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Cook till the mixture thickens. INGREDIENTS 4 (about 150 g each) sole fish fillets, cut into pieces 1¹/₄ tsp salt or to taste 6 (large) tomatoes, roughly chopped 4" piece ginger, grated 4 tbsp oil 2 (large) bay leaves 6 pods green cardamom 2 pods black cardamom 6 cloves garlic, sliced 2 tsp red chilli powder 1 tsp turmeric powder 2½ tsp coriander powder 2½ tsp dried fenugreek leaves (kasoori methi), lightly vith oil. Cook, stirring continuously, for 2-3 minutes. Carefully slide an anarsa, poppy-seed side up, into the hot clarified butter and control the anarsa with a frying spoon to prevent it from spreading out too much. That's when I felt I was truly home and I had the responsibility to share this diversity with you. Raavan Bhaat Chilli Green Gram Rice SERVES 4 This Maharashtrian dish has, in reality, nothing to do with the mythological character Raavan. Pour in coconut milk and bring mixture to a simmer, stirring continuously; do not boil. Return to heat and cook only till egg white sets. Using your fingertips, flatten the dough into a 2" disc. INGREDIENTS Oil for shallow-frying 1 tsp mustard seeds 1 (small) sprig fresh curry leaves 1 tsp cumin seeds 1 (large) onion, finely chopped 1¹/₂ tsp ginger, minced 2 (large) green chillies, minced 1 tsp coriander powder 1 tsp red degi chilli powder 1 tsp salt or to taste 2 (medium) tomatoes, finely chopped 1 tsp salt or to taste 2 (medium) t minute. When hot, add marinated fish and shallow-fry till golden on both sides. Mix in mace powder, cardamom powder and kewra essence. Serve hot with pav or dinner rolls. I've eaten this dish in many south Indian homes and have come up with my own version. Combine panch phoran ingredients in a mortar pestle and crush coarsely. These savoury steamed and fried colocasia rolls get their flavour from the tangy, sweet and spicy mixture of tamarind, jaggery and red chillies that goes into the filling. When the fragrance of curry leaves fills the air, mix in the mashed dal with salt. Put oil for the tempering in a frying pan over medium heat. To make the roti When the dough ferments, knead again lightly and divide into large lemon-sized portions. Gradually add water and knead to make a smooth, soft, pliable dough. It is a peaceful place where you can just sit on the beach and gaze at the great blue waves for ever. So, here's Chef Michael's lovely lobster recipe. The name 'gandharaj' means 'king of fragrance' and the lemon is called thus owing to its very strong floral fragrance. Using a rolling pin, roll out a thickish, 4" round poori. Mix in clarified butter, coriander leaves and garam masala powder and cook uncovered for 2-3 minutes longer for the flavours to blend. They are incredibly crumbly and so delicious that I just had to munch on the khajas before setting foot into the realms of knowledge. Roomali Roti Handkerchief Bread SERVES 4 A traditional north Indian bread, the roomali roti is India's answer to the Italian thincrust pizza. Turn poli over and cook the other side till done, pressing along the edges to ensure even cooking. Listed as a World Heritage Site by UNESCO, a ride on the little train is pure joy. Drain and put into a pan with 2 cups of water. Earlier I thought the word bhoot stood for ghost. When oil is fully incorporated, transfer to a clean, dry, airtight glass jar and refrigerate or freeze to store for up to three days. After a stint in Dubai, Pravin returned to India where he took up food photography, www.pravinpol.com MUGDHA SAVKAR, a graduate of hotel management from the Naval Institute of Technology, Colaba, Mumbai, is a food stylist and food researcher. Mix in ½ cup of water with lobster flesh, tamarind pulp and salt. This is Shazia's recipe for another 15-20 minutes. Immediately add onions, green chillies, ginger and garlic and sauté till onions turn translucent. Kasundi Soak mustard seeds in hot water for 2 hours. Seal the edges with toothpicks to secure. Heat water in a steamer and steam the caramel out on a well-greased surface and allow to cool for a few seconds. Kolhapur has a big chilli and jaggery industry, and this delightful chutney contains both. You'll find restaurants selling Kolhapur i misal even in Mumbai. Here is my good friend Bishambar's recipe just for you. When hot, add bay leaves, cardamoms and garlic and sauté till garlic softens. Pacha Pattani Thoran Green Pea Stir-Fry SERVES 4-6 Pacha pattani is what I call 'Kerala on a plate'. In spite of this, it turned out to be one of the best outdoor shoots