsp ginger garlic paste
 - ¼ tsp turmeric

- 1 tsp kashmiri red chilli powder
- ½ tsp coriander powder
- ¼ tsp cumin powder / jeera powder
- 1 cup curd / yogurt, whisk
- ½ tsp salt
- ¼ tsp garam masala
- 2 tbspcoriander, finely chopped

Method

- Firstly, in a large kadai heat 2 tbspoil and saute spices.
- Further, add 1 onion, 1 tsp ginger garlic paste and saute to golden brown.
- Keeping the flame on low, add spices and saute well.
- Furthermore, add 1 cup water and 1 cup curd. Stir continuously until the mixture comes to a boil.
- Now add prepare gatte (gram flour dumplings) and ½ tsp salt. Mix well.
- Cover and boil for 5 minutes.
- Additionally, add ¼ tsp garam masala and 2 tbspcoriander. Mix well.
- Finally, serve gatte ki sabji with roti, phulka or naan.

9. Aamras Ki Kadhi**Ingredients**

- Mango Puree – ½ cup ripe or pulpy mango + ½ cup raw green mango\
- Curd – ¾ cup, mixed and whisked with ¾ cup water
- Turmeric Powder – a pinch
- Red Chilli Powder – a pinch
- Salt as per taste
- Oil – 1 tsp
- Cumin Seeds – ¼ tsp
- Fenugreek Seeds – a pinch
- Mustard Seeds – ¼ tsp
- Curry Leaves – few
- Asafoetida Powder – a small pinch
- Green Chillies – 2, small, split
- Boondi – 2 tbsp
- For tempering:
- Oil – ½ tsp
- Ginger – 1 tsp, julienned
- Dry Red Chillies – 1, broken
- Coriander Leaves 1 tsp
- Boondi – 1 tsp

Method

- Mix the mango puree, curd, turmeric powder and red chilli powder in a bowl.
- Mix well until blended. Keep aside.
- Heat oil in pan.
- Add the curry powder, asafoetida powder, gren chillies, mustard seeds, fenugreek seeds and cumin seeds.

- Fry for a minute or two.
- Reduce flame and add the mango puree mixture.
- Keep stirring regularly and sprinkle salt.
- Cook for 15 minutes on low flame and add the boondi.
- Simmer for a few minutes till cooked and oil floats to the surface.
- Transfer to a serving bowl.
- Heat oil for tempering in a frying pan.
- Fry the tempering ingredients for a minute and pour into the kadhi.
- Serve hot.

10. Jaisalmeri Chane

Ingredients

- Black Bengal Gram soaked overnight and boiled with salt 2 cups
- Yogurt 1½ cups
- Gram flour (besan) 4 tablespoon
- Red chilli powder 2 tablespoon
- Garam masala powder 2 tablespoon
- Turmeric powder ½ teaspoon
- Coriander powder 1 tablespoon
- Asafoetida A large pi
- Ghee 2 tablespoon
- Green chillies finely chopped 2
- Salt to taste
- Cumin seeds 1 teaspoon
- Bengal gram stock 1 cup

Method

- Put yogurt, gram flour, 1 tsp red chilli powder, 1 tsp garam masala powder, turmeric powder, coriander powder and ¼ tsp asafoetida in a bowl and whisk well.
- Heat ghee in a non-stick pan.
- Crush half the Bengal gram lightly with a rolling pin.
- Add large pinch asafoetida and green chillies to the pan and sauté. Add remaining whole Bengal gram and crushed Bengal gram and mix well.
- Add remaining red chilli powder, garam masala powder and salt and mix well. Add cumin seeds, mix and sauté for 2-3 minutes.
- Add 2 cups water to yogurt mixture and whisk well. Add yogurt mixture to the pan, mix and cook till gravy thickens.
- Add Bengal gram stock, mix and bring it to boil.
- Transfer into a serving bowl and serve hot.

11. Khoba Roti

Ingredients

- Wheat flour - 1 cup (150 grams)
- Salt - ¼ tsp
- Cumin seed - ¼ tsp
- Ghee - 2 tbsp

Method

- Take flour in a big bowl. Add salt, cumin seeds and 2 tsp ghee in flour and mix well. Now add little water at a time and knead bit hard dough than required for making regular roti. Cover the kneaded dough and keep aside for 20 minutes to set.
- After 20 minutes, grease your hands with some oil and knead the dough until smooth. Make a round dough ball. Place the dough ball on rolling plate and roll into ½ cm thick roti.
- For roasting roti, preheat tawa. Place the roti on heated tawa and cook on medium flame. When roti turns brown from beneath, flip the side. Make small peaks with help of your thumb and finger on the roasted side of your roti. Make peaks on the entire roti. Keep the flame to minimum. Roast until roti gets brown spots on the other side. Now flip the roti and cook from side with peaks for another 2 minutes.
- Now take off roti from tawa and place it direct on flame. Roast roti on low flame until it gets brown spots on both sides. Place the roti on plate and spread 1-2 tsp ghee over it. Pour ghee in the holes over roti. It will be absorbed completely. This will enhance the flavor.
- Delicious Khoba roti is ready. Serve with dal or any other gravy dish.

12. Choorma Ladoo**Ingredients**

- Wheat flour 1 ½ cup coarsely grounded
- Besan ¼ cup
- Rava / Sooji ¼ cup
- Oil ½ tbsp
- Water ½ cup
- Ghee ¼ cup
- Oil 2 cup for frying
- Jaggery 1/3 cup
- Powdered sugar 1 ½ tbsp
- Nutmeg 1/8 tsp
- Poppy seeds 1 tsp for garnish
- Kismis 1 tbsp

Method**To Make Churma Mixture**

- In a large mixing bowl take whole wheat flour (coarsely grounded), besan (chickpea flour) and sooji / rava.
- Add 1 and ½ tbsp Oil and ½ cup warm water.
- Combine all ingredients and knead into dough.

- Now take a portion of wheat flour dough in hand and press it by making fist. Press hard and make Muthia shapes from dough.
- Repeat the process for remaining wheat flour dough and make muthia. Keep aside.
- Now to fry the muthia heat Oil in a deep bottom frying pan. Heat on medium flame and don't let oil turn too hot.
- Deep fry the wheat flour muthia in oil for 4 to 5 minutes. Till it is completely cooked from inside and turn golden brown.
- Take out the fried muthias and drain the excess oil on kitchen towel / paper napkin. Let the muthias cool down.
- Cut the muthias into pieces and further grind them in a food processor into fine powder. Sieve through a fine siever to remove big chunks. Re-grind the remaining chunks if required.

To Make Churma Ladoo

- Take a nutmeg and pound in a mortar and pestle. Add the nutmeg powder in Churma mixture.
- Optionally you can also add dry fruits like kismis.
- Now melt ghee in a pan and add Jaggery. As soon as jaggery starts floating on ghee, turn off the gas.
- Pour the melted jaggery and ghee into Churma mixture. Add powdered sugar. Again sugar is optional.
- Combine all the ingredients and make nice aromatic churma mixture.
- Now make Churma laddus from churma by pressing it in a laddu mold. You can also make ladoo by taking a portion of churma and rolling in hands and making nice spherical balls.
- Repeat the process and make ladoos from remaining mixture.
- Apply some poppy seeds (khus khus) and garnish the churma ladoo.
- Churma ladoo is ready to serve.

CHECK YOUR PROGRESS -I

Q.1 Write three main characteristics of Rajasthani cuisine?

2 Write down the specialties of some of the districts of Rajasthan.

Q.3 Write a short note on Rajasthani thali.

3.4 GUJARAT CUISINE

The Gujrati Cuisine is discussed under following sub heads:

- Geographical Perspectives
- Brief Historical Background
- Climate
- People and Their Occupation
- Characteristics and Salient Features of the Cuisine
- Cooking Equipments
- Specialties during Festivals and Other Occasions
- Festivals and Other Occasions
- Dishes from Gujarati Cuisine

3.4.1 GEOGRAPHICAL PERSPECTIVES

Gujarat is situated on the west coast of India. It is bounded in the west by the Arabian sea, in the north-west by Pakistan and state border with Rajasthan in north east, Madhya

Pradesh to the east and Maharashtra and union territories of Daman, Diu, Dadar and Nagar Haveli to the south. It has the longest coast line of 1290 kms. The state comprises of three geographical regions. The Saurashtra or Kathiawar peninsula is essentially a hilly tract interspersed with low lying mountains. The mainland comprising of major cities of Ahmedabad, Surat and Vadodara (Baroda), Dwaarka and Rajkot. Kutch on the north-east is barren and rocky and is famous for the Rann (desert) of Kutch, the big Rann in the north and the little Rann in the east comprises of cities like Bhuj and Gandhidham. The mainland which is a fertile plain composed of alluvial soil brought down by the river Sabarmati, Mahi, Narmada and Tapti lies between the Rann of Kutch, Aravali hills and the Damanganga river. Major cities of this region are Gandhinagar and Ahmedabad.

3.4.2 BRIEF HISTORICAL BACKGROUND

Gujarat draws its name from the Gurjara which was an old Hindu clan, which inhabited the area during the Mahabharat period. Another opinion regarding Gurjars is that they belonged to Central Asia and came to India during the first century and are believed to be of Indo-Aryan origin. The history of Gujarat encompasses the Indus Valley civilization. About 50 Harappan settlement ruins were discovered in Gujarat. It was ruled over by a number of mighty kings, like the Mauryas, the Scythians, the Guptas, the Solankis and the Mughals. These rulers contributed to the culture of the state significantly, by building a number of monuments and popularizing other traditional practices. The state assumed its present form in 1960, when the former Bombay state was divided between Maharashtra and Gujarat on the basis of language. It is the birth place of Mahatma Gandhi - the Father of the Nation. The first capital of the newly found state of Gujarat was Ahmedabad. But, in the year 1970, it was shifted to Gandhinagar. Today, Gujarat has transformed into one of the sought-after tourist destinations of India.

3.4.3 CLIMATE

Winter (November to February) temperatures in Gujarat usually reach as high as 28°C, while lows drop to about 12°C. Summers (March to May) are quite hot, however, with temperatures typically rising well above 38°C during the day and dropping to almost 30°C at night. Gujarat is drier in the north than in the south. Rainfall is lowest in the northwestern part of the state in the Rann of Kachchh, where it may amount to less than 15 inches annually. In the central portion of the Kathiawar peninsula as well as in the northeastern region, annual rainfall typically amounts to about 40 inches. Southeastern Gujarat, where the southwest monsoon brings heavy rains between June and September, is the wettest area; annual rainfall usually approaches 80 inches along the coastal plain.

3.4.4 PEOPLE AND THEIR OCCUPATION

The people of Gujarat owe their lineage to the Gujaratis. The Gujaratis are believed to have accompanied the Huns when they migrated to India and finally got settled in Gujarat as the ancestral Gujarati tribe. The Hindus form the major part of the state's population,

followed by other religions. Infact, there are many castes lines - Koli, Kanbi, Brahmin, Vaishnava, Suthar, Luhar, Kadiya, Kumbhar, Rajput, Vaniya, Anavil and Lohana, which originate from the Hindu religion. Apart from the main Gujarati tribe, the state is inhabited by several ethnic tribes/groups such as Jats, Harijans, Ahirs, Rabaris, Kolis, Bhils, Mina, Naikda, Dhubla, and Macchi-Kharwa. The upper caste are Nagar Brahman and Bhatia are duly respected in the Gujarati society. Jats and Ahirs are farmers and herdsmen and cattle breeders. The Vaniyas and small proportions of Muslims, Parsis and Jains are prominent in entrepreneurship and business enterprise. Rabaris and Harijans are known for their exclusive handiworks.

Unfavourable climatic conditions, salinity of soil and water, and rocky terrain have hampered Gujarat's agricultural activities, but the sector has remained a major component of the state's economy, employing about half the workforce. Wheat, millet, rice, Bajra, Jawar (sorghum) and Pulses are the primary food crops, with rice production being concentrated in the wetter areas. Principal cash crops include cotton, oilseeds (especially groundnuts), tobacco, sugarcane and dates. Commercial dairying is also important. Milk revolution (white revolution or 'operation flood') started and organised Milk production, processing, distribution & product marketing ('Amul' brand name is the pioneer) under Dr. Verghese (from Kerala) converted this state of cattle-wealth to dairy farmers. Spices such as cumin, fennel, fenugreek, dill seed, ajwain, mustard, sesame, garlic and coriander are also grown. Gujarat has the longest coast line and so Fisheries is a well developed economic activity.

3.4.5 CHARACTERISTICS AND SALIENT FEATURES OF CUISINE

The cuisine of Gujarat is a multi-flavor cuisine arising from the state's cultural diversity. The flavors of Gujarat range from sweet to sour, spicy to pungent and speak loud of a mouthwatering contradiction. In other words, the culinary traditions of the state are a mixture of varied textures, colors and flavors which is heavily influenced by the geography, history, and culture of the region. Food is traditionally served on silver platters to the accompaniment of rice and a variety of wheat breads. Typically Gujarat can be divided into four cuisines depending on the food habits of the people:

- North Gujarat- Ahmedabadi cuisine
- South Gujarat- **Surti Cuisine**
- Saurashtra (Kathiawadi)- **Kathiyawadi Cuisine**
- Kutch (Kutchi)- **Kutchi Cuisine**

North Gujarat is the home of traditional Gujarati cuisine with the Gujarati Thali being very popular. It is a dish consisting of rice, dal, sprouted beans, curry, vegetables, farsan, pickles, chutney and raita. North Gujarati food is not very oily or spicy. *Farsans* are typically salty snacks which finds place in almost all the meals of a Gujarati. They are of three varieties: Pathara, Khaman Dhokla, and Khandvi. Papads, chutneys and pickles accompany every meal and are preferred a lot. *Ahmedabadi pulao*, which is made by mixing cooked vegetables with rice, but unlike everywhere else in India, this dish has a sweet aftertaste. This region is perhaps the healthiest and conventional in its cooking with oil and spices used in minimum.

South Gujarat: It has a dominance of Surati cuisine (named after the city called Surat) which adds a lot of green chillies in their dishes. In some households, one of two chilli is just bitten at in between the meal to re - establish the spiciness. Very hot region and very hot cuisine is what could be said to describe the cuisine. It is very simple and the most common dishes are perhaps the same as that of North Gujarat with just a lot of spices. Owing to plenty of rainfall lots of varieties of green vegetables and fruits are available and used. Among the popular items here at festival times are *Oondhiyu* and *Paunk*. *Surti locho*, a popular street food similar to dhokla served with a smattering of chutneys. These people also have a sweet tooth and one can see a lot of sweeteries and bakeries locally. Products like nankhatias, gharis and saglu-baglu methai are very popular in this region. South Gujaratis eat simple food with a lot of life in it in the form of salads, chhas, fruit preserves and aam pana.

Saurashtra (Kathiawari): Since it shares a border with the neighbouring state of Rajasthan, it is fair to say that Kathiyawadi cuisine is heavily influenced by Rajasthani cooking and so the cuisine is more spicy and rich and not as sweet like other Gujrati dishes. A popularity of this region is *Dhebra*. It is made with wheat flour, spinach, green chillies, a pint of yoghurt, salt and sugar to taste. It is eaten with a specially prepared hot and sweet mango pickle. The Kathiawari speciality spice called *Methi masala* (Fenugreek is dried and ground with red chillies and salt) is used in most of the dishes. In Kathiawad, it quite surprising to learn that Saurashtra in spite of its dry earth has millet, peanuts, sugarcane, wheat, and sesame. In Saurashtra during the harsh cold winter *Bhakris*, a type of thick rotis, made from wheat flour, garlic, onion, buttermilk and a lot of spices is made. It keeps the body warm. *Phafda*, an fenugreek flavoured assorted flour puri is another Kathiawari favourite. *Sev tameta nu shaak* is a hot curry made from tomatoes and chilli powder topped off with generous additions of sev (fried noodles made of besan). Another prominent Kathiyawadi dish is *Ringna no oroh* or roasted eggplant is similar to baigan kaa bhurta and is literally mouthwatering. Pulses dominate Kathiawari food and sweetmeats made of jaggary. They also eat a lot of peanut and til cookies. This region has a delicious variety of pickles called *Chhundo* or *Athanu*.

Kutchi cuisine: The dry, arid region of Kutch plays host to some individual dishes as well. A lack of leafy green vegetables limits the food choices in the region. The cuisine of this region is also very simple, but use lots of red chillies. The main dish of this region is *Khichdi*. It is eaten with Kadhi - a spicy gravy made of yoghurt. The *Dabeli* is essentially street food where pao or bread roll (ladi pao) is stuffed with a filling made with potato, a paste made with tamarind, jaggary and date, and masala. Other popular Kutchi dishes include *Bajra na rotla* or Indian flat bread made of pearl millet, traditionally served with either the aforementioned *Ringna no oroh*, or curd and garlic chutney. *Khaja*, a dessert reminiscent of baklava is also made here. It is prepared using refined flour, mawa, and oil, deep-fried and then dipped in sugar syrup. *Khaman Dhokla*, *Dudhi mithiya*, *Khakraa*, *thepla*, *Doodhpak* and *Shrikhand* are some of the other popular dishes.

Features of Gujrati cuisine

1. Gujaratis in general from all the four regions, namely, North Gujrat, South Gujrat, Saurashtra (Kathiawadi) and Kutch (Kutchi) eat a simple everyday meal which is

- daal, rice, rotli, shaak. During festive days, additional and more varieties of shaak, sweet dishes and Farsan is prepared.
2. Gujrati cooking does not utilize meats and also chicken and fish hardly used. Gujrati cuisine is mostly a vegetarian cuisine.
 3. The dry Gujarati climate does not sustain the cultivation of rice. A typical Gujrati meal consists of Indian Breads (rotis) made from wheat flour, gram flour, bajra and maize. Roti itself is prepared in a number of variations from the petal soft phulkas to the bone-dry *khakra*.
 4. Grinding of spices is very common as dishes seem to look and taste better with ground spices. Oil is also not used much. Both spice and oil are both kept at a minimum.
 5. Certain ingredients like ghee, yogurt, buttermilk, coconut, groundnut, til seeds, lime juice, fenugreek, chat masala, sugar, jaggary etc. are very common in Gujarati food. Many Gujarati dishes are distinctively sweet, salty, and spicy at the same time. The use of jaggary, kokum, lime and tamarind is in plenty. It is common to add a little sugar or jaggary to some of the sabzi/shaak and daal which is believed to neutralize the slightly salty taste of the water. Tangy, salty and spicy flavors too are a part of the flavors range of a typical Gujarati cuisine which is diverse and delectable.
 6. The cuisine makes a generous use of lemons, limes, tomatoes, salt and sugar to check dehydration especially in the summer months when temperatures hover around 45⁰C- 50⁰C.
 7. The cuisine changes with the seasonal availability of vegetables. An assorted combination of green leafy vegetables, seasonal healthy vegetables, with a delectable collection of spices makes it very palatable and tasty.
 8. The spices used also change depending on the season. Garam Masala and its constituent spices are used less in summer.
 9. Regular fasting, with diets limited to milk and dried fruits, and nuts is common. Goodness of milk, yoghurt, buttermilk, coconuts, groundnuts and various other nuts make this meal rich in proteins even with the absence of meat and eggs.
 10. Papads include the kheechara, which contains wheat, rice, and bajra flours, and is neither fried nor baked, but steamed.
 11. Meals are mostly accompanied by chaas or homemade buttermilk and homemade pickles (Athanu or Chhundo).
 12. Raithas are made from curd and a combination of vegetables, nuts, dried fruits and chutneys.
 13. Pickles include the distinctive Athanu, Goondas and Chanduo with its sweet-sour flavor, tempered with cardamom and cloves.
 14. Sweets and chaats are another most important feature of a proper full course Gujarati meal. Gajar ka halwa, besan halwa, sweet stuffed Ghari-Puri, Malpwa, Laddoos, among the sweet dishes and Papdi Chaat, Kachori Chaat, Samosa Chaat, Raj Kachori Chaat, Dhokla, are some of the most popular of Gujarati snacks.
 15. Farsans or Side Dishes: No dish of Gujarat is complete without the *Farsans* or snacks. Chaats, chutneys, sauces make awesome side dishes. Other varieties are Dabeli, Locho, Bhajiya, Sev, Ragdaa, Patra, Dahi vada, Khaman dhokla, Methi na

gota, Pani puri, Muthiya, Sev Khamani, Vegetable Handvo, Makai no dana, Dal Vada, Khichdo, samosa, Ganthiya, Hahdwoh, Kachori, Khakhra, Khichu etc.