ever. Place dough in a bowl, cover with a damp muslin cloth and set aside in a warm place for 1 hour. They have a sweet, slightly astringent flavour and have a very pale green colour. Remove lamb from oven and lower the temperature to 180°C. Papad Ki Sabzi Pappadam Curry SERVES 4 Gazing at the sand dunes in the Thar Desert of the Winds had, in a fit of pure rage, scratched all the life and greenery off her and left marks on her soft, golden palms. Kashmiri Kabargah Lamb Spare Ribs Slow-Cooked in Milk SERVES 4-6 Kashmiri cuisines. Using tongs, drop the bowl into the simmering dal and cover immediately with a tight lid. I loved it—the taste, the texture, the suppleness. She has trained at places like the Orchid Hotel and the Oberoi Hotel. Mix in Malvani masala with turmeric powder and salt. Place the tray in the centre rack of the oven and bake uncovered for 30 minutes. Putnis Gram Chutney MAKES ABOUT 1 CUP Udupi is a small, peaceful south Indian town that was initially a transit point for me between Mangalore and Manipal. Add clarified butter, reduce heat to low and continue cooking for 15-20 minutes longer or till mixture thickens. The other question was, 'Did you like the menaskai?' I did not know the names well at that time. It was really juicy and ... wait, I won't tell you. Chhena Poda Fresh Cottage Cheese Cake SERVES 4-6 Somewhere in Orissa, I once came across rows of stalls selling sweets. To cook the prawns Thread marinated prawns on to skewers and grill over a barbecue, basting with marinade, till they just curl up. Tanya Bami for introducing me to CHIKI SARKAR and the PENGUIN FAMILY. Add marinated chicken with any liquid that may have accumulated during marination and sauté for 2-3 minutes. Amidst the tropical greenery, the calm and silent backwaters and the richly caparisoned elephants, I found the most striking cuisine. Tundé in Urdu means without an arm. The very first dish was this green banana brarata, which simply blew me away. Chandan Murgh Sandalwood Chicken SERVES 4-6 I once hosted a dinner for a spiritual event at the Rubin Museum of Arts in New York. Add fenugreek seeds and cumin seeds. It is a kind of sweet khichdi made with moong beans. Shape it into a flat kebab and add to the frying pan. There is one more technique I came across during my journeys in India. (Veri masala is also available in select stores.) Curry Wash fish and drain thoroughly. It has two versions: one for summer and one for winter. In Assam, a similar version of amla soup, served before the meal, is known as amlokhi aakhon. Serve hot or at room temperature. Roll each meatball in the rice to cover it evenly. Grind to make a fine paste. Gradually add water and mix to make a thick, spreadable batter. Put oil in a frying pan over low heat. The mutton should be well cooked and there should be about a cupful of gravy. So it was from her that I learnt how to make use of this terrific ingredient in a variety of dishes. Put the cooker over medium heat and bring dal to a boil. one night. Mix into the rice paste. Gradually stir in 2½ cups of hot water, a little at a time, mix well, cover and cook, stirring occasionally till rice and dal are tender and fluffy. When hot, add cloves, cardamoms, bay leaves and cinnamon. Making a pickle with potatoes? When the spices crackle, add the drained rice and dal with salt and sauté for 3-4 minutes. 84) 2 tbsp lime juice 1½ tbsp red chilli powder ½ tsp fenugreek seeds, roasted and coarsely powdered ½ tsp turmeric powder 2 tbsp oil ½ tsp asafoetida powder ½ tsp mustard seeds METHOD Peel potatoes and dice finely. Pieces of thikri are heated till they are red-hot and added to the dal. Mix the yeast mixture with 1¹/₂ cups of water, pour into the well and gently mix it into the flour. Add coconut and roast for 2 minutes. As a student, I would often jump on to a train, without reservation, and land up in a new world of flavours. Gradually add water and knead to make a smooth, soft dough. Put the dough into a greased tray, spread evenly and steam for 10-15 minutes or till a knife inserted in the centre comes out clean. Raise heat to high and bring to a
rapid boil. Add mutton and mix till well coated. No festive celebration is complete without it. Grind to make a smooth, thin paste and pour into a muslin cloth placed over a bowl. Using a frying spoon, carefully drizzle the hot oil over the poori in the kadhai. Two different kitchens in two different places, catering to different kinds of people; and yet, they were doing the same thing—feeding and nourishing people. Spread the rice on a plate. Add the cooked dal and vegetables. Remove, drain on absorbent paper and set aside. Guaranteed to win you tons of accolades from your family. This Assamese recipe uses the banana flower to create a wonderfully aromatic dish. Sauté till onion turns golden. Mix thoroughly, cover and set aside for 40 minutes. In a mixing bowl, combine gram flour with tamarind pulp, asafoetida powder, jaggery, salt and chilli powder. Beginning at one corner of the pressed edge, fold and press a tiny portion of the dough to form a wavy edge. Mix the spices well and drizzle over with oil. Add fish and cook for 2-3 minutes. Mix in spinach, soy sauce, salt and pepper and cook only till spinach wilts. Combine all ingredients except asafoetida water and mustard oil, and pound or grind till fine. Dynamic and constant is the best way to describe GANESH SHEDGE. At Delzad's home, we dug into a variety of Parsi delicacies. Remove from heat and serve hot. Put oil in a large pan over medium heat. Sometimes the meal would have rasam, which is a typical south Indian soup served before the meal to enhance the appetite. Add powdered black cardamom, rose petals, mace, green cardamom powder and powdered gram. INGREDIENTS Dough ³/₄ cup all-purpose flour (maida) A pinch of salt 1 tbsp oil Filling 1 tbsp sesame oil 1¹/₂ tsp garlic, minced ¹/₃ cup carrots, minced ¹/₃ cup spring onions, minced ¹/₃ cup green capsicum, minced ¾ cup cabbage, minced ¾ tsp light soy sauce Salt to taste Black pepper powder, freshly ground, to taste Dipping sauce 1 tsp garlic, minced 1 tsp sugar METHOD Dough Combine flour and salt in a mixing bowl. Drain dal and put into a grinder with ginger, green chillies, curry leaves and 1 cup of water. Mix in coriander and mint leaves and cook for a couple of minutes longer. INGREDIENTS 300 g spinach 300 g mustard greens 300 g radish leaves 2 tbsp mustard oil 2¹/₂ tsp sugar ³/₄ tsp salt or to taste METHOD Pluck the leaves and tender stems of the greens and discard the tough stems. To smoke the chicken Mix sandalwood oil or essence with refined oil in a small bowl. Sauté till oil floats to the surface. Put oil in a small bowl. Sauté till oil floats to the surface. so this dish is a little on the spicier side. It is small and round, white in colour and looks almost like an idli. They served us this bread which was so beautiful to look at, I couldn't take my eyes off it. Combine salt and ginger-garlic paste in a bowl and mix well. Chicken Wash chicken supremes and pat dry. Mix in plums, mint leaves, coriander leaves, garam masala powder and vetiver. When there, I saw a man preparing his meat on a hot stone or patthar, giving it the very simple name of patthar, giving it the very simple name of patthar ka gosht. Wash rice and semolina separately, till all starch is removed and the water runs clear. INGREDIENTS 400 g fine chicken mince, triple-ground 2 tsp ginger, finely grated 2 tsp garlic, minced 1 stalk spring onion greens, finely chopped 1 tsp garam masala powder 1/2 tsp black pepper powder or to taste 1 cup basmati or long-grained rice METHOD Wash rice and soak in water for 30 minutes. Set aside to cool and remove the skin of the tomatoes and capsicum. Originally a fishing community, these people held on to their roots and created a distinguished place for themselves in Indian society. Heat the oil for the tempering over the potato mixture. Do not cook the mixture. But just one spoonful of the raita left me drooling for more. So one day I found myself at Delzad Avari's house, laughing and having a great time with his family and friends. On closer inspection, I realized they were turnips (shalgam)! In winter in Kashmir, turnips the size of medium onions are one of the few vegetables available. 44) or fresh cream (optional) A few sprigs fresh curry leaves A few sprigs coriander leaves METHOD Coconut milk In a mixing bowl, combine grated coconut milk In a mixing bowl, combine for up to a year. Remove to a bowl. It would be a grand affair, too. It's definitely worth a try. Add ginger, green chillies, spice powders and salt and sauté for 2-3 minutes. The Syrian Christianity by Saint Thomas and later intermarried with the Syrian immigrants. In a pan, combine the freshly extracted amla juice with green chillies, 2 tbsp tamarind pulp and salt. Add clarified butter, cover and cook for another 15 minutes till mutton is tender. Alternatively, dilute coconut cream with ³/₄ cup of water. Makai ka soweta, a dish from Jaisalmer in Rajasthan, is similar to corn soup. Mix in raisins and sugar, and cook, stirring continuously till the sugar dissolves. Stir in coconut cream and sugar and bring to a boil, stirring continuously. 