16. There is a specific dietary rule followed using the following four combinations. For example, if Kadhi is served, then a daal or vaal will also be included. The sweet dish accompanying kadhi will likely be milk or yogurt-based, like Doodhpak or Shrikhand. In such a meal raita would not be served. Festive meals which serve daal will typically have a wheat-based sweet dish like Lapsi or Ladu as the sweet accompaniment.
17. Seasoning of food is thereby given great importance with mustard, fenugreek, thyme and asafoetida used both for flavour and as digestive aids. The spices used also change depending on the season. Garam Masala and its constituent spices are used less in summer.
18. The Parsi and Bohri Muslim community has a distinctive cuisine style in Gujrat with an identity of their own.
19. 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.
20. The Kharwa community developed a style of cooking that comprise of fresh as well as dried fish. Some of the seafood usually consumed includes prawns, lobster, pomfrets, crabs and khandwas, gidadas, surmai, among others.
21. Seasonings/Spices: Spices used in Gujarati dishes add to the dish its characteristic flavor and taste. The seasonings and spices commonly used in Gujarati cuisine are:
 - Havej or Turmeric Powder
 - Elaichi or Cardamom
 - Sarson or mustard
 - Jeeru or Cumin
 - Kothmir or Coriander
 - Aamli or Tamarind
 - Kesar or Saffron
 - Good or Jaggary
 - Kokum
 - Methi or Fenugreek seeds
 - Hing or Asafetida
 - Pudina or Mint
 - Soonth or ginger powder
 - Mitho limdo or curry leaves
 - Lavang or Cloves
 - Chaat masala
 - Lilu marchu or green chili
 - Lal marchu or red chili
 - Garam Masala; a mix of roasted, powdered spices
22. Pickles and Condiments: Pickles and Condiments accompany every scrumptious meal and lip-smacking snacks in the state of Gujarat. The pickles and condiments mostly offer one with an unforgettable lip-licking experience. The major condiments include athanu, chutney, papad, raita. Chutneys are made out of ingredients like Anjeer or fig, tamarind, garlic, bananas etc. Popular pickles of Gujarat include green chili pickle, methia Keri, lemon pickle, carrot and cucumber pickle.
23. Sweets and Chaats: Sweets or desserts of Gujarat are truly delectable and dear to the heart of all who have a sweet tooth. The major Gujarati sweets and desserts

include Malpua, Laddoos, Ghari-puri with sweet stuffings, Besan Halwa, Gajar ka halwa, Ghoogra, Kansar, Doodh pak, Basundi, Lapsi, Sukhadi, Kopra pak.

24. The chaats of Gujarat are no less famous. Today the chaats of Gujarat are enjoyed countrywide as popular street foods. The most common types of chaats include Kachori chaat, Raj Kachori chaat, Papdi chaat, Dhokla, Samosa chaat etc.
25. Breads or Rotlo: Breads or Rotlos in Gujarat are made out of ingredients like bajra, gram flour, wheat flour, Jowar etc. breads may be made out of one single flour or a combination of many flours. Unleavened thin rotlis made of wheat are a staple in every Gujarati household. Apart from these, the other types of Rotlas/rotlis include Bakhris or crispy & thin whole wheat breads, theplas; a typical griddle bread, puris fried deep in oil and many more types. Within the genre of Gujarati breads there can be delicious variations like masala puri or methi thepla.
26. Rice or Bhaat: Gujarati thali has rice or bhaat as one of its major ingredients. The rice of Gujarat may have several variations. It could be plain rice or could be the spiced, sweet & tangy Khatta-meetha bhaat flavored with lemon rinds. Also, you have other types of rice preparations like the aromatic Pulao, a vegetable studded rice, Khichdi; a rice-lentil soup, Biranj; sugary rice enriched with saffron and dry fruits and the Doodhpak, a preparation of milk, rice and sugar added with dry fruits, raisins, and cardamom.
27. Shaak-Sabzi or Vegetables: Potato – also known as ‘batata’ is used very commonly and finds its use in many mouthwatering dishes, like batata nu shaak. Bottle Gourd, also known as 'dudhi' is both nutritious and perennial. Mainly a summer staple, this is one vegetable that is served in a variety of ways! It can be used to make koftas, muthias (steamed dumplings) and the famous Dudhi Halwa. Shhak- an assemblage of different fried vegetable preparations include kobi batata nu shaak (caabage with green peas), tuvar ringam nu shaak (brinjal with tuvar beans), tameta batata nu shaak (tomato and potato) etc.
 - Pointed Gourd: Also known as 'parwal', this gourd is cooked in variety of ways such as a curried, stir fried, sautéed with other vegetables and also stuffed!
 - Karela or bitter gourd is used in the preparation of some of the tempting dishes like Karela nu saak, Bharwaan karela, Kaju karela.
 - Bhinda or Okra or Lady Finger: Also known as 'bhindi', this is a seasonal summer staple in Gujarat. Unlike other regional cuisines where it is prepared as a dry, side dish, here in Gujarat, okra is served curried too.
 - Gawaar or Gwaar (cluster beans) is prepared in every household in the villages, The common is Gawar nu sabzi.
 - Sakariyum or Sweet Potato or Shakarkandi: This large, potato like tuberous vegetable is starchy and sweet tasting, a flavour that matures when the vegetable is cooked. It is a key ingredient of the famous dish, 'oondhiya'.
 - Ringana or Brinjal or Aubergines: This is yet another perennial vegetable and is available in a variety of shapes and sizes all of which have a special cooking method in Gujarati cuisine. In Gujarati food, aubergines are curried, stir fried, deep fried with batter and stuffed too.

28. Pulses or Dals: Tuvar dal, Moong dal, chora or Chola (black eyed beans), Urid (Black Gram), Gwar dana, Masoor, Chana (chick peas) and mixed dal are some of the top lentils/pulses prepared in Gujarat.

Vaghar or Tempering: One word you will most likely hear in every Gujarati rasoi is *Vaghar*. Known as tempering in English and tadka in Hindi, using this cooking technique under-scores the flavour of the dish that is being cooked and brings out its distinct taste. Gujarati vaghar is unique and quite dissimilar to the north Indian tadka, thanks to the pronounced use of mustard seeds. To prepare vaghar, heat oil, add mustard, fenugreek and cumin seeds, and asafetida and allow it to simmer. When the seeds splutter, pour the vaghar on top of the dish you are cooking, and mix it to absorb the flavour, and instantly transform it from bland and generic to mouth-watering and quintessentially Gujarati. Vaghar is used during the preparation of staples such as dal and vegetable-based dishes, which are cooked on a day-to-day basis. It is even used as garnish for snacks such as dhokla and khandvi, amongst others.

Gujarati Thali: The classic thali of Gujarat is a wholesome platter of several authentic Gujarati delicacies served together on a large silver plate; i.e. ‘thali’. The food presented on the plate depicts an enticing assortment of colors and textures and also encompasses a vast range of tastes and flavors. Variety in texture ranges from wet to dry, from granular to smooth, from coarse to grainy. Variety in colors consists in almost all the colors of a rainbow ranging from the green of veggies, yellow of the turmeric, red of the tomatoes, brown of the pulses, whiteness of the yoghurt-based dishes and the like. The vast assortment of tastes that the thali consists in includes tastes like sweet, bitter, sour and hot. Thali is actually a meal enjoyed in the company of a vast array of chutneys, pickles, and raw veggie salads. The various items in a typical Gujarati thali may be listed as follows:

- Green vegetable
- Farsans (fried snack and steamed snack like Khakras, Dhebras)
- Gourd shaak or tuber (vegetable and spice mix in a dry or watery curry form)
- Kathol (braised pulses such as dry peas, chickpeas, beans)
- Dahi Kadhi; a yoghurt-based pulses soup
- Steamed rice/Khichdi (rice & lentil soup)
- Dal (Tuvar dal)
- Raita/Sweet Shrikhand
- Desserts (Shirkhand, halwas, basundi)
- Breads like Bajra rotla, wheat rotla, bakhris, theplas, paranthas, puris (it could be the spicy masala puri)
- Salads dressed with vinegar/curd
- Chutneys and Pickles
- Papads

3.4.6 COOKING EQUIPMENTS

- One or two deep boiling vessels for boiling rice and other foods. Rice need only be boiled in one utensil. The taste of the rice when you boil it next will not be the same if one boil anything else in it, as oily residue from curries or other foods will be left in the rice utensil. Having to remove oily residue is not a problem, it is the taste that could change because of the residue that is off greater concern.
- Boiling vessels are necessary for lentils and pulses.
- Different pans are required for frying. This is important because of the fact that a lot of things need to be fried in Gujrati cuisine, the masalas and even some of the lentils and vegetables too.
- Strainers, drainers and stirring spoons are also required. Strainer spoons are handy, as they are porous, and help in separating solid portions of gravies.
- In addition to the above, a tawa is very important for frying chapatti and roti of different kinds.

3.4.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

Farsan (Snacks)

1	Dhokla	This snack is a typical example of Gujarati food's blend of sweet, salty, spicy and sour. Made with a fermented batter of gram flour (chickpea flour), this is a steamed dish, once ready it is tempered with mustard seeds and curry leaves.
2	Patra	spicy gram batter stuffed calocasia leave, fried or steamed and served with chutney and pickles.
3	Khakhra	Is a crispy flatbread that is seasoned with a variety of flavours from spices to chillies to simply salt and asafoetida. The dough is made with wheat flour, much like a 'roti', except a 'khakra' is rolled out very thin and roasted on a 'tava' with very little oil, so it turns out crunchy and dry.
4	Ganthiyaa	Cylindrical shape, fried spicy gramflour snacks, thicker than sev.
5	Khandvi	This is a savoury made of gram flour and curd, tempered with mustard seeds. A paste is made with the flour and then cooked slowly till it is thick. This paste is then steamed to make sheets which are lightly and delicately rolled. The rolls are then tempered; they are sometimes served stuffed too.
6	Ragdaa	Fried spicy potato nuggets served with sev.
7	Muthiya	Famous for both fried and steamed snacks, this is another steamed specialty from Gujarat. This recipe combines vegetables and gram flour to form dough that is formed into balls and steamed. Seasoned with cumin, aniseed, ginger and chillies, the dish is made more flavourful with a tempering of mustard seeds and asafoetida.

Shaak and Daal: Vegetables and Curries

8	Gujarati Kadhi	This version of 'kadhi' is made with sour curd and gram flour, thickened over a slow flame till cooked. The main difference is that it is 'sweet' yet served as a savoury main course. It turns out rich and creamy with a fine sweet and sour balance.
9	Oondhiyu	This is a famous Gujarati main course dish made with a variety of vegetables like brinjals, potatoes, yam etc. and fenugreek dumplings which is then cooked in an aromatic blend of spices.
10	Batata nu shaak	Spicy potato preparation.
11	Trevti Daal	As the name suggests this is a lentil preparation made with three types of 'dals', moong, toor and chana. Cooked with flavours of onions, tomatoes, ginger and chillies, once ready it is tempered with red chillies and asafoetida fried in pure 'ghee'.

Breads

12	Rotlo	Made with millet flour (bajraa) or Juwar (sorghum), these Gujarati 'roti's' are hearty and nutritious. Sometimes seasoned with spices and seasonings, these can be made stuffed too.
13	Bhakhri	This is a round, unleavened flatbread, much like a 'roti', except it is rolled fairly thin and turns out crisp not soft. It is served with curd, chutney, vegetables and rice. Like breads around the world, bhakri is a staple food. It is made mostly from wheat flour, jowar flour, bajra flour, nachni (finger millet) flour.
14	Puran poli	Sweet moong dal suffed poories served with chutney.
15	Thepla	Theplas are spiced 'parantha's' made with whole wheat dough and usually eaten with curds and 'chunda', theplas can be enjoyed hot or otherwise. Sometimes whole cumin or sesame can be added to enhance the flavour of this meal staple.

Rice dishes

16	Vagharelu bhaat	Boiled rice which is tempered with spicy mixture of chillies, mustard seeds, curry leaves and turmeric.
17	Khichdee	Rice and dal cooked in porridge form, served with Kadhi.
18	Khatta meetha bhaat	sweet and sour rice preparation which contains potatoes and spices.

Sweets

19	Basundi	Much like 'rabri', this is a sweet dish cooked in milk, till the milk thickens and sweetens. Almonds and pistachios can be added to lend a crunch to this creamy dessert. In winters, the addition of saffron makes this a heartier dish.
20	Gud paapdee	Thin burfee like preparation made of wheat flour, jaggary, ghee and sprinkled with poppy seeds.
21	Mohan thal	It is a little tough burfee like preparation. In this besan ghee and sugar is cooked together in special way.
22	Shrikhand	This simple and cooling summer dessert is made with hung curd and is a speciality in Gujarat and Maharashtra. The strained

yogurt is blended with sugar and flavoured with cardamom and saffron. The flavours depend on the recipe used. It is then left in the refrigerator for the sugar to dissolve and the dish to set, it is served chilled.

23 Khajoor pak Burfees prepared with flesh of dates.

3.4.8 FESTIVALS AND OTHER OCCASIONS:

Around more than 1000 festivals are celebrated in Gujarat—the state is known as the land of fairs and festivals. Some of these fairs and festivals are as follows:

Dangs Darbar: Dangs Darbar is the name of the annual fair held every year in Ahwa in Dang, which is most delightful districts of Gujarat and is located high in the Saputara hills, home of original tribes. This is one of the original home of the adivasis, the tribal population of Gujarat. Today this fair is called Jamabandi Darbar where thousands of tribal people flock to Ahwa from all over the district, dressed in bright colours, sounding the Shehnai, and beating their drums. Folk dances, dramas, and songs enliven the air during the festival. The occasion is filled with fragrance of different dishes mutton biriyani (akhni), fried fish, patra, jalebis etc,



Festivals of Gujrat

Chitra - Vichitra Mela (March) - This fair held after Holi, one of the largest purely Adivasi (tribal) fairs, is attended by around 60,000 to 70,000 tribal people. It takes place every year in the village of Gunbhakhari in Sabarkantha district, very near the borders of

Rajasthan. The name of the fair is derived from Chitravirya and Vichitraviraya, the sons of King Shantanu, who are believed to have lived there and been cured of diseases which afflicted them. The tribals dress in their customary colourful costumes with heavy jewellery. The women sing folk songs, and everyone dances on the beat of drums. Over a hundred stalls hold food and drink and sweets of various kinds like laddos, jalebis, daveli, etc.

Ravechi Fair - very year, during the month of September, the stark white salt desert of Kutch comes to life with the oncoming of the famous Ravechi fair. This festival draws a large number of crowds who are on a Hindu pilgrimage and gather from different parts of the world as one. This fair involves color filled cultural dances, folk songs performances and representation of traditional life in Gujarat. Dishes that enlighten in the fair are farsans of different kinds, and variety of sweets.

Navratri and Garba - The festival of navratri is celebrated with lots of enthusiasm in Gujarat. Garba is the traditional dance of Gujarat. The festival lasts for 10 days in which 9 days are of navratri and the last day is dussera. During navratri, the seventh day is celebrated as '*sharad purnima*' and people have '*dudhpak*' and puris with their usual meals especially in dinner. On usual days snacks counters are set near the garba grounds. '*Papdi no lot*' is the most popular snacks during Navratri. On Dussera night, people eat '*fafda* and jalebis'.

Makar Sankranti and Kite Flying Festival - The Kite Flying Festival takes place in mid of January and marks the time when the Sun's direct rays reach the Tropic of Capricorn after the winter solstice. It is celebrated with lots of folk music and dance as well as kite flying. People of Gujarat gather on terraces to fly kites of various colours to celebrate Makar Sankranti or Uttrayana, the welcome to the sun after the cold winter months. At night, kites with Chinese lanterns are flown and held aloft. Food such as Undhiya, sugar cane juice and local sweets is typically served to celebrate the day.

The Kutch Mahotsav - The 'Kutch Festival' or the 'Rann festival' is celebrated at the time of the Shiv Ratri in February or March. The centre of the festival is Bhuj in Kutch. It has crafts, fairs and folk dances and music and cultural shows, all organized by the Gujarat Tourism. Tours are also conducted out to the ruins of Dhola Vera, a city that was once a part of the Indus Valley civilization. Vada pav, Daveli, Bhel, Mesub (mysore pak), Gulab pak, Khari bhat (vagharelu masala bhaat), Rotlo, Besan gatta vegetable, Kersangri, buttermilk, Bhajiya, Churmu (choorma), and Magni fotravali dal (Split Mung bean dal) different types of chaats are among others enjoyed by the people.

3.4.9 DISHES FROM GUJARATI CUISINE

1. Khandvi

Ingredients

- 1 cup Gram flour (besan)

- 1 inch ginger
- 2 pinch salt
- ½ teaspoon powdered turmeric
- 1 pinch asafoetida
- 3 cup buttermilk
- 2 green chilli
- 3 tablespoon Refined oil
- 1 tablespoon lemon juice
- 1 teaspoon mustard seeds

For Garnishing

- 2 teaspoon grated coconut
- ¼ bunch coriander leaves

Method

- Take a glass bowl, sieve besan. Remove the seeds of green chillies and prepare ginger and green chilli paste.
- Oil the reverse side of a stainless steel thali or marble table top with a little oil, to prevent the khandvi mixture from sticking and to ease the process of rolling the Khandvi.
- Mix the besan with ginger-green chilli paste, salt, turmeric powder, lemon juice and buttermilk, taking care that no lumps are formed.
- In a thick bottomed pan, cook this mixture by stirring continuously, till it becomes a smooth thick batter. It takes a few minutes to get this ready. Quickly spread portions of the mixture over the oiled inverted thali or marble table top as thinly as possible while the batter is still very hot.
- When cool, cut into strips two inches wide and roll them tightly and taking care that you don't break them. Heat two tablespoons of oil and add a pinch of asafoetida and mustard seeds. When they crackle / splutter, pour over the pieces.
- Serve immediately garnish with grated fresh coconut and finely chopped green coriander leaves. Goes best with coriander chutney, coriander mint chutney or garlic chutney.

2. Undhiyu

Ingredients

- 10 tablespoon surti vaal
- 2 baby eggplant
- ¼ cup gram flour (besan)
- ½ cup small potatoes with skins
- 1 ½ cup fenugreek leaves (methi)
- ¼ teaspoon coriander seeds
- 1 teaspoon chilli powder
- 1 ½ tablespoon sugar
- 2 ½ teaspoon ginger paste
- 1 green unripe bananas
- 2 ½ tablespoon virgin olive oil
- Refined oil as required

- Water as required
- 1 pinch baking soda
- 6 tablespoon yam
- ¼ tablespoon carom seeds
- ¼ cup whole wheat flour
- ¼ teaspoon cumin seeds
- ½ cup grated coconut
- 1 pinch asafoetida
- ½ tablespoon lemon juice
- 2 ½ teaspoon crushed to paste green chilli
- ¼ teaspoon powdered turmeric
- Salt as required
- 2 tablespoon toor daal
- ½ cup chopped coriander leaves

Method

- **To make methi muthias** - For the same, take a deep bowl and mix together salt and fenugreek leaves in water and soak the leaves for about 7-8 minutes. When done, squeeze out all the water from the leaves and throw away the liquid.
- To the bowl full of soaked fenugreek leaves, add whole wheat flour, gram flour, chilli powder, ginger, green chilli paste, turmeric powder along with sugar, a pinch of baking soda and 1 ½ tsp olive oil. Mix well all the ingredients and add a little water in the bowl and knead the mixture into a smooth dough. When done, divide the dough into equal portions and roll each portions in between the palms into a round shape.
- Now, to fry the muthias, put a non-stick kadhai on medium flame and heat oil in it. When the oil is hot enough, add the muthias in the hot oil and deep fry them until golden brown in colour. When all the muthias are fried, transfer them on an absorbent paper to absorb the extra oil.
- Now, take peeled baby potatoes, sliced pieces of banana and small eggplants and make slits in the centre without splitting it completely. Next, Make a coconut-coriander masala by adding chilli powder, sugar, grated coconut, chopped coriander, green garlic, cumin seed powder, coriander powder, green chilli paste, ginger paste and salt as taste to the bowl. Mix well all the ingredients into a stuffing and by using a spoon stuff this masala into the slits of eggplants, bananas and potatoes.
- Afterwards, take a large bowl and mix together the fresh surti vaal, yam, toor daal, and the remaining coconut-coriander masala. Keep the bowl aside to marinate for at least 10 minutes.
- Finally, put a pressure cooker on medium flame and heat oil in it. Add carom seeds in the cooker and saute on medium flame until they crackle. Then, add asafoetida (hing) along with baking soda in the cooker, and fry for a few seconds. Now, add stuffed potatoes and eggplants in the cooker and increase the flame to high. Cover the cooker with a lid and cook all the vegetables for 2 whistles. After 2 whistles, switch off the burner and let the steam release on its own.
- Open the lid and toss the contents of the cooker, and then add the stuffed bananas along with fried methi muthias on top. Put the cooker once again on low flame and cook till the bananas are tender and soft while stirring occasionally. Transfer the dish to a serving platter and garnish with coriander leaves. Serve hot.

3. Gujarati Kadhi

Ingredients

- 1 cup curd / yogurt
- 3 tbspbesan / gram flour
- ½ tsp ginger paste
- 1 tsp sugar
- 2 cup water
- 1 tbspghee / clarified butter
- ½ tsp mustard
- ½ tsp cumin / jeera
- ¼ tsp methi / fenugreek
- 3 clove / lavang
- 1 inch cinnamon
- 1 dried red chilli
- Pinch hing / asafoetida
- Few curry leaves
- 2 chilli, slit
- ¾ tsp salt
- 2 tbspcoriander, finely chopped

Method

- Firstly, in a large bowl take 1 cup curd, 3 tbspbesan, ½ tsp ginger paste and 1 tsp sugar.
- Add 2 cup water and whisk smooth without forming any lumps. Keep aside.
- Now in a large kadai heat 1 tbspghee and splutter ½ tsp mustard, ½ tsp cumin, ¼ tsp methi, 3 clove, 1 inch cinnamon, 1 dried red chilli, pinch hing, few curry leaves and 2 chilli.
- Pour in prepared curd besan mixture and mix well.
- Keeping the flame on low, stir for 5 minutes or until the mixture comes to a boil. Else the curd might curdle.
- Continue to boil for 15-20 minutes on medium flame stirring occasionally.
- Further, add 1 cup water adjusting consistency as required.
- Also, add ¾ tsp salt and simmer for 2 minutes.
- Finally, add 2 tbspcoriander and serve Gujarati kadhi with hot steamed rice.

4. Sabudana Khichadi

Ingredients

- 440 grams / 2 cups Sabudana before soaking
- 450 ml/ 2 cups water
- 2 tablespoon oil
- 1 teaspoon cumin seeds
- 3-4 curry leaves*
- ½ tablespoon grated ginger *
- 2 green chillies finely chopped *
- 2 medium sized potatoes peeled and cubed / 2 cups approx
- ½ cup roughly crushed roasted peanuts *

- Salt to taste sendha namak for upvaas
- 2 teaspoon Sugar
- 1 tablespoon Lemon juice or to taste
- Fistful of Chopped green coriander
- Few roasted peanuts for garnish

Method

- Place Sabudana in a colander .Wash Sabudana under cold tap water until clear water appears. This takes off most of the starch and prevents sticking.
- In a big wide bowl soak sabudana by adding just enough water to cover them . Just ¼ inch more than sabudana level.
- Soak covered for 5-6 hours , preferably overnight.
- Sabudana will fluff up after soaking .
- Do the smash test mentioned above in the tips .
- Drain off excess water if any before cooking.
- Add oil to a heavy bottom non stick pan .
- Once warm , add in the cumin seeds.
- Add in the cubed potatoes and cook on a low flame until tender , flipping it occasionally.
- Now add in the curry leaves , ginger , chopped chilies and cook for a minute more.
- Meantime, add in sugar, salt , crushed roasted peanuts and lemon juice to the sabudana bowl and mix well.
- Now add the coated sabudana to the pan , mix everything well and cook until the sabudana are a bit translucent and well coated.
- Keep stirring occasionally.
- Taste test and adjust the seasoning if needed.
- Add in lots of chopped green coriander and more peanuts.
- Serve warm with chilled yogurt.

5. Methi ka Thepla**Ingredients**

- 2 cups wheat flour / atta
- ¼ cup besan / gram flour
- ½ tsp kashmiri red chili powder / lal mirch powder
- 1 tsp sesame seeds / til
- ¼ tsp turmeric / haldi
- ½ tsp carom seeds / ajwain
- 1 green chili, chopped
- Salt to taste
- 1 inch ginger, grated
- 1 cup methi leaves / fenugreek leaves, finely chopped
- ½ cup curd / yogurt, fresh / sour
- Water as required, to knead dough
- 2 tsp oil
- 5 tsp oil / ghee, for roasting

Method

- Firstly, in a large mixing bowl take wheat flour and besan.
- Also add chili powder, turmeric, sesame seeds, carom seeds and salt.
- Additionally, add green chili and ginger.
- Now add finely chopped methi leaves.
- Give a rough mix making sure the spices are combined well.
- Furthermore, add half cup of curd and combine the dough well.
- Additionally, add some water and knead the dough.
- Knead the dough to smooth and soft texture like of chapathi dough.
- Add 2 tsp of oil and knead the dough for 5 more minutes.
- Now pinch a medium sized ball dough, roll and flatten it.
- Also dust with some wheat flour.
- Further roll it in a thin circle like chapathi or paratha.
- Now on a hot tawa place the rolled thepla and cook for a minute.
- Furthermore, when the base is partly cooked, flip the methi thepla
- Also brush oil / ghee and press slightly.
- Finally, serve methi thepla with raita and pickle.

6. Shrikhand**Ingredients**

- Saffron (kesar) large pinch
- Yogurt 1 kilogram
- Sugar substitute sucralose 1/3 cup
- Warm milk 2 tablespoons
- Nutmeg powder a pinch
- Green cardamom powder ¼ teaspoon
- Almonds blanched, peeled and sliced 5-6
- Pistachios blanched, peeled and sliced 8-10

Method

- Tie the yogurt in a piece of muslin and hang it overnight over a bowl, in a refrigerator, to drain.
- Transfer the drained yogurt into a bowl. Add the sugar substitute and mix well.
- Soak the saffron in warm milk, cool and add to the yogurt mixture. Mix well.
- Add the nutmeg powder and cardamom powder; mix well and chill in the refrigerator.
- Serve chilled, decorated with the almonds and pistachios.

7. Patra**Ingredients**

- 2 cup gram flour (besan)
- ½ teaspoon pureed green chilli
- Salt as required
- ½ teaspoon asafoetida

- ½ teaspoon red chilli powder
- 12 medium colocassia
- ½ teaspoon sesame seeds
- ½ teaspoon ginger paste
- Refined oil as required
- 1 teaspoon powdered turmeric
- ½ teaspoon mustard seeds
- ½ teaspoon tamarind paste
- ¼ cup jaggery
- Water as required

Method

- To prepare this recipe, grate the jaggery in a small cowl and keep it aside. Now, take a separate bowl and add gram flour, ginger-chilli paste, turmeric, red chilli powder, ½ teaspoon asafoetida, jaggery, oil and tamarind paste to it.
- Now add water along with salt and mix well until it turns into a smooth paste. On the other hand, wash the colocasia leaves and place them on a chopping board. With the help of a knife, carefully remove the veins from the center of the leaves.
- Next, apply the besan mixture on one leaf and place another leaf over it. Make sure that the mixture is evenly coated. Continue this procedure with other leaves.
- Now carefully roll the leaves and steam in a steamer for about 20 minutes. When it cools down, cut the leaves into 1 inch slices.
- Heat oil in a pan over medium flame and add mustard seeds to it. Now add the remaining asafoetida along with sesame seeds and wait for them to crackle.
- Now add the Patras and gently saute them for a minute. Serve hot with any chutney of your choice. You can even garnish it with fresh coriander leaves.

8. Bhendi Sambhariya

Ingredients

- ¼ kg tender okra/bhindi/bendakayalu
- 1 tbspoil
- ¼ tsp hing/asafoetida/inguva
- few curry leaves (optional)
- For stuffing:
 - 1 ½ tsps ginger green chili paste
 - ½ tbsproasted coriander pwd
 - 1 tsp roasted cumin powder
 - Pinch garam masala powder
 - ½ tbspwhite sesame seeds
 - 3-4 tbsps fresh coriander leaves, finely chopped
 - 3 tbsps fresh coconut, grated
 - 2 tsps brown sugar or jaggery or white sugar
 - 2 tbsps coarsely powdered peanuts
 - ½ tbspoil
 - Salt to taste

Method

- Mix all the ingredients meant for stuffing in a bowl. Keep aside.

- Wash and pat dry bhindi. Make a slit length wise in each bhindi (as shown in the image above) and stuff 1 ½ tbsps of stuffing in it.
- Stuff all the bhindi and keep aside.
- Heat oil in a vessel. Once hot, add asafoetida and curry leaves and saute for few seconds.
- Add the stuffed okra and spread them around the vessel in a single layer. Add any leftover stuffing and cook on low medium flame without lid. Every few minutes turn the okra to allow even cooking on all sides. Slow roasting of the okra can take at least 30 minutes.
- Turn off heat. Serve with rice or roti.

9. Batata nu saak

Ingredients

- ½ cups peeled Potato cubes
- ¼ teaspoon Mustard Seeds (rai)
- ½ teaspoon Cumin Seeds (jeera)
- 2 teaspoons Green Chilli-Ginger Paste
- 1 Tomato, chopped
- 1 pinch Asafoetida
- ½ teaspoon Turmeric Powder (haldi)
- 1 teaspoon Red Chilli Powder (lal mirch)
- 2 teaspoons Cumin-Coriander Powder (dhaniya-jeera powder)
- 1 teaspoon Sugar (optional)
- 2 tablespoons Cooking Oil
- 1½ tablespoons Fresh Coriander Leaves, chopped
- 1¼ cups Water
- Salt

Method

- Heat oil in a heavy bottomed pan or kadai. Add mustard seeds; when they begin to crackle, add cumin seeds and asafoetida followed by green chilli-ginger paste. Stir and mix well.
- Add cubed potatoes and sauté for 3-4 minutes.
- Add chopped tomatoes, salt and sugar and sauté for 3 minutes.
- Add red chilli powder and turmeric powder and sauté for 1 minute.
- Add 1¼ cups water and let mixture boil over medium flame. When boils, cook covered on medium to low flame until potatoes are cooked, stir every 4-5 minutes.
- It would take around 10-15 minutes to cook completely. If required, add more water and cook for few more minutes. (Time and water required may vary according to type of potatoes and thickness of pan.)
- Add cumin-coriander powder, mix well. Turn off the heat. Transfer it to a serving bowl, garnish with fresh coriander leaves and serve.

10. Khichdi**Ingredients**

- 2/3 cup Rice (short grained)
- 1/3 cup Moong Dal (split green gram with skin) or Toor Dal (split yellow lentils)
- 3½ cups Water
- 1/8 teaspoon Turmeric Powder
- Salt to taste

For Tadka (vaghar)

- 4-5 Garlic Cloves, chopped
- ¼ teaspoon Mustard Seeds
- ½ teaspoon Cumin Seeds
- 4-5 Curry Leaves
- ½ teaspoon Red Chilli Powder
- 1 teaspoon Cumin-Coriander Powder, optional
- 1 tablespoon Oil

Method

- Rinse rice and moong dal in water. Drain the water and transfer them to a pressure cooker (3-5 liter capacity). Add 3½ cups water, turmeric powder and salt. Mix well and taste the water for salt and add more if required.
- Close the lid and pressure cook for 4-whistles, cook on high flame until first whistle is completed and then reduce the flame to medium. Cook over medium flame for remaining three whistles. Turn off the flame. Do not open the lid until pressure releases naturally (opening the lid immediately will result in uncooked khichdi). Open the lid after about 20 minutes and stir and mix the cooked khichdi with a spoon or spatula.
- Heat 1-tablespoon oil in a small tempering pan. When oil is medium hot, add mustard seeds. When they start to pop, add cumin seeds, chopped garlic cloves and curry leaves. When garlic starts to turn light brown, turn off the flame (It will start to turn light brown within 30-40 seconds). Add red chilli powder and cumin-coriander powder and mix well.
- Pour tempering (tadka/ vaghar) over cooked khichdi and mix with a spoon. Vaghareli khichdi is now ready to serve. Serve it with plain curd and papad.

11. Kathiwadi Adad dal**Ingredients**

- 1 cup White Urad Dal
- 2 Tomatoes chopped
- 1 teaspoon Ginger Garlic Paste
- 4 Green Chillies slit
- ½ teaspoon Turmeric powder
- Lemon juice to taste
- Curry leaves a few
- Coriander Leaves, a small bunch, chopped
- Salt to taste

- To Temper
- 2 teaspoons Ghee
- 1 teaspoon Mustard seeds
- ½ teaspoon Cumin seeds
- 1 pinch Asafoetida
- ½ teaspoon Red chilli powder

Method

- Wash urad dal and add in a pressure cooker, along with about 4 cups of water and turmeric. Pressure cook on medium high heat for a whistle or two, till the dal is almost mushy. Get prep with all other ingredients as well, while the dal is cooking. Once the dal is pressure cooked, allow the cooker to release pressure by itself.
- Once the pressure in the cooker is released, open the lid and mash the dal with a masher/ladle/hand blender. Keep this aside.
- In a saucepan, heat cooking oil/ghee on a medium heat. Once hot, add the mustard seeds and allow it to crackle. Once they crackle, add the cumin seeds and allow them to sizzle.
- Immediately add in the hing (asafoetida) and curry leaves and allow the curry leaves to splutter for a couple of seconds.
- To the saucepan, add ginger garlic paste, and green chillies, fry for about 1-2 minutes on medium heat or till the raw smell disappears.
- Add chopped tomatoes, red chilli powder, and salt and saute till tomatoes are mushy.
- Now add the mashed urad dal, remaining salt and turn the heat to high. Bring to a rolling boil.
- Once everything is combined well, switch off heat, add lemon juice and coriander leaves . Stir well to combine and serve.

12. Bhakri

Ingredients

- 350 gm jowar flour
- Water as required
- 1 tablespoon ghee
- 2 teaspoon sesame seeds

Method

- To prepare this Maharashtrian recipe, make stiff dough of flour with water. Knead it well.
- Take small sized dough, make a ball out of it and place it on a plastic sheet.
- Wet your hands with water and pat the dough gently into a thick, flat disk. Make sure that the dough does not stick while patting.
- Heat a griddle and place the disk on it. Sprinkle some sesame seeds and roast it well.
- When the bottom of the dough turns crispy brown, turn it over and cook the other side. When it is done, serve after putting some ghee.

3.5 SUMMARY

Set against the backdrop of the arid and extreme climatic condition of the Thar region, Rajasthan faces the problem of scarcity of water and green vegetables. Thus, they have evolved a unique cooking style and diverse food habits that is noticeably different from other Indian cuisines. The Rajasthanis have moulded their culinary styles in such a way that many of their dishes can be shelved for several days and served without heating. Traditionally the locals prefer to prepare such items that could be retained for a few days and consumed without heating them. Paucity of water in the region has witnessed extensive use of dairy products by the inhabitants like milk, butter and butter milk so as to compensate or reduce the water content while cooking. Ghee is liberally used in preparing different Rajasthani dishes which are rich in spice and flavour. Beans like Ker, Sangri, dried lentils and legumes like gram flour, bajra and jowar form the main ingredients are utilized quite liberally and can be seen in many Rajasthani dishes. Gram flour is one of the key ingredients that's used to cook some of the lip smacking Rajasthani food such as Pakodi, Gatte Ki Sabzi and Khata. Mangodi and Papad prepared from powdered lentils would also be a treat for your taste buds. In many regions of the State of Rajasthan, Bajra and corn are utilized to prepare delicacies such as Khichdi, Rabdi and Rotis. Although predominantly a vegetarian region, the influence of the Rajputs who savoured non-vegetarian dishes including game meat saw the evolution of several luscious non-vegetarian dishes such as Laal maas, Jungle maas, Khad khargosh and Safed maas. Rajasthan is most famous for Dalbati - A dish comprising of dal and wheat flour kneaded with yoghurt and dressed in ghee and is generally accompanied by Churma. It is also famous for Kachori - the kachori in Rajasthan are of two types - sweet and spicy. The spicy kachori is called the pyaaz or onion kachori, and the sweet kachori called the mawa kachori. Both these kachoris are easily available in any food stalls in Rajasthan. Ghewar and Gheriya are some delectable sweet dishes originating from Mewar, available in most restaurants at Rajasthan.

Food of Gujarat is the oldest culinary treasure of India and is influenced by Vaishnavism and Jainism. The state offers a variety of vegetarian dishes including different kinds of pickles, farsans, chutneys and foods that are always high on nutrition quotient. In the cuisines of Gujarat, one can see that there is excessive of sugar, tomatoes and lemon. The reason behind this is that Gujarat is a coastal state, weather remains hot and dry throughout the year and all these ingredients keep the body hydrated. Cuisines of Gujarat have emerged from the different communities who have settled in the state. Gujarat is divided into four regions- North Gujarat, Kathiawad, Kutch, and South Gujarat. In all these regions, different types of cuisines are cooked because of their climatic conditions. North Gujarat is prominent for its thalis. Farsans (snacks) including items like khaman, khandvi, kachori, mini-samosa, dhokla, and dahi vada are the speciality of North Gujarat thali. South Gujarat cuisine is known for its use of chillies in almost every dish. Undhiyu and Paunkh are few popular dishes that are served in South Gujarat. Even the cuisine of Kathiawad is known for its spicy quotient as there is excessive use of chillies here as well. Dhebras (prepared with wheat flour, yoghurt, spinach, green chillies, sugar and salt) served with Chhunda (sweet and sour mango pickle) is loved by the people of Kathiawad region. In North Gujarat and south Gujarat, one can find flavourful delicacies

but in Kutch the scenario is a little bit different as a simple meal is served. The main dish of Kutch region is the Khichdi and kadhi or Bajra no rotlo, guvarnu shaak. A typical thali that contains many small bowls filled with curries, snacks, sides, sweets, bread, chutney (spicy condiment) and pickles. Distinctive things about Thali is that it allows you the savour the delicate balances of flavour-sweet, salty, spicy, crisp, soft, fried and deep fried. Bread include the Rotlis (baked bread) made from Bajra (millets) and the Thepla (griddled bread made of chickpea). Khichdi (a mixture of rice and five kinds of lentils), Kadhi (preparation of sweet and spicy curd mixture thickened with gram flour), Masala Bhat (spiced rice) and Vangi Bhat (rice with aubergines and coriander). Jaggery often paired with rice is served as a sweet. Sweet delicacies include seasonal Aamras (mango fool) and Dhoodh Pake, made with thick sweetened milk, dried fruits and nuts. For the snacks, there are crisp Farsans, particularly Dhokla(spongy cake made of chickpea flour and yoghurt), Khandvi (chickpea rolls filled with coconut slices), Mirchi Pakoda (fried snacks made of chilli pepper) and Khakra (wafers). Also not to forget are the Nankhatais (local biscuits of Gujarat). With all the species, herbs and the flavours, cuisines of Gujarat are worth relishing.

3.6 GLOSSARY

1. Aanch This is a cooling Indian summer drink made with unripe green mango pulp. It is also called aam panna It is slightly sour and sweet to taste and is flavored with cumin jeera, mint leaves and black salt. All ingredients are blended together to make the refreshing drink.
2. Basundi This is a rich, delicious and flavorful Indian sweet made by thickening full fat milk and sugar. It is then garnished with nuts. Basundi is mostly popular in the Western Indian states of Maharashtra, Gujarat and some parts of Karnataka. It can be served on its own chilled and garnished with nuts or with Poori. A close variation to this is Rabri or rabdi made in North India. However they both differ in the texture and consistency. Traditionally basundi is made by simmering full fat milk for a long time until the milk reduces to almost half the original quantity.
3. Bhakhri This is a typically round flat unleavened Gujarati biscuit-like bread flavoured with ghee and cumin seeds. Generally, there are two types of bhakhris—one is cooked like a biscuit while the other is puffed up and served with ghee. A simple Roti also said to be Bhakari, in various places of Maharashtra.
4. Chilla These are simple spiced gram flour pancakes from Gujrati and North Indian cuisine. These can be eaten with a chutney or enjoyed just with a cup of tea or coffee either for breakfast or evening snack. Common example is Besan ka cheela.