210) or roti. The story goes that there once lived a nawab in Lucknow who loved kebabs. Pour in stock and bring to a boil. In a large mixing bowl, fluff the rice with a fork and mix in sautéed gram and tamarind mixture. into pieces and serve. While my eyes drank in the beauty of Pampore, my taste buds were satisfied by a sumptuous dish made of gaad (fish) and monj (knol khol). Place an aubergine slice in the spiced flour and sprinkle some over the slice. INGREDIENTS 2 tbsp husked, split small gram (putnis) 3 green chillies, roughly chopped ½ cup fresh coriander leaves, roughly chopped ½ cup fresh coconut, grated 1 tsp tamarind pulp (p. Reduce heat to low, add chicken, cover and simmer till chicken is half cooked. From the corner of my eye I noticed a little mauve mound on one of the shikaras. Add trotters, mix well and cook for 4-5 minutes. Serve hot with sultani dal (p. When tossed into the air, swirling and twirling, these rotis never fail to mesmerize onlookers, and you always hear a collective gasp of appreciation. Set aside for 4-6 hours to ferment. The people of this city are fun-loving and vibrant and their zest for life is reflected in their cuisine. Some were like symbols of the twenty-first century with modern amenities and sparkling platforms; some were traditional with not-so-sparkling 'cuddapah' platforms at all. Those who don't eat spicy food can adjust the quantity of the chilli powder—but then again, it really is worth the risk. Set aside for 1 hour. Wash fish and pat dry. Reduce heat and simmer for about 5 minutes. Cut each crab into four pieces. And even though I could not speak most of the regional languages, I was welcomed everywhere I went. Once the spices cool, grind to make a fine powder. Place a portion of filling in the centre of the disc and gather the edges around to seal in filling. Grind to a fine paste. Cook till lobster is tender. Bake for 2-3 minutes and brush lightly with oil again. In Maharashtra, I saw rows of colourful cloth covered with white pumpkin peel, spread out in courtyards in the scorching heat to dry. Place pan over low heat, cover and simmer for about 5 minutes. When hot, add bay leaves, cardamoms, cinnamon and cloves. They even trusted me with their secret heirloom recipes. She told me it was called tapeliya dal bhaat and was extremely simple to make. Mix fish into the cooked spice paste and fill into a clean, dry, airtight ceramic or glass jar. Fold each leaf vertically and place the folded leaves in the steamer in a single layer. Fish out the spice bag and discard. A little sour, a little spicy, I present to you, pulisheri! INGREDIENTS Soup 2 (large) cucumbers, diced ½ tsp turmeric powder 4 cups fresh lassi (diluted yogurt), sour 2 green chillies, roughly chopped 2" piece ginger, roughly chopped 2 tsp cumin seeds 1¼ tsp salt or to taste Tempering 1 tbsp coconut oil 1 tsp mustard seeds 4 dried red chillies, torn to pieces 2 (large) sprigs fresh curry leaves METHOD In a mixing bowl combine diced cucumber with turmeric powder, mix well and set aside for about 5 minutes. Patra nu shaak is one dish that holds special importance in Indian cuisine, because of its mythological origins. Remove to a place. (If the rotli is evenly rolled, the two layers will separate easily.) Brush the inside of each layer liberally with clarified butter and place the layers over each other, so that the buttered sides are on the inside. Repeat with the remaining slices. Pour in 1 cup of water. Add mince, mix well and cook for 2-3 minutes. The batter is wrapped in a sal leaf and baked in a charcoal oven for several hours to achieve a perfectly spongy and aromatic cheese cake. They seemed to like it and for me that was my greatest reward. Mutton Wash meat and cut into large pieces. When the spices crackle, add dried chillies and curry leaves. Melt clarified butter over medium heat in a kadhai (wok). When the spices crackle, add onion paste and green chillies and sauté for 2-3 minutes till the raw smell of onions disappears. A cup of hot tea in your hands and a plate of baingan kaachri at your side makes for an amazingly cosy evening with your loved ones. It has never ceased to inspire me and has been integral to my pursuit of rediscovering its wonderful cuisines. In a large pan, combine lamb with milk, whole spices, bay leaves, spice powders, saffron and salt. To dilute, combine 1 part paste with 3 parts water. Serve hot with pandhra and tambda rassa (p. Reduce heat to low and cook till fish is tender. We would try out assest with 3 parts water. many dishes as we could each day and write and rewrite the recipes accordingly. Pressure-cook dal with its soaking water for 12-14 minutes over low heat after the cooker reaches full pressure. 156) ³/₄ tsp salt or to taste ¹/₂ tsp black pepper powder or to taste ¹/₂ tsp saffron in ¹/₄ cup heavy cream METHOD Wash chicken and cut into