5. Chullah It is a kind of clay stove used for cooking the food using wood or cowdung cake or charcoal fuel.
6. Dabeli Dabeli is a renowned street food available mainly on the streets of Gujarat. Dabeli is also called as Kutchi Dabeli or Kachchhi Dabeli. basically Dabeli is a spicy, tangy and sweet potato filling inside a bun more specifically the Indian bun; called as pav, drizzled with a spicy and sweet chutney and some pomegranate, grapes, onions and sev (fried gram flour vermicelli).
7. Diljani Diljani is a dessert made from gram flour, sugar syrup, clarified butter, saffron and dried fruits. The process of making this delicious dessert is similar to the way *boondi* is prepared. Once the gram flour balls are fried, they are soaked into sugar and saffron syrup and later on orange syrup (optional).
8. Dudhpak Doodhpak is a Gujrati rice pudding made from milk, rice, sugar, saffron and nuts. Dudhpak is commonly accompanied by poori. The milk is slow-boiled to thickened and sweetened and the dish is garnished with chopped almonds and pistachios.
9. Gharis It is a sweet Gujarati dish from Surat. Ghari is made of puri batter, milk 'mawa', ghee and sugar - made into round shapes with sweet filling, to be consumed on Chandani Padva festival. It is also available in many varieties and flavours such as pistachio, almond-elachi and mawa.
10. Ghevar It is a crispy deep fried disc-shaped sweet cake with porous texture and is mainly served by dipping it in sugar syrup or topped with milk rabdi. Its a special sweet for the festival of Teej and Rakhsha Bandhan.
11. Gotma This is mashed small sweet boondis.
12. Jhanajariya It is a delicacy made of maize or corn, milk, ghee and sugar garnished with raisins and nuts. Grated or coarsely ground fresh sweet corn is slowly roasted in ghee for few hours until it loses most of its moisture and assumes a dry granular form.
13. Khad It is a baked meat recipe from Rajasthan's royalty. A spiced mix of minced lamb and potato is layered with phulkas and baked golden in oven or covered Bhatti.
14. Laapsi This is a traditional dish of Rajasthan and Gujarat prepared with porridge (broken wheat). Lapsi is often prepared for some special occasions or for rituals (puja). This dish is really delectable to eat.
15. Mesub It is a popular Gujarati sweet made especially during festivals such as Diwali. Also known as Mysore pak in Karnataka.
16. Muthiya It resembles sausage, or any disc shape and is made up of besan, methi (fenugreek), salt, turmeric, chili powder, and an optional bonding agent/sweetener such as sugar and oil. It is a staple of Gujaratis.
17. Oondhiyu This is a traditional Gujarati style of making mixed vegetable curry that is a regional specialty of Surat
18. Panchkuta This curry dish is essentially made up of 5 ingredients found

- widely across the Great Thar Desert which are Ker, Sangri, Amchur, Gunda and Kumati . It has a long shelf life after being cooked and does not require refrigeration, unlike other foods.
19. Phafda This is a fried crispy crunchy tasty snack made with besan (gram flour), laced with carom (ajwain) seeds and black pepper. A popular Gujarati snack.
 20. Raabori An asafoetida-infused sundried millet flour/buttermilk/ poppadum and leeks concoction that simply melts in the mouth.
 21. Rasowara Rajasthani royal kitchen.
 22. Ringna no oroh Ringna No Oroh is char roasted brinjal delicately flavored with ginger and spices. Ringna No Oroh is a classic dish made from roasted brinjals and when combined with green chillies, ginger and spices they release flavors that are absolutely delectable. This dish known as Baingan Bharta in some regions of India.
 23. Rotlo A traditional Gujarati flat-bread recipe of black millet or bajra served best with baingan bharta.
 24. Shrikhand This is the traditional sweet from Gujarat and Maharashtra. It is also known as 'Matho'. It is made from hung or strained curd/yogurt and sugar. Cardamom and chopped nuts are also added.
 25. Sohan halwa It is a traditional dessert of Rajasthan and Gujrat. It is made by cooking cornflour, ghee, sugar and nuts together till thick. Then it is cut into burfee shape.
 26. Surti locho It is steamed Gujarati Farsan (snack /side dish) originated in Surat and is a traditional street food . It is made from gram flour. The dish derives its name from its loose consistency and irregular shape like dumplings. It is served with spicy desi chutney, chilies and sev.
 27. Tikkad Tikkad is a typical Rajasthani spicy corn bread eaten especially in the Thar region. It is thick, spicy, and very very rustic. Very similar to missi roti.
 28. Tikra Rotis stuffed with spiced papad mixture.
 29. Trevti daal Trevti Dal is a classic Gujarati recipe which is cooked using three different lentils. The lentils are tempered with mild spices making Gujarati style creamy lentils simple yet delectable. Generally Chana dal, moong dal and Arhar dal is preferred.
 30. Vaghar It is the term used for tempering.

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3.8 TERMINAL QUESTIONS

1. What are the main features of Gujarati Cuisine?
2. How climate affects the feeding habits of Rajasthani?
3. List the dishes of Rajasthani cuisine.
4. What are the main regions of gujarati cuisine?
5. List the various equipments and tools used by people of rajasthan in preparing their speciality food.
6. List the various equipments and tools used by people of Gujarati in preparing their speciality food.
7. List the ten speciality dishes of Rajasthan.
8. List the two sweet dishes from Gujarati Cuisine.

UNIT: 04

CUISINES OF MAHARASHTRA AND GOA

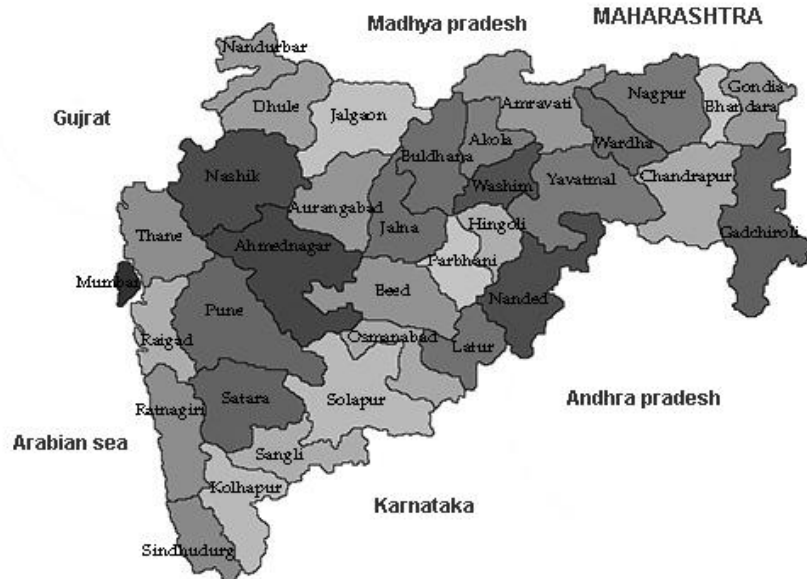
STRUCTURE

- 4.1 Introduction
- 4.2 Objectives
- 4.3 Cuisine of Maharashtra
 - 4.3.1 Geographical Perspectives
 - 4.3.2 Brief Historical Background
 - 4.3.3 Climate
 - 4.3.4 Agriculture and Staple Food
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 - 4.3.6 Culinary Regions and Speciality
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4.1 INTRODUCTION

Often called the 'Gateway to the Heart of India' and also the 'land of Marathas', Maharashtra is the third largest state and second most populous state than in the country. Maharashtra, the land of everything unlimited is adorned by the beautiful Sahyadri ranges of the Western Ghats with high mountains that disappear into the morning mist, while the sprawling belt of the Konkan Coast mesmerizes the eyes by its white beaches. The ruins

of the ancient forts and palaces in Pune and Ratnagiri among others proudly narrate the story of the then mighty rulers of Maharashtra. Centuries-old temples situated in places like Pandharpur, Ozar are still rooted in their traditions, offering sanctuary to pilgrims. As do the small hill stations of Mahabaleshwar, Lonavala, Matheran, nestled cozily in nature, provide respite to travelers from the hustle and bustle of the cities. People of diverse culture and religion live amicably in this state,



which is why there is much ado about the culture of Maharashtra which while retaining its original Marathi culture has beautifully embraced other cultures that have come to call this state their home. Apart from being rich in history, traditional arts and lifestyle, it is also famous for its economy primarily because Mumbai -the financial capital of India is situated here. The entertainment hub - the Bollywood film industry also finds its origin in this state. The amalgamation of these varieties of things that this state offers will make your visit here absolutely worthwhile.



Goa is a tiny Indian state, which is located in the Western region of the Indian subcontinent popularly known as the ‘**Pearl of the Orient**’. This tourist paradise is also called ‘**Rome of the East**’. It is located in India’s coastal belt on the western called the Konkan coast. It has an alarming scenic beauty with palm line golden sparkling beaches and places of worship. The architectural work of Goan Temples, Churches and old houses has brought great laurels to Goa. These characteristics make Goa to be occupied by tourists all the year round. Goa as compared to other states is not greatly

populated but compared in terms of tourists it is the most populated place in India as it is the most preferred option by the people who are planning their holidays.

The name *Goa* came to European languages from the Portuguese colonisers, but its precise origin remains unclear. The Indian epic *Mahabharata* refers to the area now known as Goa, as Goparashtra or Govarashtra (nation of fertile land) or Gomantak (land of cowherds). In the latter, Goa has been called Gomanchala, Govapuri, Gopakpattan and Gove.

4.2 OBJECTIVES

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

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

4.3 CUISINE OF MAHARASHTRA

The cuisine of Maharashtra is discussed under following sub-sections:

- Geographical Perspectives
- Brief Historical Background
- Climate
- Agriculture and Staple Food
- Characteristics & Salient Features of Cuisine
- Culinary Regional Speciality
- Equipments and Utensils Used
- Specialties during Festivals and Other Occasions
- Festivals and Other Occasions
- Dishes From Maharashtrian Cuisine

4.3.1 GEOGRAPHICAL PERSPECTIVES

Maharashtra covers a vicinity of 308,000 kilometer square and is the third major state in the country. It is surrounded by the Madhya Pradesh in the north, the Chhattisgarh state in the eastern part, Andhra Pradesh in the south - east, Goa in the south western part and Karnataka in the south. The Western coast of Maharashtra is bordered by the Arabian Sea. The Western Ghats are recognized as Sahyadri. They are a mountainous assortment consecutively parallel to the shore, at an average altitude of 1,200 meters. Kalsubai, a crest in the Sahyadris, near Nasik City is the highest elevated point in Maharashtra. To

the west of these hills lie the Konkan coastal plains, 50 to 80 kilometers in width. To the east of the Ghats lies the flat Deccan Plateau. The Western Ghats form one of the three watersheds of India, from which many South Indian rivers initiate, distinguished among them are the Godavari River and the Krishna River. These rivers flow eastwards into Bay of Bengal, shaping one of the utmost river basins in the nation.

4.3.2 BRIEF HISTORICAL BACKGROUND

The name Maharashtra is believed to be originated from rathi, which means chariot driver. Maharashtra entered the recorded history in the 2nd century BC, with the construction of its first Buddhist caves. The name, Maharashtra first appeared in a 7th century in the account of a contemporary Chinese traveler, Huan Tsang. According to the recorded History, the first Hindu King ruled the state during 6th century, based in Badami. Shivaji Bhosle, the founder of the Maratha Empire, did a lifelong struggle against the Mughals. By 1680, the year of Shivaji's death, nearly the whole of Deccan belonged to his empire. Shivaji was a great warrior and one of the finest rulers of India, so he holds the highest place in Maratha history. Sambhaji succeeded Shivaji, but he is not great as his father Shivaji. 1680 to 1707 is known as the period of instability in the history of Maharashtra. Balaji Vishwanath (1712-1721), Bajirao Peshwa (1721-1740), Nanasahab Peshwa (1740-1761), 'Thorale' Madhaorao Peshwa (1761-1772), Narayanrao Peshwa (1772-1773), 'Sawai' Madhaorao Peshwa (1774-1795) and 'Second' Bajirao Peshwa - 1795 to 1802 were the other important rulers of Maharashtra. The fall of Ahmednagar fort in 1803 marked the end of Indian rule and supremacy of British in Deccan. In 1804, General Wellesly proclaimed the Deccan in a state of chaos, established military rule and the Peshwas remained rulers for namesake. The present state was formed in 1960 with Bombay as the capital, when the Marathi and Gujarati linguistic areas of former Bombay state were separated. Maharashtra became the main channel of cultural exchange between southern to northern India.

4.3.3 CLIMATE

Maharashtra has typical monsoon climate, with hot, rainy and cold weather seasons. Tropical conditions prevail all over the state, and even the hill stations are not that cold. Dew, frost, hail can also be happened sometimes according to the seasonal weather. Months of March, April and May are the hottest months. During April and May thunderstorms are common all over the state. Temperature varies between 22°C-39°C during this season. Rainfall starts normally in the first week of June. July is the wettest month in Maharashtra, while August too gets substantial rain. Monsoon starts its retreat with the coming of September from the state. Rainfall in Maharashtra differs from region to region. Thane, Raigad, Ratnagiri and Sindhudurg districts, receive heavy rains of an average of 200 centimeters annually. But the districts of Nasik, Pune, Ahmednagar, Dhule, Jalgaon, Satara, Sangli, Solapur and parts of Kolhapur get rainfall less than 50 centimeters. Rainfall particularly concentrates to the Konkan and Sahyadrian Maharashtra. Central Maharashtra receives less rainfall. However, under the influence of the Bay of Bengal, eastern Vidarbha receives good rainfall in July, August and

September. Winters are cool and pleasant with clear skies gentle breeze prevails from November to February. But the eastern part of Maharashtra sometimes receives some rainfall. Temperature varies between 12°C-25°C during this season.

4.3.4 AGRICULTURE AND STAPLE FOOD

Although Maharashtra is a highly industrialized state of India, agriculture continues to be the main occupation in the state. Maharashtra's economy is predominantly agrarian. It is the main occupation of the people. The State is a major producer of oilseeds. Groundnut, sunflower, soybean are the major oil seed crops. Principal crops include rice, jowar, bajra, wheat, tur, mung, urad, gram, other pulses and onions. The important cash crops are cotton, sugarcane, turmeric and vegetables. State is pioneer in onion production in the country. It has also becoming famed in fruit crops. Best quality grapes and oranges produced in the State are now exported to other countries. Mango, particularly 'Alphanso', grown in Konkan, has already established name in the international market. Apart from these various other fruit crops like banana, pomegranates, cashew nut, etc. are also grown. Both food crops and cash crops are grown in the state.

4.3.5 CHARACTERISTICS AND SALIENT FEATURES OF CUISINE

It is well known that the people of Maharashtra consider their food as *Anna he poornabrahma* meaning they consider anna, or food, equal to Brahma, or the creator of the universe. Food is God and should be worshipped. Apart from this, the people of this state also believe in offering their food first to the lord as a thanksgiving for all that He has given. 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 of central Maharashtra is usually *bhakri*, spiced cooked vegetables, dal and rice. However, North Maharashtrians and urbanites prefer roti or chapati, which is plain bread made with wheat flour.

The coastline of Maharashtra is usually called the Konkan and boasts its own Konkani cuisine where 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 harmonized combination Gaud Saraswat Brahmin, and Goan cuisines are 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 curries, as well as in mutton and chicken dishes. Besides the coastal Maharashtra cuisine, the interior of Maharashtra or the Vidarbha area has its own

distinctive cuisine known as the Varadi cuisine. Vegetarian dishes are based on six main classes of ingredients including grains, legumes, vegetables, dairy products and spices.

- Rice is the staple food grains in Maharashtra cuisine, alike the many other states of India. The staple in the Vidarbha region hardly eat rice and their most preferred staple is jowar and bajra.
- All non-vegetarian and vegetarian dishes of Maharashtra cuisine are eaten with boiled rice or with *bhakris*, which are soft rotis made of rice flour. Special rice puris called *vada and amboli*, which is a pancake made of fermented rice, urad dal, and semolina, are also eaten as a part of the main meal.
- Cereals are also commonly eaten in the coastal part of the state which includes *Vatana, Val, Moong and Arhar*.
- The Maharashtra cuisine includes an enormous variety of vegetables in the regular diet and lots of fish and coconuts are used. Grated coconuts spice many kinds of dishes in Maharashtra cuisine. Coconut is extensively used in cooking and as an embellishment. In the coastal cuisine of Maharashtra, fresh coconut is added to the dishes, while in the Vidarbha region, powdered coconut is used for cooking.
- In Maharashtra cuisine, peanuts and cashew nuts are widely used in vegetables and peanut oil is used as the main cooking medium.
- Wide use of kokum, which is a deep purple berry that has a pleasing sweet and sour taste, is also seen in Maharashtra.
- Jaggary and tamarind are also used in most vegetables or lentils so that the Maharashtra cuisine pertains a sweet and sour flavor. *Kala masala* (special mixture of spices) is added to make the food spicy.
- Among seafood of Maharashtra cuisine, the most popular fish is bombil or the Bombay duck which is normally served batter fried and crisp, while in the vegetarian fare; the most popular vegetables are brinjals. Bangda or mackerel is another popular fish in coastal Maharashtra. It is curried with red chilies, ginger and triphala. Pomfret is another popular fish eaten barbecued, stuffed, fried or curried. Besides fish, crabs, prawns, shellfish and lobsters are also relished by the coastal Maharashtrians.
- Maharashtra cuisine is incomplete without papads, which are eaten roasted or fried. A typical feature of Marathi food is the masala papad in which finely chopped onions, green chilies and chat masala are speckled over roasted or fried papads.
- The most popular dessert of Maharashtra is the *puran poli*, roti stuffed with a sweet mixture of jaggary and gram flour.
- In Maharashtra, the regional festivals and food go together and every dish brings a special significance along with it. Among Maharashtra cuisine, *Chaat* is probably the most loved snacks, followed by *bhelpuri, pani puri, pav bhaji, and dosai*. The paan culture has been raised to an art form amidst Maharashtra cuisine. The famous cold and sweet *paan* is sweet filling and chilled.

4.3.6 CULINARY REGIONS AND ESPECIALITY:

Konkan (South – East):

- This region is further divided into Raigarh, Sindhurgarh, and Ratnagiri, on the coastal line.
- The cuisine of Konkan mainly comprises of fish. A special spice called *Tirphalis* used as a common souring agent in the fish.
- The gravies are more *coconut - based*.
- The cuisine of Sindhurgarh comprises various types of pancakes such as *ambodi*, which is made from fermented rice and urad dal.
- *Sabudana khichdi*, a savoury product made from Sago and Groundnuts, also come from this part of the state.
- *Thalipith* is another type of pancake usually made with a combination of rice and various pulses and is often eaten for breakfast.
- *Varieties of seafood* such as sharks, crabs and prawns are often cooked in the form of curries or even prepared dry.
- *Usals*, which are made from cereals, accompany fish curries in this part of the state. The Brahmins from the Konkan region are Vegetarians and they consume usals made from cereals.
- The food of the Konkanastha Brahmins is different as they use more of *tamarind and jaggary* to flavour their food.
- The use of *asafetida (hing)* is also very common here.
- The people from the region of *Raigarh* have a different method of cooking. They mostly use groundnut oil for their cooking. French beans are grown over here in large scale and hence popularly used in the cuisine. The fish curry is stewed along with vegetables such as potatoes, cauliflowers and brinjals. The locals here prefer lamb over chicken and the famous preparation of *sukhe mutton* or dry lamb comes from here.

Vidarbha (North – East):

- This region includes the districts of Nagpur, Chandrapur and Yeotmal.
- The main profession of the people here is farming and they mostly eat a dish called *hurda*, which is roasted raw jowar mixed with curd.
- The food is very spicy and is usually dry or mixed with ginger, green chilies, and lime.
- *Vada bhaat* or lentil fritters mixed with boiled rice are very commonly consumed in this region.
- The famous poha comes from this region of Maharashtra.
- Fruits like oranges grow in abundance here.

Marathwada (East):

- This region comprises of Aurangabad, Nanded and Latur.
- Moderately spiced food is preferred here.
- Freshly ground masalas are preferred here to flavor the food

- Chutneys are prepared here out of the peels of vegetables such as *doodhi*. These chutneys have a flavor of their own and they are eaten along with the food for lunch as well as dinner.

Kolhapur (South):

- Kolhapur is a region in the south central part of Maharashtra. The other neighboring places include Satara, Sangli and Solapur. The people dwelling here are mostly non – vegetarian.
- This is a very dry region with scanty rainfall and people face a lot of hardship due to water scarcity.
- Crops which need less moisture to grow such as jowar is extensively grown here and bhakri made from it is also consumed.
- The gravies are hot and spicy with a fiery colour but the excellent taste is brought about by the mingling of the right spices in right proportion.
- The famous *lavangi mirchi* i.e, small hot green chilies come from this region.
- The non – vegetarian dishes consumed are mutton and chicken items – Mutton Kolhapuri is the most well – known of all. Desi chicken or *gavthi kombdi* is preferred to the regular broiler variety. Crabs that are found in the river water are also popular.
- *Poha, sheera, kurdai, malpua* etc are some of the popular snacks during the tea time.

Western Ghats (The Western Coastline)

- The Western Ghats consist of the North – west coastline along the Arabian Sea.
- The important cities along the coastline are Nasik, Pune and Mumbai.
- The people of this region eat moderately spiced or very less spicy food.
- Bombay duck or bombil is a dried variety of fish which is very popular. It is prepared in gravy or just stir – fried and served.
- *Papad, pickle, chutney, and koshimbir* (salad with some coconut, peanuts, and tempering) are popular accompaniments of food in this region.
- The cooking styles and procedures of the Brahmin communities in this region (*Deshasthas, Karhade, and Saraswats*) are almost the same and have great simplicity.
- The spices are just enough to enhance and bring out the original flavour of the food.
- Breakfast consists of onion or *potato poha* or *sheera and thalipith*. Sometimes *the poha* is made from pressed rice, onions, salt, green chilies, green coriander, and lime juice and then tempered with hing, curry leaves, and mustard. Main meals consist of boiled rice; *varan (plain toovar dal)* with some with some ghee in it; *polis* (which is a local term for rotis or flat Indian breads made from flour; two vegetable dishes, one being dry potato preparation and the other a choice of tondle, gavar, or stuffed brinjal; a koshimbir; chutneys of garlic or peanuts and a lemon wedge.
- Curd and buttermilk, aamtis and usals of cereals, vegetables, onions, ginger, garlic, chilies, turmeric, and goda masala are used.

Cooking styles in Maharashtra

- Maharashtrian meals are scientifically planned and cooked-the golden rule being that the cooking medium must not be seen.
- The vegetables are more or less steamed and lightly seasoned so as to retain their nutritional value.
- There is almost no deep frying and roasting.

Serving a Maharashtra meal

- In Maharashtra, even an everyday meal consists of several accompaniments that are set out in a particular manner in the *taat* (platter). The *taat vadhany* (method of setting food on the platter) is an art.
- It starts with a bit of salt at the top center of the *taat*. On its left is set a small piece of lemon. Then follows the *chutney* (spicy accompaniment made of ground coconut and green chilies), *koshimbir* (salad), and *bharit* (lightly cooked or raw vegetable in yogurt) in that order.
- The vegetable with gravy never precedes the dry vegetable because the gravy will run into it.
- Once everyone is seated the woman of the house will serve the rice, pour a little *toop* (clarified butter) and *varan* (lentil) on it and then the meal begins after a short thanksgiving.
- The people of Maharashtra are known for aesthetic presentation of food. In formal meals, the guests sit on floor rugs or red wooden seats and eat from silver or metal thalis and bowls, placed on a raised *chowrang*, a short decorative table. To avoid mixing of flavors, each guest is given a bowl of saffron scented water to dip fingers in before starting to eat the next delicacy.
- Snacking is a favorite pastime of this city of Mumbai, the capital of Maharashtra. Chaat is probably the most widely eaten food in the city, followed by *bhelpuri*, *Pani Puri*, *pav bhaji*, and *dosai*.
- For those looking for non-vegetarian snacks, there are the Muslim kebabs, baida roti (an egg roti stuffed with minced meat), tandoori chicken, seekh kebabs, and *fish koliwada*.

4.3.7 EQUIPMENTS AND UTENSILS USED

- **Chool:** It is a *cooking stove* made out of mud. Dry cow dung or wood is used for firing the stove.
- **Thikra:** This is a tawa made from mud which is used to make breads. This gives an earthy flavor to the dish
- **Mande tawa:** This is a wok – like equipment made out of a special earthenware pot. This pot is upturned and fire is lit from the bottom. *Mande* is made out of a dough of rawa and maida. Powdered sugar and a bit of atta are stuffed in the dough dumplings which are flattened into rotis on the hand, something like the roomali roti found in the north.

- **Modak patra:** This is copper vessel made for making *modaks*.
- **Pata – warwanta:** It is a rectangular piece of stone, approximately 2ft by 1ft on which the spices are ground with a stone pestle.
- **Gundponglu tawa:** This is a tawa that resembles an *idli tawa* and is used for making steamed dumplings.
- **Khalbhitta:** It is a *cast iron vessel* which is used to powder dry masalas and spices. A heavy iron rod is used to pound the spices.
- **Puranchey yantra:** This is a kind of sieve. It is used for making a paste of chana dal and jaggary used for making puran poli.
- **Veeli:** This is a sickle – shaped blade fixed on a wooden block used for slicing and chopping of vegetables.

4.3.8 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

1	Bangda Fry	The head of the fish called "Bangda" is thrown and the other part is fried as a whole.
2	Basundi puri	It is made from reduced milk with sugar and flavoured with cardamom (basundi) is relished with deep – fried poories on the auspicious day of Dusshera.
3	Bhakri	Bread made from millets like jowar and bajra, form part of daily food in rural areas.
4	Bharli wangi	This is a very traditional Marathi curry, Bharli Vangi or "Stuffed Eggplant". It goes great with poli, bhakri or rice.
5	Chakli	It is a deep fried snack made from rice flour, gram flour, wheat flour or a mixture of lentil flours. It is a spiral in shape snack with a spiked or rough surface.
6	Chiroti	Made by combination of rawa - semolina and maida plain flour
7	Dadpe pohe	Another variety of Pohe from Maharashtra. A simple and spicy and non fried snack at any time. In Marathi "Dadpane" means giving pressure. While soaking Poha, we cover it with plate and keep some weight on it. So it is called as 'Dadpe Pohe'.
8	Ghadichi poli or chapati	Unleavened flat bread made of wheat, more common in urban areas.
9	Ghavan	It is a fried pancake and is especially popular in Sindhudurg district. Its netted appearance gives it an even more enigmatic feel.

10	Gulachi Poli	Made especially on Makar Sankranti in typical Brahmin households, the Gulachi poli is a heavy meal similar to the Puran Poli. It is made with a stuffing of soft/shredded jaggary mixed with toasted, ground til and some gram flour which has been toasted to golden in plenty of pure ghee.
11	Karanji	It is a deep fried dumpling with a filling of grated coconut sweetened with jaggary and flavoured with powdered cardamom seeds. It is also known as Kanavale. It is one of the popular sweets prepared for Diwali celebrations.
12	Katachi amti	It is a thin, tangy tempered sour lentil preparation from chana dal, normally preferred on the day of Holi.
13	Khaproli	A sweet dish, highly popular in southern Konkan. The dish consists of a fluffy pancake dipped in yellow sweet juice.
14	Kurli masala	A crab preparation made in coconut base flavoured with malvani masala and tamarind.
15	Manik Painjan	It is prepared with chana dal, wheat flour and gram flour. These are balls which are fried in oil and served with tomato sauce or chutney of any type.
16	Masaley bhaat	The rice and brinjal preparations, flavoured with the red chilies, are commonly made during the marriage ceremonies.
17	Modak	This is a sweet dumpling made of fresh coconut and jaggary while the shell is of rice flour. The dumpling can be fried or steamed. The steamed version is eaten hot with ghee. Modak has a special importance in the worship of the Hindu god Ganesh.
18	Narali Bhaat	The sea is worshipped by the Koli community of Maharashtra and people offer coconuts to the sea. Sweet rice made by them using coconut with special flavoring given by cardamon and cloves. This is the special dish for the festival; of Narali Poornima which falls on the Full moon day in the Hindu month of Shravan (August).
19	Pachadi	A typical Maharashtrian dish which is tender brinjals cooked with green mangoes and ornamented with coconut and jaggary.
20	Pamphlet ambat	triphala This is a traditional dish in which fish (Pomfret) is cooked in creamy coconut gravy that greatly enhances its taste.
21	Patal bhaji	Spinach and dal cooked together, a typical a sweet and sour dish flavored with groundnuts from Amravati.

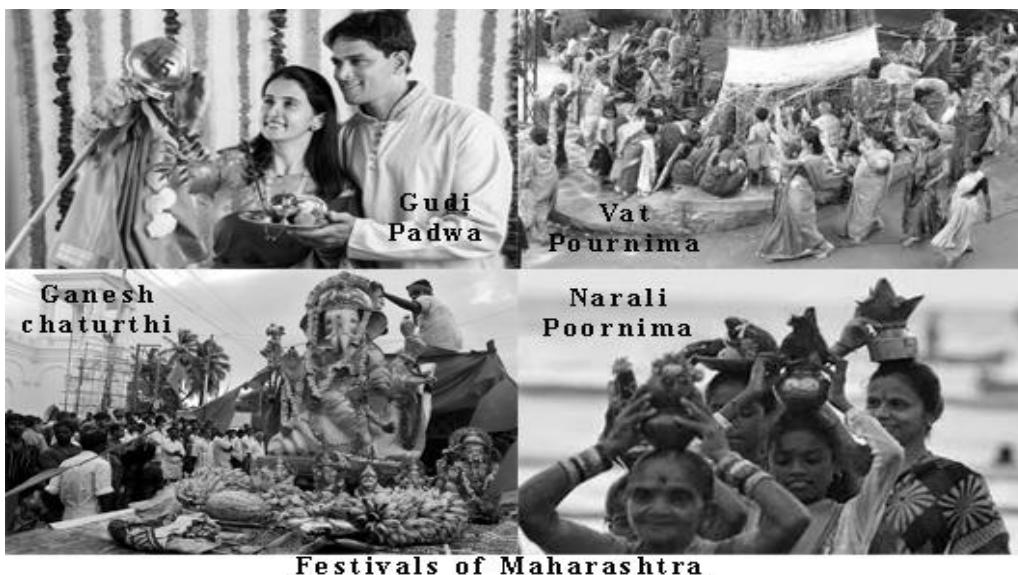
22	Phanasachi Bhaji	It is an exotic vegetarian dish, which is made from Jackfruit, chilies and spices.
23	Puran Poli	It is one of the most popular sweet item in the Maharashtrian cuisine. It is made from jaggary (molasses or gur), yellow gram (chana) dal, pain flour, cardamom powder and ghee (clarified butter). It is made at almost all festivals.
24	Shankarpalya	These are savoury and sweet snacks made with flour. Flour, oil, salt and water are kneaded to form firm dough. It is then rolled out thin and cut into various shapes. These are deep fat fried until crisp.
25	Shengdana Chikki	It is a brittle candy made from peanuts (shengdana) and jaggary.
26	Shikran	An instant sweet dish made from banana, milk and sugar.
27	Shrikhand	Sweetened yogurt flavoured with saffron, cardamom and charoli nuts.
28	Solkadhi	This cold soup is prepared from coconut milk, garlic, green coriander, and kokam concoction, and is a specialty of the cuisine from the coastal region.
29	Solkadhi or Soul Curry	It is an energizing curry drink, highly popular in Konkan. It is made from coconut milk and kokam.
30	Sungtachi-hinga kodi	A popular prawn dish which consists of prawns in coconut gravy, blended with spices and asafoetida.
31	Tandalachi Bhakri	It is a Bhakri made of rice flour. It is the Malvani equivalent of the Maharashtrian jowari bhakri or bajri bhakri, which is popular across the Deccan.
32	Thalipith	A type of pancake. Usually spicy and is eaten with curd.
33	Tomato saar	Maharashtrian spicy tomato soup.
34	Vada pav	Popular Maharashtrian dish consisting of fried mashed-potato dumpling (vada), eaten sandwiched in a bun (pav) and accompanied with the red chutney made from garlic and chilies, and fried green chilies.
35	Varan	It is a plain non-spicy or lightly spiced lentil flavoured hing and jaggary, made with split pigeon pea (Tur dal)

Food in Weddings: After the marriage ceremony is done with, guests sit down to a traditional meal served on a banana leaf. The meal is entirely vegetarian in nature and is created without any onion or garlic. It consists of a selection of vegetables in coconut gravy, green mango chutney, cucumber and peanut salad, rice, puris, golden dal called 'varan' and a sweet dish like alibi, *creamy basundi* or saffron-scented shrikhand.

'*Mattha*' or coriander-flavored, salted buttermilk complements the meal, which ends with a sweet 'paan' called 'vida'.

4.3.9 FESTIVALS AND OTHER OCCASIONS

1. **Ganesh chaturthi** – This festival is celebrated all across Maharashtra. It is celebrated in September month of the year. During this festival irrespective of the region modaks are offered to Lord Ganesh. Modaks are sweet fried or steamed (usually found in west Maharashtra) momos with a filling made out of coconut.
2. **Diwali** – This festival inspires a variety mouth-watering preparations like karanji, chakli, kadboli, anarasa, shankarpali, chirota, shev, chivda and varieties of ladoos like Dink ladoo, Besan ladoo, shingdana ladoo, Rava ladoo, and so on are consumed in Maharashtrian households by children and adults alike. Diwali is considered one of the most auspicious festivals in Maharashtra.
3. **Holi** – On this spring festival day, people enjoy a puran poli, a sweet, stuffed chappati made of channa dal and refined flour (maida), served warm with clarified butter or a bowl of milk or sweetened coconut milk.
4. **Makar Sankranti** – this festival is celebrated on the 14th of January marking the beginning of uttarayana that is the northward journey of the sun. This day people fly kites and distribute sweets made of til (sesame) and gur (jaggary). Also many people make rotis stuffed with mixture of sesame and jaggary.
5. **Gudi Padwa** – This festival marks a beginning of the New Year. And is celebrated with great enthusiasm across the state. On this day a proper Maharashtrian vegetarian meal is cooked with a lot of sweets as well as fried pakodas and puris or sometimes pooran-polis as well.
6. **Gokul Ashtami** – Festival of Nandlala - Gokul Ashtami is celebrated in Mumbai with great enthusiasm as it marks the birth of the most mischievous God in Hindu mythology, Lord Krishna.
7. **Narali Poornima** –Narali Poornima marks the end of monsoon season in Maharashtra. It is celebrated on the full moon day of the month of Shravan. People offer coconuts to the sea. The festival also marks the beginning of the new fishing season.
8. **Vat Pournima** – Wat Pournima is the festival for Maharashtrian women, which is celebrated in the month of Jesht (May-June). Women observe a fast and tie threads around a banyan tree and pray for the same husband in every birth.



9. Special chutney is made that day which is offered to God which has all the flavours in it i.e. Neem for bitter taste, jaggery for sweetness, green chillies for spicy flavour and raw mangoes for tangy or sour flavour. This is Maharashtrian traditional chutney still made in many households.

4.3.10 DISHES FROM MAHARASHTRIAN CUISINE

1. Amti

Ingredients

- 1 tbspghee / clarified butter
- 1 tsp mustard / rai
- ½ tsp jeera / cumin
- pinch of hing / asafoetida
- few curry leaves
- 1 green chilli, finely chopped
- ¼ tsp turmeric / haldi
- 2 cup toor dal, pressure cooked
- 1 tbspgoda masala
- ¼ tsp kashmiri red chilli powder
- ½ tbspjaggery / gud
- 5 kokum / punarpuli
- 2 tbspcconut, grated
- ¾ tsp salt
- water
- 2 tbspcoriander leaves, finely chopped

Method

- Firstly, in a large kadai heat 1 tbspghee and saute 1 tsp mustard, ½ tsp jeera, pinch of hing and few curry leaves.
- Also add 1 green chilli, ¼ tsp turmeric and saute on low flame.

- Further add 2 cup cooked toor dal (1 cup dal + 3 cup water pressure cooked for 5 whistles)
- Get the dal to boil and add 1 tbspgoda masala, ¼ tsp chilli powder, ½ tbspjaggery, 5 kokum, 2 tbspcconut, ¾ tsp salt. Mix well.
- Add ½ cup water and adjust consistency as required.
- Mix well and boil for 5 minutes or till spices gets cooked completely.
- Finally, add coriander leaves and serve amti dal with hot steamed rice.

2. Kolambi Tawa Fry

Ingredients

- 250 gm Kolambi / Prawns
- 1 tsp Ginger-Garlic paste
- ¼ tsp Turmeric powder
- Salt to taste
- ½ tsp Red chili powder
- 1 tsp Lemon juice
- For Kolambi Tawa Fry:
- 3 tsp Oil
- 1 ½ cup finely chopped Onion
- 1 tsp Ginger-Garlic paste
- 1 tsp Red chili powder
- 1 tsp Malwani / Garam masala
- 1 tsp Coriander powder
- Salt to taste

Method

- For Marination:
- In a bowl take kolambi.
- Add ginger garlic paste, turmeric powder, salt, red chili powder and lemon juice.
- You can skip ginger garlic paste.
- Mix well and marinate it for about 10-15 minutes.
- For Kolambi Tawa Fry:
- Heat up oil in a skillet.
- Add onion and fry until it gets nice golden color for about 4-5 minutes.
- Add ginger-garlic paste, red chili powder, malwani masala, coriander powder and salt.
- You can add garam masala instead of malwani masala.
- Mix well and fry for about 2 minutes.
- Add marinated kolambi and mix well. It should get nice coating of spices.
- Sprinkle a little water over the kolambi so that the masala won't stick to the pan.
- Cover and cook on medium heat maximum for 4-5 minutes. Do not overcook kolambi.
- Turn off the gas and kolambi tawa fry is already.
- Kolambi tawa fry goes well with rice bhakari.

- It can be served with rice as a side dish.

3. Malvani chicken

Ingredients

- 1 Kg Chicken (cut into medium sized pieces)
- For the curry:
- 80 ml Water
- 3 tbsp Refined oil
- 3 Onions, finely chopped
- Handful Coconut, grated
- Handful Coriander leaves
- For the malvani masala:
- 1 Bay leaf
- ½ Nutmeg
- 6-7 Cloves
- 6-7 Dry red chillies
- 10 Black peppercorns
- 1 large Cinnamon stick
- 1 tsp Cumin seeds
- 1 tsp Coriander seeds
- 1 tsp Red chilli powder
- ½ tsp Turmeric powder
- For the coconut masala paste:
- 3 Green chillies
- 5-6 Garlic cloves
- 1 Coconut, grated
- ¾ inch Ginger

Method

- Dry roast all the ingredients of the Malvani masala in a pan and coarsely grind them.
- Then grind all the ingredients of the coconut masala into a paste.
- In a kadhai, heat oil, add the onions and the ground coconut masala.
- Stir and cook for about 10 minutes.
- Add 3-4 tsp of the ground Malvani masala, red chilly powder and salt to taste.
- Mix in the chicken and then water.
- Cover and let it cook on low flame for about 40 mins till the gravy thickens and the chicken is tender.
- Garnish with chopped coriander leaves and grated coconut.
- Serve hot.

4. Masalas bhaat**Ingredients*****For masala powder:***

- 1 tsp oil
- 1 tbspcoriander seeds
- ½ tsp cumin / jeera
- ½ tsp sesame seeds / til, white / brown
- 1 star anise
- ¼ tsp poppy seeds / khasakhas
- 1 black cardamom
- ½ inch cinnamon stick
- 5 cloves
- 1 tbspdry coconut / copra
- ¼ tsp black pepper

For masale bhaat:

- 1 tbspghee
- 1 tsp mustard
- ½ tsp cumin
- 1 bay leaf
- pinch of hing
- 1 tbspfinely chopped onion,
- 2 slit green chillies
- 1 tsp ginger-garlic paste
- 1 tomato, finely chopped
- 15 whole cashew / kaju
- 1 cup mixed vegetables, peas, gobi and carrot
- 1 cubed potato
- ½ tsp turmeric
- ½ tsp chilli powder
- 1 cup short grain basmati rice soaked 20 minutes
- 2½ cups water, adjust accordingly
- Salt to taste
- 2 tbspfresh grated coconut
- 2 tbspfinely chopped coriander leaves

Method

- Firstly, heat ghee and prepare tempering.
- Add onion, chilli and ginger-garlic paste. Saute well.
- Furthermore add 1 tomato, cashew and mixed vegetables. Saute well.
- Additionally, add spice powder.
- Saute the spices on low flame for a minute.
- Further add rice, water and salt.
- Stir well, cover and simmer for 20 minutes.
- Add in 2 tbspfresh coconut and coriander leaves.
- Finally, serve masale baath with raita or tomato saaru.

5. Varicha Bhat

Ingredients

- 1 Bowl Vari Tandul/ Bhagar /Samo rice / Samo seed / Vrat ke chawal
- 2 medium size Potatoes
- 1 teaspoon Cumin Seeds
- 4-5 finely chopped Green Chillies
- ½ small bowl Peanuts
- Finely Chopped Coriander leaves
- 6-7 Curry leaves
- 4-5 teaspoon oil or 3 teaspoon Ghee
- Salt to taste (Sendha Namak / Rock Salt)

Method

- Soak the peanuts in water for about 4-5 hours.
- After 4-5 hours boiled the soaked peanuts and keep aside.
- Wash the vari rice, drain the water completely and keep aside.
- Simultaneously, wash the potatoes and peel the skin. Then cut the potatoes in any shape but very thin. Keep aside in water.
- Heat the oil in Kadai or pan on low flame gas and add cumin seed, curry leaves and green chillies, saute for 2 minutes.
- Add finely chopped potatoes and add salt to taste. Stir the mixture well. Cover with lid and cook for about 7-8 mins on low flame gas. Stir the mixture once in between while cooking.
- Now add vari and boiled peanut, mix it well, saute the mixture for 2-3 minutes.
- Add two and half bowl water. Cook it on a low flame for about 5 minutes.
- Garnish with finely chopped coriander leaves and serve it hot.

6. Basundi

Ingredients

- 2 litre full cream milk
- 2 tbspchopped cashew
- ½ cup sugar
- 2 tbspchopped almonds
- 2 tbspchopped pistachios
- ¼ tsp saffron
- ¼ tsp cardamom powder

Method

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

7. Usal

Ingredients

- 1 cup Dried Yellow/White Peas (Vatana), soaked for 8 hours
- 1 cup Tamarind Water
- 1 finely chopped Onion
- 4 finely chopped cloves Garlic
- 2 finely chopped Green Chillies
- 1 teaspoon Mustard seeds
- 1 pinch Asafoetida
- 1 teaspoon Red chilli powder
- 2 teaspoon Garam masala powder
- 1 sprig Curry leaves
- 1 sprig Coriander leaves
- Salt and Pepper to taste
- Cooking oil
- Sev to garnish

Method

- To begin making the Usal Pav Recipe (A Delicious Mumbai Street Food) by pressure cooking the peas that is soaked in the pressure cooker for 5 whistle and release the pressure naturally and keep it aside.
- Next heat 2 tablespoons oil in a heavy bottomed pan. Once the oil is hot, add in the mustard seeds. Once it crackles, add in the curry leaves and hing.
- Then add garlic and sauté for a minute or so. Before it turns dark brown, add in the chopped onions and saute till translucent.
- Now add the chopped tomatoes and the tamarind water to the wok and allow it all simmer on low heat for about 10 minutes.
- Finally, pour the cooked peas into the wok, along with garam masala, chilli powder and salt. Turn the flame to low, cover the pan and let the mixture simmer for 15 - 20 minutes. Turn off the heat, stir in the chopped coriander leaves.
- Once done, serve the tangy hot usal pav accompanied with toasted pav, toasted bread.

8. Bangada curry

Ingredients

- 3-4 medium Mackerel, cut into big pieces
- For the masala:
 - 1 tablespoon Coriander Seeds
 - 10 Red Kashmiri chillies
 - Few strands of Coriander
 - 1 Tomato, chopped
 - 1 Onion, sliced
 - 8 Garlic cloves
 - 4-5 peppercorns
 - 3-4 green chilies
 - 7-8 kokam
 - 4-5 Black peppercorns
 - 3-4 Green chilies

- Water, as required
- For the tadka:
- Small piece of ginger (juliennes)
- ½ teaspoon Turmeric Powder
- 1 cup Coconut Milk
- 1 cup Water

Method

- First, make the masala by adding all the ingredients mentioned above. Add a little water as it has to be a thick paste-like consistency.
- In a deep pan or mithi kadai, take some oil and heat it. To this add some ginger and turmeric powder and mix it for 1 min.
- Then, add the masala paste. As the spices haven't been cooked, they will have to be cooked for a good 3-4 mins.
- Then, add the coconut milk and cook it again.
- Add water and salt and mix it well. Let it come to a boil.
- Lastly, add the mackerel pieces into the gravy slowly. Do not break the pieces. The fish will take 2-3 mins to cook.

9. Taambda rassa**Ingredients**

- 1 Kg. of Mutton
- 1 Tbsp Red Chilly Powder
- 1 Cup Oil
- 1 Tomato
- 4 Medium Size Onion
- Coriander Leaves
- 1" Ginger
- 8/10 Garlic Cloves
- ¼ Tbsp Turmeric Powder
- 2 Tbsp Salt
- 2 Tbsp Sesame Seeds
- 4 Black Cardamom
- 2 Tbsp Fresh Coconut
- 2 Tbsp Dry Coconut
- 1 Tbsp Coriander Powder
- 1 Tbsp Cumin Powder
- ¾ Black Pepper
- ¾ Cinnamon Sticks
- 4/5 Cloves
- 1 Tbsp Poppy Seeds
- 2 Tbsp Sesame Seeds
- 2 Tbsp Ghee
- 2 Tbsp Kolhapuri Masala

Method

- Wash mutton pieces, mix them with turmeric powder, salt and ginger-garlic paste in a bowl.

- Marinate the mutton and keep it aside for an hour.
- Heat oil in a pan, add 4-5 cloves, $\frac{3}{4}$ black Pepper, $\frac{3}{4}$ cinnamon sticks, onion cut lengthwise, 2 tbspsesame seeds and dry coconut.
- Fry it until the onion becomes light brown. After that put this in a grinder and make paste (Use little water).
- Now take oil in a big pan and Heat it.
- Add bay leaves, cloves, cinnamon, pepper, poppy seeds, onion (finely chopped). Fry till light brown and Add tomatoes.
- Now add mutton and salt, stir it . Cover pan with a lid , keep water onto lid.
- When water on lid starts boiling, add the water into the pan. Close lid, let it cook for some time.
- When mutton is half cooked (10 mins) add the grinded masala and Kolhapuri masala. Mix it well.
- Add 2 tbspof ghee and close the lid and let it cook for around 20-25 minutes.
- Now switch off the gas , cover lid tightly for 15 mins.
- Garnish with freshly chopped cilantro.
- Serve it with Chapati's / Bhakri's with Dahi Kanda and Lemon Wedges.

10. Masala bhaat

Ingredients

For masala powder:

- 1 tsp oil
- 1 tbspcoriander seeds
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{2}$ tsp sesame seeds
- 1 star anise
- $\frac{1}{4}$ tsp poppy seeds
- 1 black cardamom
- $\frac{1}{2}$ inch cinnamon stick
- 5 cloves
- 1 tbspdry coconut
- $\frac{1}{4}$ tsp black pepper

For masale bhaat:

- 1 tbspghee
- 1 tsp mustard
- $\frac{1}{2}$ tsp cumin
- 1 bay leaf
- pinch of hing
- $\frac{1}{2}$ finely chopped onion
- 2 slit green chilli
- 1 tsp ginger-garlic paste
- 1 finely chopped tomato
- 15 whole cashew
- 1 cup mixed vegetables, peas, gobi, carrot
- 1 cubed potato

- ½ tsp turmeric
- ½ tsp chilli powder
- 1 cup short grain rice, basmati rice tukda / sona masuri rice, soaked 20 minutes
- 2½ cups water, adjust accordingly
- 1 tsp salt, or to taste
- 2 tbspfresh coconut, grated
- 2 tbspcoriander leaves, finely chopped

Method

- Firstly, heat ghee and prepare tempering.
- Add onion, chilli and ginger-garlic paste. Saute well.
- Furthermore add 1 tomato, cashew and mixed vegetables. Saute well.
- Additionally, add spice powder.
- Saute the spices on low flame for a minute.
- Further add rice, water and salt.
- Stir well, cover and simmer for 20 minutes.
- Add in 2 tbspfresh coconut and coriander leaves.
- Finally, serve masale baath with raita or tomato saaru.

11. Jowar bajra Besan Thalipeeth**Ingredients**

- 1 cup jowar flour / sorghum flour
- ¼ cup besan / gram flour
- ¼ cup wheat flour / atta
- ¼ cup bajra / pearl millet flour
- ¼ cup rice flour
- 1 tsp ginger garlic paste
- 2 green chilli, finely chopped
- ¼ tsp turmeric / haldi
- ½ tsp coriander powder
- ½ tsp cumin powder / jeera powder
- ¼ tsp ajwain / carom seeds
- 2 tsp sesame seeds / til
- 2 tbspcoriander, finely chopped
- 1 onion, finely chopped
- ½ tsp salt
- 1 cup water, to knead
- oil for roasting

Method

- Firstly, in a large mixing bowl take 1 cup jowar flour, ¼ cup besan, ¼ cup wheat flour, ¼ cup bajra and ¼ cup rice flour.
- Also add 1 tsp ginger garlic paste, 2 green chilli, ¼ tsp turmeric, ½ tsp coriander powder, ½ tsp cumin powder, ¼ tsp ajwain, 2 tsp sesame seeds, 2 tbspcoriander, 1 onion and ½ tsp salt.
- Mix well making sure everything is combined well.
- Now add ½-1 cup water or as required and knead a dough.

- Now take a small ball of dough and start patting over oiled butter paper.
- Gently drop the sheet upside down over the hot griddle.
- Peel off the butter paper sheet slowly without breaking your thalipeeth.
- Additionally, smear some oil over the thalipeeth.
- Cover and cook both sides on medium flame.
- Finally, serve the thalipeeth with butter, pickle and curd.

12. Amrakhand**Ingredients**

- 2 cups curd / yogurt, thick and fresh
- 1 cup mango pulp
- ¼ cup powdered sugar
- 2 tbspsaffron milk
- ¼ tsp cardamom powder
- 1 tbspalmonds, chopped
- 1 tbsppistachios, chopped
- few fresh mango, pieces

Method

- Firstly take thick and creamy curd also known as hung curd or chakka.
- Whisk smooth till it turns creamy with the help of whisk.
- Further, add 1 cup mango pulp, ¼ cup powdered sugar and ¼ tsp cardamom powder.
- Also add saffron milk. To prepare saffron milk, soak few strands of saffron in 2 tbspof warm milk.
- Mix well making sure the sugar gets dissolved in curd.
- Also add in few chopped almonds and pistachios.
- Mix gently and transfer to the serving bowl.
- Finally, mango shrikhand / amrakhand is ready. Store in refrigerator or serve immediately.

CHECK YOUR PROGRESS -I

Q.1 Write down some of the important characteristics of the cuisine of Maharashtra?

Q.2 Write short note on Konkani and Kolhapuri cuisine?

Q.3 Name few Maharastrian cooking tools and utensils?

4.4 CUISINE OF GOA

The cuisine of Goa is discussed under following sub sections:

- Geographical Perspectives
- Brief Historical Background
- Climate
- Agriculture and Staple Food
- Characteristics and Salient Features of the Cuisine
- Cooking Equipments
- Specialties during Festivals and Other Occasions
- Festivals and Other Occasions
- Dishes from Goan Cuisine

4.4.1 GEOGRAPHICAL PERSPECTIVES

Goa is India's smallest state in terms of area and the fourth smallest in terms of population. Most of Goa is a part of the western coastal region known as the Konkan,

which an inclination is raising up to the Western Ghats range of mountains, which separate it from the Deccan Plateau. The highest point is the Sonsogor, with an altitude of 1,167 metres (3,827 feet). Goa has a coastline of 101 km (63 miles). The other boundaries shared with this state are the state of Maharashtra in the north, Karnataka in the east and south, while the Arabian Sea forms its western coast. Goa is an almost theatrical arrangement of hills covered with dense jungles sweeping down to the gilt crescents of beaches were the glittering rivers like the Mandovi, the Zuari, the Terekhol, Chapora and the Betul. The Mormugao harbour on the mouth of the river Zuari is one of the best natural harbours in South Asia. The Zuari and the Mandovi are the lifelines of Goa, with their tributaries draining 69% of its geographic area. Goa has more than forty estuarine, eight marine and about ninety riverine islands. The total navigable length of Goa's rivers is 253 km (157 miles). Goa has more than three hundred ancient water tanks built during the rule of the Kadamba dynasty and over a hundred medicinal springs.

4.4.2 BRIEF HISTORICAL BACKGROUND

The first settlers of Goa are known to be Brahmins called Saraswats. They were so called because they inhabited originally banks of the River Saraswati in North India. Goa became the part of the Mauryan Empire in the 3rd century BC. It was later dominated by the Satavahanas of Kolhapur. Then it was handed over to the Chalukyas of Badami.

In 1312, Goa was under the control of the Muslims for the first time. But they were not fond of the beaches and thus left the place in 1370. To carry Arabian horses for the Vijayanagar cavalry through ships, Goa's harbors were well known as the major landing place. In 1510 Alfonso d' Albuquerque, who sailed up the Mandovi River with 23 ships and captured Goa from its current Muslim Rulers and took control over the spice route from the East. It was an ideal place for them as it was blessed with wide rivers and natural harbors. Years back this port city of Goa up the mandvi river traded in everything from Chinese silk to asafetida so it was named as 'Goa Dourada' or Golden Goa. The Portuguese had an influential control over the state as they expanded their provinces and were there in Goa for quite a long time. Most of the buildings and edifices of the city resembles the Portuguese architectural style as they constructed several Churches and Forts during their administration. In the later part of 18th century, the Portuguese were defeated by the Marathas. Trade of the Portuguese came to an end in 1961, after the Indian army entered Goa.

Goa was officially declared as the 25th state of India in the year 1987, by Prime Minister Rajiv Gandhi. After few years, Konkani- the local language of Goa was considered as one of the 22 official regional languages of India. At present, it is known for having India's highest per-capita incomes with fishing, farming, tourism and iron-ore mining which are the major sources of its economy.

4.4.3 CLIMATE

Goa being in the tropical zone and near the Arabian Sea, experiences warm and humid climate most of the year. The month of May is the hottest, with day-time temperatures touching 35⁰C accompanied with high humidity. The south west monsoons arrive around early June with full blast of sudden downpours and tropical thunderstorms. The average rainfall is approximately 325cms. It is during the monsoon that Goa is at its most beautiful - with greenery sprouting all around. The monsoon ends in September. The winters are cool with temperature 20⁰ C and pleasant and fall from mid-December to February. Since there are no extremes in temperature so there is no clear demarcations from one season to the other except for the monsoon.

4.4.4 AGRICULTURE AND STAPLE FOOD

Being the coastal area, the main occupation of the people of Goa is fishing. The coastline is rich in fishery resources where the local fishermen usually catch a variety of fish such as sharks, mackerels, sardines, seer fish, silver belly, pomfrets, butter fish, prawns, crabs and squids. Once the fact of being in the coast Goa also boasts of a fertile area and so agriculture is also practiced in this area. Paddy being the principal crop of Goa, it is grown in two seasons, namely Kharif or sorod (monsoon crops) and the Rabi or vaingan (winter crops). Crops grown in the Kharif season consist of paddy, ragi (locally called *nachani*) and some pulses. Crops grown in the Rabi season are comprised of paddy, pulses like horse-gram (kulith), black gram (udid), ragi, maize, jowar, bajra, a variety of beans and some vegetables. Vegetables like brinjal, lady's fingers, radish, cucumber, pumpkins, drumsticks, breadfruit and different varieties of gourds. Sweet potatoes, chilies, onions are grown apart from cash crops like coconut, cashew-nut, arecanut, mango, jackfruit, banana, pineapple, etc. However, one of the most important crops cultivated in the villages of Goa is cashew. . An exhilarating drink called *Feni* is produced from cashew. It is a kind of gin or vodka. Mango cultivation is also known among Goans and includes various varieties like *Manicured*, *Mussarade*, *Fernandine*, *Xavier*, *Alfonsa*, *Colaco*, etc. There are two varieties of jackfruit grown here namely *kapo* (hard) and *rasal* (soft). Other than these pineapples and blackberries are also cultivated. Sugarcane cultivation has been taken up only recently and a sugar factory has also been set up in Goa. Spice production in the state is intricately advanced and spices like cloves, nutmeg, cumin, cinnamon, pepper, vanilla, coriander, turmeric, kokum, are grown by the villagers.

4.4.5 CHARACTERISTICS AND SALIENT FEATURES OF CUISINE

Culinary traditions in goa are regionally divided in to *hindu*, *muslim* and *latin catholic*. Hindu's are mainly fish and rice eating. Konkani farmers and fisherman are mainly hindu by caste. Muslims are pulao eaters. Latin catholic cook their food in olive oil and are mainly beef, sea food and pork eaters. The intermingling of Arabian, Portuguese and native cultures is reflected in the cuisine of Goa, which is a unique blend of richness and

simplicity- the constantly recurring notes being struck by the fish and the coconut. Goa is also unique in the sense that this mixture of East and West co-exists in a friendly and peaceful lifestyle. The best of both worlds has been absorbed and knit into a culture very distinctly different from that of any other part of India. This is well reflected in its cuisine. Goan cuisine has a number of influences from its Hindu foundations, contemporary methods of culinary art, and 400 years of Portuguese rule. The state experiences a large number of footfalls from both domestic and international tourists and they visit the place for its pristine seashores and momentous historic locations. Therefore, Goan cuisine plays a key role in its tourism industry and has achieved global fame.

People of Portugal fetched tomatoes, potatoes, guavas, pineapples, and cashew nuts from Brazil to Goa. Till the latter part of the 20th century, potatoes and tomatoes were not acknowledged by the Hindus. The most significant segment of spices in Goa, the chili, was put into use by the Portuguese which turned out to be very popular. All the aforesaid ingredients were not used in Goan food prior to the arrival of the Portuguese settlers.

Goan food today is a fusion of many cuisines, and in many ways it brought the colonizer and the colonized closer. Goan food drew on different influences – Arab, Konkan, Malabar, Malaysian, Portuguese, Brazilian, French, African and even Chinese. There are many dishes common to Goa, Daman, Kerala, Mangalore (other areas of Konkan), Malaysia, Macau, Portugal, Brazil and Sri Lanka. The history of the evolution of Goan cuisine not only helps us understand the complex processes of assimilation and exclusion, it also serves as an exemplar of Indian multi-culturalism.

Brahmin and Christian culinary variation:

Brahmin: Hindu Goans use less heat, tamarind and Kokum for souring and jaggery for sweetening. They use asafoetida, fenugreek, curry leaves, mustard and urad dal. It is not very spicy, less amount of onion and garlic is used. It also includes more use of vegetables, lentils, pumpkins, gourds, bamboo shoots, roots, etc. It is less oily and the medium of cooking is coconut oil. In the early period the Hindus of Goa did not eat tomato. Even today most Goan Hindu families do not cook tomato, aubergine, radish and papaya on festive religious occasions when they prepare ‘food for the Gods’ since these vegetables are from ‘across the seas’ and considered polluting. *Goan Saraswat Brahmin* sub-castes, *Daivajna Brahmins* are mostly fish eaters. Broadly they can be considered as facultative vegetarians, i.e. they eat fish and chicken on most days, while eating strict vegetarian (no meat, no-fish diet) food on some days, due to religious reasons. Fish and meat in their diet is considered as non-vegetarian. On the other hand other Brahmins belonging to *Pancha Dravida* category are strictly vegetarian. Their vegetarian cuisine is unique. The rest of the Goan Hindus are non-vegetarian, but unlike the Catholic Goans, do not eat beef or pork, due to religious beliefs.

Portugese / Christian: During the Portuguese period (1510-1961) many traditional habits were discarded, new ones added and recipes circulated and modified to suit the needs of the rulers and the ruled or the availability of certain ingredients. Many new food products and customs percolated into Goan society. Among these was the use of potato

by people of all communities in making savouries such as *samosas*, *batawadadas*, *potato bhaji* as well as in meat and fish recipes.

The new food products brought to India changed the lifestyle of the people, sometimes in a subtle way. Many of the food producing plants became an integral part of the local flora, altering the economy and food habits of the people –for instance, that chillies which are widely used in Goan and Indian cuisine were a stranger to our continent until the Portuguese introduced them from the America. Chillies, particularly the dried red variety, are used widely to add pungency, flavour, texture, marinate meats and fish and to make the world famous Goan *humon* – prawn/fish curry and other curries. They are also used in *tempero* (a paste of spices, chillies, garlic, turmeric ground with vinegar) popularly known among Goans as *recheio/recheio-masala* to stuff fish or to make the famous Goan pork *sorpotel*, prawn/ fish or pork *balchão*, while the green variety is used to make chutneys, pickles, give pungency and taste to vegetables, meats and fish.

Rulers, merchants, missionaries, Portuguese women in India, exiles, slaves and others, all played different roles in introducing various types of food, knowledge of food habits and for circulating recipes. It has often been pointed out that the nuns of the Convento da Santa Monica in the old city of Goa were responsible for introducing Portuguese recipes and for creating the Indo-Portuguese recipes – particularly sweets like *dedos da dama*, *petas de freiras* (similar to the French sweet, *pets de none*), *pasteis de natas*, *pasteis de Santa Clara*. These conventual sweets are still served as dessert in some Goan Christian homes on festive occasions. Some of the Indo-Portuguese recipes created by them are a blend of Portuguese and Goan recipes or Portuguese recipes adjusted to meet the needs of the time and availability of ingredients. In addition to sweets, the Portuguese brought to Goa their *guisados*, *caldei-radas* and *assados* prepared with fish and meats. Dishes such as *racheiado*, *caldeirada* and *cabidela* reflect the legacy of the state's colonial heritage.

Characteristics of the cuisine:

1. The basic components of Goan cooking are, not surprisingly, local products. The claim that every part of the *coconut* is used for something is not an idle one. Coconut oil, milk and grated coconut flesh flavour many dishes. *Groundnut oil* is also sometimes used as a cooking medium.
2. Although coconut is an essential part of the everyday cooking, there is no coconut in several of the popular delicacies like *rissois de camarao*, *sopa grossa*, *balchao* and *vindaloo*, and that wedding favourite, *caldo*.
3. *Rice* is the staple food here.
4. Meats such as *beef*, *pork* and *chicken* are widely used. Beef and pork is not consumed by the Hindu community but relished among the Christians. All the parts of pork are used. *Sorpotel* is one of Goa's most famous meat dishes, and is prepared from pork, liver, heart and kidney, all of which are diced and cooked in a thick and very spicy sauce flavoured with fenni.
5. *Chouricos* are spicy pork sausages, which owe more than a passing debt to Portuguese culinary traditions. Goan sausages are prepared used well salted and spiced cubes of pork. Once they have been made, the strings of sausages are dried

in the sun and then hung above the fire where they are gradually smoked. Traditionally they are eaten during the monsoon, when fish is scarce. In preparation, they are soaked in water and then usually fried and served with a hot sauce and rice.

6. Goa is famous for its *seafood*, the 'classic' dish being fish curry and rice. Kingfish is probably the most common item, on the menu, but there are many others including pomfret, doumer, shark, tuna and mackerel. Among the excellent shellfish available are crabs, prawns, tiger prawns and lobster. Other seafood includes squid and mussels. Besides fresh seafood, dried and salted fish dishes are also highly prized by Goans.
7. *Toddy*, the sap from the coconut palm, is also used to make vinegar and to act as a yeast substitute. Coconut palm *fenni* and cashewnut fenni are very popularly used for marination and to wash down the meals.
8. Another important product of the palm is *jaggery*, a dark colored sweetener that is widely used in preparing Goan sweetmeats. Jaggery made from sugarcane is also used which has got a lighter colour compared to the coconut palm one.
9. Goan cooking generally involves liberal amounts of spices, too, giving dishes a strange taste and distinctive aroma. The most commonly used include cumin, coriander, chilies, garlic and turmeric. Traditional Goan cooking calls for plenty of muscle and time. *Grinding* is always part of the recipe and the nicer the dish the longer it takes to make.
10. *Chillies*, particularly the dried red variety, are used widely to add pungency, flavour, texture, marinate meats and fish. The green variety is also used to make chutneys, pickles, give pungency and taste to vegetables, meats and fish.
11. The Christians prefer to use *vinegar*, while the Hindus use *kokum and tamarind* to get the tang in their respective cuisines.
12. Particular combinations of spices have led to a number of styles of cooking, which have subtly differing flavours-masala, *vindaloo and balchao* being some of the most famous.
13. The northerners of Goa grind their coconuts and masalas (spices) individually while the southern Goans like to grind them together, and then pass it through a fine muslin cloth to retain the goodness.
14. *Bakers* regularly do the rounds of each village in Goa, pushing bicycles laden with fresh bread and either rings a bell or hooting a horn on the handlebars to let the villagers know they've arrived. There are several types of local bread. *Uned*, a small round crusty rolls, which are usually served fresh from the bakery, and an ideal alternative to rice when eating, say, a sorpotel. Traditionally fenni was used to ferment the bread dough.
15. Particularly famous and unique in goa are *sanna*, which are steamed rolls made with rice flour, ground coconut and coconut toddy, which are ideal to eat with any of the spicy Goan dishes.
16. *Sweets*: Goans boast a heritage of sweets too. Their sweets usually have the same core ingredients of rice flour, coconut milk, palm jaggery, semolina and eggs, from which a formidable array of sweets are created. A plate of dishes is incomplete without *Bebinca*, one of the most popular local sweets. Bebinca is a festive dessert made in abundance for Christmas. This Goan dessert is a ten-layered cake made

from a mix of refined flour, egg yolk, sugar and coconut milk. It waters the mouths of the lovers of old styled puddings. *Batica* is another Goan dessert rich in coconut essence and served with scoops of ice cream. *Dodol* is a must mention among the festive desserts that Goa celebrates Christmas with. It is made from the dough of rice flour and jaggery in coconut milk and flavored with cashew nuts. *Neureos*- deep fried coconut dumplings which are a part of *Consuada*. *Baath*- a Portuguese cake made out of semolina which is infused with the delicate flavours of coconut milk. *Perad*- Pera (Guava in Konkani) made into a cheese/jam is locally eaten as a spread when half cooked or as a dessert when fully done. *Bolinha*- are soft coconut cookies that crumble in your mouth and are famous as tea time delights in Goa. *Doce De Grao*- Doce means 'sweet' and grao 'grain' in Portuguese and is usually made of Bengal Gram or chana dal. *Kulkul*-small curls of dough are deep fried and sugar glazed to give these golden brown and crunchy treats. *Serradura*- is a Portuguese style dessert made in cups and is a combination of whipped cream and tea biscuits.



Beverages of Goa

A typical Goan meal:

- *Pez*, a rice gruel with leftover curries and pickles is a common mid – morning meal. Food for daily consumption consists of rice, curry, fish/vegetables and pickles depending on the economic status. Goans are basically non-vegetarian. Fish is an important item of their diet.
- Hindus, unlike their Christian counterparts, are usually vegetarian and do not consume fish and meat (chicken and mutton) during religious festivals.
- Rice is eaten in different forms. Rice for meals is boiled in water and drained. Hindus cook it without salt. A *canjee* is also made of rice. In the past canjee was cooked in a container called *modki* and was popular as breakfast or as a light meal when ill. Rice flour is also used to make a variety of roasted breads.

- Curry is made of coconut juice or by grinding coconut shavings to a fine paste with chillies, garlic, turmeric, dry coriander and tamarind.
- Hindus cook their food in copper, aluminium or stainless steel vessels while the Christians (in colonial times) used fired clay vessels. Today, aluminium and stainless steel vessels are common to people of all communities as they are easily available and durable and firewood has been replaced by gas as a cooking fuel. 'Food for the Gods' meant for religious occasions, particularly among the upper classes, is cooked in special vessels that are kept apart.
- Among the Hindus and Muslims the food is served and eaten together – rice, curry, vegetables/ fish and pickles. This is followed by drinking *kaddi made of an extract of kokum* in a container called *peló*. The upper classes drank coconut juice with kokum in a *vati*. In the past, sweets were generally not eaten after meals. Hindus of all classes eat their food with fingers without messing up the rest of the palm. Therefore, it is common practice to wash hands before and after meals. Earlier the upper classes used metal spoons to serve food while the poorer classes used spoons made of coconut shell.
- Among the Christians, the manner of serving food reflected the class they belonged to. The lower classes eat food sitting on the floor or on a low stool known as *bakin*. Food is cooked in fired clay pots and eaten in clay or metal plates, or cheap quality porcelain ones. *Doules* (spoons) made of coconut shells were common in Christian kitchens. The upper classes and even middle class Christians ate their meals sitting on chairs around a table in the dining room/hall or in a passage near the kitchen. The table is covered with a tablecloth or a synthetic material. On festive occasions the tablecloth would be of white damask, Chinese embroidery or crochet lace. This class mainly used porcelain dishes to serve and eat food.
- On festive occasions, Chinese blue and white pattern porcelain and other imported porcelain is used. Upper class Christians use cutlery to eat which is placed according to the custom in Portugal, usually the French or Russian style – the fork on the left, the knife on the right and the spoon in front besides a dessert spoon. Separate glasses for water and wine are arranged on the table on festive occasions. In colonial times, among the upper class Christians, domestic staff served food, course by course – soup, fish followed by meat, vegetables, rice and curry. It was customary to eat a dessert or fruit after a meal.

4.4.6 COOKING EQUIPMENTS USED

- Clay Pots: Most of the Goan cooking is done in the earthen pots. The use of the earthen pots improve the flavour of the food and in these vessels it does not get spoilt easily. A classic example is the Goan fish curry, which when kept for a day in this vessel tastes even better.
- Brass utensils: Pots and pans of brass are commonly used in cooking desserts. This is because of the fact that the thick and heavy bottom metal prevents the sticking of jiggery and coconut to the bottom.

- Varn: It is a grinding stone which has a round stone that is moved around in circular motions to grind and make pastes of spice.
- Dantem: This equipment is used for grinding the cereals. It consists of two wheel shaped stones fitted on top of each other. The stone on top has a hole in the centre in which the grains have to be put. The top stone is rotated and the friction causes the grains to be ground into flour, which collects all round the stone.
- Doules (Coconut spoons): A very economical use of the coconut shells is as a spoon for cooking. The shells are split into halves, polished, and attached to a long wooden handle to make a spoon.
- Moltulem: these are earthen ware dishes that are traditionally used for serving the prepared dishes. They give an attractive and ethnic appeal to the Goan food and also helps to retain the flavour and aroma of the food.
- Vantleo and confro: Vantleo means the uniform moulds made out of Stainless steel. Confro is an air – tight steaming chamber.

4.4.7 SPECIALTIES DURING FESTIVALS AND OTHER OCCASIONS

1	Ambotik	Fish is cooked with a paste of red chilies, cumin seeds, peppercorns, ginger, garlic, and tamarind pulp.
2	Baakri	It is crispy bread made from rice and coconut which is spread on a banana leaf and then turned over a lightly greased pan.
3	Baffad	Brown beef stew with coconut flavour cooked with radish.
4	Bibinca	Also called 'BIBI'. Cooked in layers (min. 8 layers). Made of coconut milk, yolk, maida, ghee, palm jaggary, powdered sugar and nutmeg powder. It is made in a layered form which is baked one at a time.
5	Bolos	These are cakes made from coarsely ground wheat flour, which is fermented by adding toddy vinegar and then baked.
6	Cabidel	This is a curried preparation of pork giblets. This dish was handed over by the Portuguese.
7	Caldeen	It is a thick fish curry made by grinding coconut, turmeric, ginger, garlic, cloves, and cumin. Rice is the thickening agent used in this dish and the base of the gravy is coconut milk.
8	Caldeirada	It is a Portuguese dish with layers of vegetable and fish.
9	Caldo Verda	This is Goan soup that is thickened by adding mashed potatoes and is garnished by juliennes of spinach.

10	Caril De Tomato	Prawns cooked in tomato puree and coconut milk with herbs and fresh spices.
11	Chicken Xacuti	consists of poppy seeds and Kashmiri red chilies. This is yet another Portuguese influenced dish. The Goan curry consists of chicken, potatoes, onions, coconuts, chilies, and other spices. Kashmiri chilies are specifically used as they give intense hot flavour and also give colour to the dish.
12	Chouricos	These are derived from chouricos de rien of Portugal, which means sausages of the kingdom. Chouricos are spicier than the general sausages.
13	Coconut Kadi	This is a liquid usually used as a digestive between meals. It is coconut milk that is flavoured with spices and kokum.
	Dodol	Made during Christmas. Made of coconut milk, Rice flour, palm jaggary, ghee and cooked in a thick bottomed brass degchi, set into trays and cut into pieces.
14	Empadinhas (Small Pork Pies)	It is a pastry with a filling of minced pork and onions.
15	Feijoada	This dish is a stew of red beans and pork. Goan feijoada is a Portuguese influenced recipe. Salted pork, masala and red beans are combined and fried to prepare this dish. Coconut milk may be added instead of water for the gravy as coconut milk will add a unique flavour and give a thicker consistency. Goan feijoada is served with rice or pois.
16	Fenny	Fenny is one local drink which deserves due respect. It is made from either coconut or the juice of the cashew apple, extracted and fermented to a special, thick taste.
17	Fofos	Fish is cooked and deboned and mixed with mashed potatoes and then dipped in beaten egg and bread crumbs and given an oval shape and deep fried.
18	Galihna Cafreal	Grilled chicken, with skin, marinated in a spicy thick green paste.
19	Goan Fish Curry	The Goan fish curry or the Xitti Kodi is the staple diet of every Goan. The Goan fish curry is loaded with various spices along with coconut. Raw mango is also used to give

		the dish a tangy flavour. The main ingredients of the dish are a decent sized Pomfret and a raw mango. Instead of Pomfret, Kingfish may also be used. This Goan dish is served along with rice.
20	Khat Khatkhatem	Khat Khatkhatem is a Goan vegetable stew. Toor dal and Channa dal are mixed with various vegetables like carrots, potatoes, green beans and drumsticks. Spicy coconut paste made out of Kashmiri red chilies and grated coconut is added along with other spices. The dish is famous among the Konkani community in Goa. The stew is served with rice after adding ghee on top of it.
21	Kulkuls	Christmas sweet made from maida, coconut juice, and butter and then given a marble shaped and rolled over a fork and deep fried.
22	Leitao Assado	A suckling pig is marinated with Portuguese white chilies, ginger and garlic paste, and fenni. The entire suckling pig is roasted in the oven and then it is carved by the head of the family.
23	Mol De Peixe	It is a pickle made from large prawns in gravy made from Kashmiri chilies, turmeric, vinegar and cumin seeds with ginger and garlic.
24	Moonga Ganthi	A lentil preparation made by boiling sprouted moong dal with curry leaves, green chilies, and tender coconut. It is flavoured with a masala of red chilies, coriander seeds, and pepper corn and tempered with asafoetida and mustard seeds.
25	Neuros	It is a traditional Christmas sweet made from refined flour with a filling of grated coconut, cashew nut, raisins and sugar. Then given a half moon shaped and deep fried.
26	Patolea	Patolea is a sweet dish that may also be consumed along with tea. For the dish, Goan red rice is used with tamarind leaves (Haldi ka patta). A filling of coconut, Goan jaggary, and cardamom is made and stuffed inside the leaves (that have been lined with rice paste) and the leaves are then folded or wrapped and steamed for 20 minutes.
27	Podde	It is Goan bread made from rice, coconut, eggs and toddy and then fried on a pan.
28	Prawn/Pork Balchao	Prawn /pork Balchao is a prawn pickle made with dried prawns. The spicy pickle dish prepared from the variety of Goan spices and added with preservatives to keep it edible for a long time.

29	Putte	A paste of rice flour, grated coconut, and jaggary is wrapped in a jackfruit leaf to resemble a cone. It is then steamed to make putte.
30	Rechado	Rechado is a red-coloured spicy paste made from red chilies, vinegar, and spices. It is usually smeared over fish and the fish is braised or roasted.
31	Saar	This can be called a soup course. It can be made from any vegetable and is usually sweet and sour in taste.
32	Sannas	Sannas are the Goan idlis. These idlis are different from normal idlis as these idlis have a sweet coconut flavour and are made from Goan rice and toddy. Sannas compliment most of the Goan dishes and served on festive occasions.
33	Shevyo	It is made with a dough of rice, previously steamed and then pressed in a vermicelli press to make fine vermicelli-like strands. It is eaten with grated coconut and jaggary mixture.
34	Sorak	Sorak is a simple vegetarian curry made especially during the monsoon season in Goa. Curry consists of spicy masala with onions and tomatoes. Sorak is best enjoyed with hot steaming rice or dry fish.
35	Sorpotel	It is a Goan classic prepared with small pieces of pork, liver, heart and clotted blood. Tamarind and vinegar are used to sour the dish.
36	Vade Kokoi	It is a kind of deep-fried bread spiced with dried ginger and chilli powder and served with jaggary molasses.
37	Varan	This is a yellow lentil preparation, often tempered with mustard seeds and red chilies.
38	Pork Vindaloo	Vin' comes from the word vinegar and 'ahlo' means garlic in Portuguese. It is said that this dish was previously called Vindahlo but because of the use of potatoes, folks started calling it Vindaloo (aloo means potatoes). The dish consists of pork, onions, chilies, garlic along with toddy vinegar and other spices. Tangy masala is prepared using the chilies and other ingredients and is then mixed with meat and vinegar. This mixture is stored overnight. The dish is then fried using onions and other herbs.
39	Xacutti	This is a curry made primarily of chicken (Galina) variations. It may also be made of lamb, pigeon, and sometimes turtle and dove. The base of the gravy is made from grated coconut which is roasted and then ground with other spices to make rich, dark gravy.

4.4.8 FESTIVALS AND OTHER OCCASIONS

With the majority of the population being Hindu, Goa has scores of festivals celebrated all around the year. The festivals are celebrated throughout the year. Most of the Goan festivals are *Jatras* (feasts) of the local or family deity celebrated at the temple, called *Devasthan*. There is gala affair in the temple complex with thousands of devotees taking part in the colorful celebrations and the palaki or palanquin procession.

The long period of Portuguese colonisation, has given unique Goan character to the Hindu festivals and are celebrated in distinctive and stylish elegance. Most of the Hindu, Christian and other religious festivals are celebrated in the same manner as around India, but with a Goan flavour.

- **Shigmotsav or Shigmo** - This is a grand five-day festival of colours, celebrated distinctively in the villages, corresponding with Holi or Spring Festival. Held for one-week up to the full-moon day in March, Shigmo is universally celebrated in Goa, but especially at Panaji, Mapusa, Vasco-da-Gama and Margao.
- **Kalas Utsav** - Kalas Utsav is celebrated on a major scale every alternate year at Sri Morjaee Temple in Pernem. People from Maharashtra and Karnataka also attend the seven-day socio-religious event held here.
- **Novidade** - The farmers, Hindu or Christian give their first offering to the church before harvesting their rice crop. The offering takes place at the time of Novidade, in which the parish priest himself harvests a sheaf of rice and returns with it to the Church. Local people accompany him with music, fire-works and jubilation. Women folk of Goa's earliest tribal settlers perform a dance called Bhandup in the second half of the month.
- **Zatra of Shri Shantadurga** - The Zatra of Shri Shantadurga is held at Dhargali in Pernem. The deity is taken out of the temple in a colorful procession for the day. The annual zatra of Shri Shantadurga at Kunkoliemkarin at Fatorpa in Quepem also falls in this month. Thousands flock to attend the festival from distant lands.
- **Christmas** - Christmas celebrates the birth of Jesus Christ. People make it a point to go and attend the mass at midnight. And after this, they decorate their homes with Christmas trees, cribs, stars as well as amazing lighting. People also eat sweets and give gifts to their family members and friends.
- **Ganesh Chaturthi or chovoth** - On the birthday of lord Ganesh, the clay idol is brought home for three days. Chovoth means days of rejoicing with a flower making competition and at least five cuisines are cooked that day. On the day five a huge crowd of men, women and children colored in tradition move along with the idol and it's the festival of cleaning n decorating sacred places.
- **Feast of St. Francis Xavier** - St. Francis Xavier was a much loved saint who died on 3rd December and therefore, in Old Goa, every year, people assemble to participate in the feast. The famous and amazing church named as Basilica of Bom Jesus still hold the body of the saint preserved in a casket which is brought to the sight of people only after 10 years, on the day of his feast. Since the saint lives in the memory and hearts of the Goan people, this festival is celebrated with much cheer.

- **Shigmo** - This festival is celebrated during springtime and the celebrations extend to five days. People also call this festival as Shigmotsav and all its festivities come along with the festival of Holi. During this festival, honor is paid to various warriors to return to their homes after defeating the invaders. At this time, people play with colors. People hold umbrellas as well as small sticks and enjoy dancing.



Festivals of Goa

- **Three Kings Feast** - This is a feast which takes place when three boys of Goa play the role of going to see Jesus. They are actually taken by a small boy playing the kettle drum. In order to meet Jesus, the kings ride on the back of a horse and pass through the Hill of Remedios to take part in the High Mass. During this feast, people also worship the Lady of the Mount and make it a point in gaining blessings from and shelter in the lap of the goddess.
- **Sao Joao Festival** - This is a festival that is celebrated with much cheer on 24th of June every year since during this day the catholic community pays honor to St. John the Baptist. The festivities involve a number of folk dances that are referred as '*Sangodds*'. The people of the village, mainly the young people make it a point to wear leaves and fruit laden crowns. People also present fruits to their in-laws as well as friends.
- **Bonderam Festival** - The feast of Bonderam is celebrated on the fourth Saturday of August every year at Divar Island, 12-km from Panjim. On this day, the quaint land of Divar, away from the hustle and bustle of Panjim, is agog with excitement. Melodious music drifts from the village to mainland Old Goa - once the hub of Portuguese Goa - even before the crack of dawn on the Saturday.
- **Goa Carnival** - Carnival in Goa is a non-stop 3-day festival of color, song and music, creating a healthy entertainment for all, young and old. The soothing climate, full of fun- 'n' -frolic, which the Carnival generates, is much longed for. It does not matter whether one enjoys or see others enjoying. There is enthusiasm and happiness all around.

4.4.9 DISHES FROM GOAN CUISINE

1. Egg drop spinach soup

Ingredients

- 2 tbspolive oil
- 2 cups baby spinach
- 1 clove garlic pressed
- 1 carrot cut into small cubes, or chredded
- 3 tbspchopped green onion
- ½ tbsblack pepper
- 1 cube chicken bullion — or 1 tbsVegetta
- salt to taste
- 2 tbsptomato sauce
- 5 cups water
- 2 eggs beaten + 2 tbswater
- 2 tbsplemon juice

Method

- In a large pot over medium heat cook spinach in olive oil for 5 minutes.
- Add garlic and carrot and cook for 3 more minutes.
- Add black pepper, tomato sauce, water and chicken bouillon and stir well. Cook soup on medium for 30 minutes.
- Slowly stir in egg and water mixture until the eggs are fully cooked.
- Add lemon juice. Add salt to taste. Garnish with chopped green onion

2. Kadboli

Ingredients

- 1 tbspred chilli powder
- 2 tbspsesame seeds
- ¼ cup heated oil
- Oil for deep frying
- Salt as per taste

Roast each one seperately:

- ½ cup bajra
- 1 cup rice
- 1 cup jowar
- ½ cup urad dal
- 2 tbspcoriander seed
- 2 tbspcummin seeds

Method

- Mix together all the roasted ingredients. Grind into fine dry powder.
- Add salt, chilli powder, sesame seeds and heated oil. Knead into smooth dough by adding lukewarm water. Cover with muslin cloth, and keep aside for an hour.
- Make small balls. Roll the balls into pencil-shape. Fold the ends of each roll in the center.

- Heat the oil for frying. Deep fry on medium flame till golden brown. Drain and let it cool. Store in an air - tight container.

3. Sakharbhat

Ingredients

- 2 cups basmati rice
- 4-5 tbsppure ghee or dalda
- 1 ½ cups sugar
- 3-4 cardamom pods. 1 tsp cardamom powder
- 6-8 cloves
- 4-5 bay leaves
- 1 inch piece cinnamon
- 1 tsp saffron colour (mixed with a little milk)
- ½ tsp salt
- 4 cups water
- 10-12 cashew nuts
- 10-12 raisins

Method

- Clean and wash rice and spread out on a muslin cloth to dry.
- Heat a teaspoon of pure ghee and fry cloves, cardamom pods and bay leaves. Keep aside.
- Add a teaspoon of ghee again and lightly fry the cashew nuts and raisins. Boil the water and add salt to it.
- Add rice, cashew nuts and raisins and bring to a boil.
- Lower heat and cook till the rice is tender and dry. Add sugar to it, stir well and add saffron colour and cardamom powder.
- Cook on slow fire. Cover with lid and cook for 2-3 minutes.

4. Fish Caldin

Ingredients

For the Curry:-

- ½ cup Fresh grated coconut
- 6 Roughly chopped garlic cloves
- ½ tbsppCoriander seeds
- 1 tsp Cumin seeds
- 1 tsp turmeric powder
- 4 Black peppercorns
- Other Ingredients:-
- 4-5 Pomfret fish
- Salt to taste
- 2 tbsppOil
- ½ medium sized Onion (finely chopped)
- ½ medium sized Tomato (finely chopped)
- 2 Slit green chillies
- ½ tsp Granulated white sugar
- 1 tsp White Vinegar (optional)

Method

- Clean and wash the fish.
- Cut fish lengthwise or into cubes. Apply ½ tsp salt and keep aside.
- In a mixer grinder, add the ingredients under 'for the curry'. Add 1½ cup hot water and grind till fine. Extract and strain the masala flavored coconut milk. This is the thick coconut milk.
- Next, grind the coconut again with another 1 ½ cup of hot water. Extract and strain the milk. This is the thin coconut milk. You will now have thick and thin coconut milk. Keep aside.
- In a vessel, add oil. Fry onion till soft. Next, fry tomato till soft.
- Add the thin coconut milk. Let it come to a boil.
- Now, add the fish along with green chillies. Cover and let cook till fish is done.
- Add the thick coconut milk and sugar. Just shake the vessel lightly (Don't stir with spoon as the fish is flaky and may break). Make sure not to bring this to a boil now at this stage.
- Immediately, add the vinegar (optional). Let the curry simmer for 2-3 minutes. (Don't allow it to boil as there are chances of the curry getting curdled due to the vinegar. So just shake the vessel lightly so as to not allow it to boil.)
- Serve hot with rice.

5. Methi Mushroom Dal**Ingredients**

- 200 gm sliced button mushrooms
- 250 gm tuvar gram dal
- 150 gm tomato, cut into quarters
- 2 tbspoil
- 1 tsp mustard seeds
- 8 flakes garlic, sliced
- 3-4 green chillies, chopped and crushed
- 1 cup sliced onion
- 1 cup chopped fenugreek leaves
- 1 tsp chilli powder
- ½ tsp turmeric powder
- 1 tsp coriander powder
- Salt to taste

Method

- Cook dal with enough water till soft and mash till smooth.
- Heat oil in a pan and add the mustard seeds.
- When they begin to pop add garlic and fry till dark brown. Next add the green chilli and onion and fry till golden brown.
- Add fenugreek leaves and all the powders and fry for 2-3 minutes.
- Next add the tomato, mushrooms, salt and a cup of water and simmer for 2-3 minutes.
- Finally add the dal and simmer for 5 minutes. Serve hot.

6. Bebinca**Ingredients**

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

Method

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

7. Spinach and Potato Soup**Ingredients**

- 1 bunch of Spinach
- 1 Potato - chopped
- 1 onion - diced fine
- Maggie cubes
- 2 tbspbutter
- Macaroni
- Water
- Salt to taste

Method

- First blanch the Spinach in hot water and salt.
- In a vessel heat the butter and fry the onions and about 1 tbspof the chopped potato. Add the maggie cubes and a little water. Simmer for a minute and set aside to cool.
- Once cooled, blend in a blender for a few seconds to attain a creamy texture.
- Pour 1 cup water and the remaining potatoes and macaroni and bring to a boil till the macaroni is well cooked and the soup is of a smooth consistency.
- Serve hot with a curl of butter and freshly toasted bread.

8. Lentil salad**Ingredients**

- $\frac{1}{4}$ cup split green gram(without skin)
- $\frac{1}{4}$ cup gram dal
- $\frac{1}{2}$ cup coconut
- 1 cup cucumber
- 2 green chillies
- 1 cm ginger
- $\frac{1}{2}$ lime

- 1 tabs oil
- ½ tsp salt
- ¼ tsp mustard
- ¼ tsp urrad dal
- 1 red chilli
- a pinch hing powder

Method

- Clean and soak both the dals overnight in water. Next morning wash well, and drain off all the liquid. Chop green chillies and ginger.
- Grate the cucumber and squeeze out the juice.
- Just before serving, mix the dals, green chillies, ginger, cucumber, salt and coconut. Heat oil, add mustard, urad dal, red chilli and hing.
- When mustard splutters pour into salad, squeeze lime juice into it and if liked, add chopped coriander leaves to it. This is a traditional salad and is very nutritious.

9. Mutton Xacuti**Ingredients**

- kg mutton
- 1 tsp cumin seed
- 1 coconut
- 2 tbsps coriander powder
- 1 tsp pepper powder
- 1 dagarphool
- ¼ nutmeg
- 5 cloves
- 1" piece cinnamon
- 4 cardamoms
- 2 tsp khuskhus
- 1" piece ginger
- a little tamarind
- 10 red chillies
- 2" piece tumeric
- 6 cloves garlic
- 3 onions (sliced)
- salt to taste

Method

- Cut the mutton into convenient pieces.
- Extract juice from half coconut and keep aside.
- Grate the other half of the coconut.
- Fry the grated coconut, cumin seed and coriander and set aside.
- Fry one onion and mix with the fried masala.
- Grind the rest of the spices with the fried masala.
- Fry the remaining 2 sliced onions in ghee until golden brown and add the meat and continue frying till brown. Add a cup of water and cook till the water dries.
- Now add ground masala with a little water and cook further for 10 minutes.

- Add the coconut juice, a cup of water, tamarind juice and salt to taste and simmer till gravy thickens.
- Serve hot.

10. Vattana Masala**Ingredients**

- 1 cup fresh green peas
- ½ cup fresh grated coconut
- 1 tablespoon red pepper powder (may vary according to taste)
- ½ teaspoon turmeric powder
- 4 to 5 curry leaves
- ½ teaspoon mustard seeds
- 2 tablespoons oil
- salt to taste

Method

- Boil peas until tender, drain the water and set aside.
- Heat oil in a pan, add mustard seeds, when the seeds begin to pop add curry leaves and the grated coconut.
- Fry the coconut until it is golden brown in color, add turmeric powder, red pepper powder and salt.
- Finally add the boiled peas, cover and cook for approximately 5 to 10 minutes stirring occasionally.

11. Arroz Refogado**Ingredients**

- Fine white rice 6 cups
- Chicken 500g
- Chicken stock 12 cups
- Chicken stock cubes 6 (optional)
- Onion 6
- Tomatoes 2
- Garlic 6 flakes
- Oil 5 tbsp.
- Cloves 6
- Cocktail sausages 4-6
- French beans 6-8
- Carrot 1
- Peas 50g
- Hard-boiled eggs 2
- Salt to taste

Method

- Wash and soak the rice in water for half an hour.

- To prepare stock, simmer the chicken bones in 20 cups of water. To improve the taste of the stock, you can add a roughly cut carrot, onion, a few peppercorns, a bay leaf, and a couple of garlic flakes (do not add salt).
- Cut the chicken into cubes. Slice the onions, tomatoes (remove seeds) and the garlic finely.
- Heat oil in a pan, fry all the sliced ingredients till the onions are slightly browned. Add the rice, chicken and cloves and fry for a while till the rice begins to stick slightly to the pan.
- Stir the stock (about 12 cups) into the pan as well as salt and cook on a low fire with the lid on. Alternatively, if using chicken stock cubes, add water to the fried ingredients and the cubes. Add more salt if necessary.
- When the stock is almost dry and the rice is cooked, remove from the fire.
- Garnish with sliced boiled sausages, French beans, carrots, peas and quartered hard-boiled eggs.

12. Badami Phirni**Ingredients**

- 2 tbsprice
- 2 cups milk
- 3 tbspsugar
- 1 tsp green cardamom (crushed)
- ¼ th cup blanched almonds (sliced)
- ½ tsp Kewra essence

Method

- Soak rice in water for few hours. Drain water and grind rice into a smooth paste.
- In a non-stick saucepan bring milk to a boil.
- Over a moderately low heat add rice, sugar, Kewra essence and cardamom and stir constantly till milk turns thick.
- Remove from heat and add almonds. Put in a serving bowl and chill.

CHECK YOUR PROGRESS -II

Q.1 Goan cuisine is influenced by Portuguese food habits. Explain in short?

Q.2 Name some equipments used in goan cuisine ?

Q.3 Write a short note on Goan sweets.

4.5 SUMMARY

The cuisine of Maharashtra has its own distinctive flavors and tastes. It can be divided into two major sections—the coastal and the interior. The coastal region is loosely called the Konkan and boasts of its own Konkani cuisine, which is a homogeneous combination of Malvani, Gaud Saraswat Brahmin, and Goan cuisines.

Rice is the staple food grain along with Jowar and bajra. Other than pulses and vegetables and lots of fish and coconuts are also used in the cuisine. Coconut oil and peanut oil is widely used as cooking medium. The vegetables are more or less steamed and lightly seasoned so as to retain their nutritional value. There is almost no deep frying and roasting. Jaggery and tamarind are used in most vegetables or lentils so that the food has a sweet and sour flavor while the *kala masala* (special blend of spices) is added to make the food piquant. Another feature is the use of *kokum*, a deep purple berry that has a pleasing sweet and sour taste. As opposed to the coastal cuisine, where fresh coconut is added to the dishes, in the Vidarbha region, powdered coconut is used for cooking. In the vegetarian fare, the most popular vegetables are brinjals. A popular style of cooking brinjals is *bharlivangi* or baby brinjals stuffed with coconut. Another typical dish is the Pachadi, which is tender brinjals cooked with green mangoes and flavored with coconut and jaggery. Besides, common vegetables are greatly relished by the Maharashtrians. A typical dish is the *patal bhaji*, which is a sweet and sour dish flavored with groundnuts.

Cereals are also commonly eaten in the coastal part of the state which includes *Vatana*, *Val*, *Moong* and *Arhar*.

Among seafood, the most popular fish is *bombil* or the Bombay duck, which is normally served batter fried and crisp. *Bangda* or mackerel is another popular fish in coastal Maharashtra. It is curried with red chilies, ginger and triphal. Pomfret is another popular fish eaten barbecued, stuffed, fried or curried. *Pamphlet triphal ambat* is a traditional dish in which fish is cooked in creamy coconut gravy that greatly enhances its taste. Besides fish, crabs, prawns, shellfish and lobsters are also relished by the coastal Maharashtrians. A popular prawn dish is the *sungtachi-hinga kodi*, which consists of prawns in coconut gravy, blended with spices and asafetida.

Maharashtrian fare is incomplete without papads, which are eaten roasted or fried. A typical feature is the masala papad in which finely chopped onions, green chilies and *chat masala* are sprinkled over roasted or fried papads.

The most popular dessert of Maharashtra is the *puran poli*, which is roti stuffed with a sweet mixture of jaggery and gram flour and is made at the time of the Maharashtrian New Year. Other popular sweets are the *ukdiche modak*, the *panpole ras*, and the *shrikhand*.

In Maharashtra, festivals and food go together. During *Ganesh Utsav*, every Maharashtrian welcomes Lord Ganesh into his home and offers *Modak*—a favorite sweetmeat of Lord Ganesh that is made only during this festival. It has a rice flour casing that is fashioned like a large flower bud and stuffed with freshly grated coconut cooked with jaggery. The *modak* is placed on lightly greased banana leaves and steamed. *Shrikhand*, a sort of thick yogurt sweet dish, is a great favorite at weddings and the Dussehra festival. Flavored with cardamom powder and saffron, this aromatic dish is served with piping hot puris. Traditionally, a wedding feast has to have five sweet delicacies of which a *motichur laddu* (sweetmeat balls made of gram flour) is a must.

Goa is known for its climate. The tropical climate has influenced the food of Goa making Goan food intense in flavours and spices. The staple food of the people of Goa is rice and fish curry. Most of their dishes use coconuts, rice, fish, pork, meat and local spices like kokum. Goa was a Portuguese colony prior to 1961 and hence the Portuguese influenced most of their food. The Portuguese started trading with India and brought with them an assortment of goods, including vegetables and spices like potatoes, chillies, tomatoes, cashew nuts, passion fruit and more. They also brought pork, beef, bread, vinegar and other meats. Today the local cuisine is influenced by Portuguese, Konkani, British, Saraswat and South Indian cuisines and recipes were transformed, leading to the changing food habits and lifestyle of local Indians. New dishes were introduced, like pork vindaloo, prawn balchao and pork feijodda. Hindu Goan cuisine can be quite different from Christian Goan cuisine, but it still contains these elements, and makes use of tamarind and kokum, while Christians use vinegar to get a tangy flavour.

Rice, coconut milk and fish, along with local spices, are the basic ingredients of Goan cuisine. Other main ingredients widely used in Goan cuisine are kokum, tamarind, red Goan chillies and cashews. Seafood such as pomfret, prawns, crabs, lobsters, mussels, ladyfish, oysters and clams are used to make soups, pickles and curries. Meats like pork, beef and chicken are staples of the Goa Christian community. Fish curry and rice are the staples of Goan cuisine. The most common fish on the menu is Kingfish, followed by tuna, shark, pomfret, mackerel and doumer. Pork and seafood dishes are also prominent. Some specific Goan specialties are fish Recheado, fish Caldeirada, fish Caldeen, prawn Balchao, pork Assad, caldo verda, bebinca and sorpotel.

Although modern cooking methods have taken over, many Goan households still make use of traditional cooking methods, like cooking in a clay pot on a wood fire, using a *varn* (grinding stone) to grind spices, a *dantem* (hand-mill) for grinding cereals, and brass utensils for cooking desserts. Traditional cooking methods provide unique tastes and aromas. Regardless of the cooking method used, the freshness of spices is fundamental, and is achieved by the use of hand pounded spices.

An exotic Goan vegetable stew, known as *Khatkhate*, is a very popular dish during the celebrations of festivals, Hindu and Christian alike. Khatkhate contains at least five vegetables, fresh coconut, and special Goan spices that add to the aroma. *Sannas*, *Hitt* are variants of idli and *Amboli*, *Kailoleo* are variants of dosa. A rich egg-based multi-layered sweet dish known as *Bibinca* is a favourite at Christmas. *Dodol* and *Batika* are all time favourite sweets. The most popular alcoholic beverage in Goa is *feni*; Cashew feni is made from the fermentation of the fruit of the cashew tree, while coconut feni is made from the sap of toddy palms.

4.6 GLOSSARY

1	Aanch	Popular roasted mango pulp drink, similar to Pana of North India.
2	Amboli	Amboli is an authentic Malavani dish. It can be breakfast or can be served as evening snack too.
3	Assados	This is generally a barbeque in Goa where beef, pork, chicken, chorizo, and morcilla which are cooked on a grill, called a <i>Parrilla</i> , or an open fire.
4	Balchão	It is a spicy and fiery dish from Goa consists of seafoods and meat.
5	Basundi	Basundi is an Indian sweet especially popular in Gujarat and Maharashtra. It is a sweetened condensed milk made by boiling milk on low heat until the milk is reduced by half. In North India, a similar dish goes by the name rabri.
6	Bebinca	Bebinca, also known as Bibik or Bebinka, is a type of pudding and a traditional Indo-Portuguese dessert. Traditional Bebinca has seven layers. The ingredients include plain flour, sugar, ghee, egg yolk, and coconut milk. It is a traditional sweet of

Goa

- 7 Bhakri Bhakri is a round flat unleavened bread often used in the cuisine of the states of Maharashtra, Gujarat, Karnataka and Goa in India, along with several regions of western and central India, including areas of Rajasthan, Malwa, and Karnataka. It is coarser than a regular wheat roti.
- 8 Bharit Is the maharashtrian name for north india's Bharta, which is smoked mashed vegetables
- 9 Cabidela Portuguese dish made with poultry or rabbit cooked in its own blood added to water and a bit of vinegar much like "jugged" or "civet" dishes. The blood is captured when the animal is slaughtered.
- 10 Caldeirada Portuguese fish stew consisting of a wide variety of fish and potatoes, along with other ingredients.
- 11 Caldo This is a common goan soup that consists of chicken and vegetables.
- 12 Canjee This is a simple rice porridge cooked with cereals, producing a semi-thick liquid. It is very popular in Southern India as a summer food- very similar to the cooling 'Koozh' mainly prepared with 'Ragi'.
- 13 Chowrang Small wooden decorative stool or table, generally used for worshipping or as dining table.
- 14 Doodhi Bottle gourd or lauki
- 15 Doules Traditional goan ladle made from coconut shell
- 16 Feni Feni is a thrice distilled liquor derived from cashew fruit, the outer fruit surrounding the cashew nut. A festive drink from Goa.
- 17 Gavthi Marathi name for desi chicken
- Kombdi
- 18 Gomantak Land of cowherds, another name Goa
- 19 Guisados Home style prepared dishes from stir fried to boiled, popular in Goa.
- 20 Hurda A combination of Roasted jowar and curd, a native dish of Maharashtra.
- 21 Kala Masala Kaala masala is a Maharashtrian spice mixture containing cumin seeds, coriander seeds, clove, cinnamon sticks, kalpasi, coconut, sesame seeds and chillies. It is widely used in the said cuisine.
- 22 Koshimbir Koshimbir is a typical Maharashtrian salad served as an accompaniment to the main dish.
- 23 Kurdai Kurdai is a traditional Maharashtrian papad like snacks dish resembling chakli

- | | | |
|----|--------------------|---|
| 24 | Mande | It is sweet bread, bigger than puran poli and cooked on upturned tawaa. A popular dish of Maharashtra. |
| 25 | Mattha | It is a refreshing beverage, originating from the Indian subcontinent, made with dahi (yogurt) or buttermilk mixed with spices and sugar. It is served sweet or salted or both. |
| 26 | Nachni | Other name of Ragi. |
| 27 | Puran Poli | It is a flat bread stuffed with a sweet lentil filling made from skinned split bengal gram/chana dal and jaggery. puran poli is a popular maharashtrian flat bread and made during festivals. |
| 28 | Racheiado | This Goan masala is a red paste which is filled as stuffing in fishes like pomfret and mackerel or used to make chilly fry or stir fry. |
| 29 | Rissois De Camarao | Half-moon shaped croquettes are usually filled with shrimp, an specialty of Goa. |
| 30 | Sanna | These are spongy steamed savoury rice cakes originating from the west Coast of Indian subcontinent and famous in southern Maharashtra and Goa. |
| 31 | Sheera | Sooji ka halwaa of Maharashtra |
| 32 | Sopa Grossa | a thick soup or stew made with milk and bacon and onions and potatoes / A dish made of fresh fish or clams, biscuit, onions, etc., stewed together. |
| 33 | Sorpotel | It is a dish of Portuguese origin now commonly cooked in the coastal Konkan region of India, primarily Goa, Mangalore and East Indians of Mumbai, |
| 34 | Sukhe Mutton | It is a delectable Maharashtrian dish, which can be prepared at home with some easily available ingredients. Cooked with a melange of Marathi spices and meat, this traditional dish tastes best when served with Lemon Rice or Appam. |
| 35 | Taat Vadhany | It is a Konkani style of setting food on the platter. It starts with a bit of salt at the top centre of the Taat. On its left is set a small piece of lemon. Then follows the 'Chatni' , 'Koshimbir' and 'Bharit' . |
| 36 | Thalipith | This is a type of savoury multi-grain <i>pancake</i> popular in Maharashtra. The dough is prepared from a flour called bhajaneer made from roasted grains (including rice, wheat, bajra, and jowar) legumes (including chana and urad) and spices, most commonly coriander and cumin seeds. |
| 37 | Toop | Konkani word for Desi ghee |
| | Usals | It is Maharashtrian dish made of beans such as peas, lentils, black eyed beans, Matki, Moong bean. Generally the beans are soaked in water and allowed to sprout for a day or two. The sprouted beans are stir fried along with onions, spices and |

		curry leaves in oil. Little water is put to cook the sprouts. It usually has thick gravy. The use of spices varies according to the sprouts used and according to taste.
38	Uned	A small round crusty rolls, which are usually served fresh from the bakery and is a part of morning breakfast in Goa.
39	Val	Sem or Lima beans
40	Varan	Tuvar dal combined along with spice,used in Maharashtrian and Goan cuisine
41	Vatana	Dried green peas

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4.8 TERMINAL QUESTIONS

1. What are the main features of Goan Cuisine?
2. How climate affects the feeding habits of Maharashtra?
3. List the dishes of Goan cuisine.
4. What are the main dishes from Kolhapuri Cuisine?
5. List the various equipments and tools used by people of Maharashtra in preparing their speciality food.
6. List the various equipments and tools used by people of Goa in preparing their speciality food.
7. List the ten speciality dishes of Maharashtra.
8. List the two sweet dishes from Goan cuisine.