2" cubes. Switch off the heat under the dal and set aside for 5-7 minutes to allow the earthy flavour of the bowl. They were evangelized by the Portuguese around the fifteenth century, but retain much of their older traditions, including speaking in their native language, Marathi. Wash thoroughly, inside and out. That was the first time I realized how diversified and deep-rooted the foundations of our cuisines really were. In a small mixing bowl, combine chilli powder and mango powder with 1 cup of water and set aside. Papad ki sabzi is a case in point. Divide mixture into 8-10 portions and shape into patties. Mix in tamarind pulp and jaggery and simmer for another 5 minutes Divide dough into marble-sized pieces, shape into small balls and cover with a damp muslin cloth. There are two basic types of til kut: one is white, made using jaggery. Keep wetting your hands at regular intervals to avoid burning yourself. Stir in 2 cups of water with salt and cook over high heat till the water reaches the surface of the rice. INGREDIENTS Vindaloo paste (for about 3/4 cup) 2 tbsp oil 20 dried red chillies 30 cloves 5 × 1" sticks cinnamon 30 black peppercorns 1 tsp cumin seeds 40 cloves garlic, finely chopped 4 tbsp vinegar Pickle 10 red Kashmiri chillies 1 tbsp tamarind pulp (p. Dust with flour and roll out into a 4" round roti. Return to heat and cook, stirring continuously over medium heat till the gravy is thick. Set aside to marinate for 1 hour. There I saw a woman making hot, grey bajra rotis. 16) 2 tbsp mustard paste (commercial or home-made) 1 tsp fenugreek seed paste 1 tbsp coconut cream (p. Once milk has chilled for about 16 hours, mix in 4 tsp of caster sugar and saffron (with rose water). Serve hot with coconut chutney (p. When hot, add curry leaves, mustard seeds and curry leaves. When hot, add curry leaves, onion and coconut. Stir thoroughly to coat chicken completely with the marinade. Sprinkle salt over fish, mix well and set aside to marinate for 10 minutes. It's a Goan- Portuguese speciality that has found its way around the world because of its balance of spice and sourness. 13) ¹/₄ tsp red chilli powder 1¹/₂ tsp salt or to taste 1¹/₄ tsp red chilli powder 1¹/₂ tsp salt or to taste 1¹/₄ tsp red chilli powder 1¹/₂ tsp salt or to taste 1¹/₄ tsp red chilli powder Tempering 2 tbsp oil 1 tsp mustard seeds 1 tsp white sesame seeds Garnish (optional) 1 tbsp fresh coconut, finely grated 1 tbsp fresh coriander leaves, finely chopped METHOD Patra Wash colocasia leaves well and pat dry. Serve hot with anardana aur mirch ki chutney (p. Switch off the heat and set aside for 5 minutes for flavours to blend. Shape the stuffed dough into a ball, place on a dusted rolling board and flatten it slightly with your hands. Shallow-fry the stuffed patties, turning them over, till golden. Simply stir it well when serving. Add red chillies and 2 cups of hot water and gently stir. Add asafoetida powder, cumin seeds and curry leaves. Kanjivellam or kanji is the Malayalam word for water drained from boiled rice. Sheermal Saffron-Flavoured All-Purpose Bread SERVES 4 During my trip to Lucknow, I visited the famous bazaar of Hazratganj in the heart of the city. Vegetables started to grow along the river, of which patra or colocasia leaves formed a major portion. Sprinkle with yeast, cover and set aside to froth in a warm place for 10 minutes. Once dried, they form crisp sheets that are then broken into pieces. It's a land of myriad cultural complexities, mythologies, traditions. Divide mix into 8-10 walnut-sized portions and shape into rounded patties. Bring to a boil, stirring continuously. To make the remaining rotis, remove the griddle from heat and allow to cool slightly before proceeding. The saffron lends a most inviting aroma and gives it a lovely light orange colour. INGREDIENTS 1 cup red kidney beans (rajmah) 1 tsp salt or to taste 3 tsp ginger-garlic paste 1 tbsp oil ½ cup tomato purée 7-8 pods black cardamom 2" stick cinnamon 1½ tsp fennel powder 2 tsp dried ginger powder A pinch of asafoetida powder ½ tsp red chilli powder METHOD Wash beans and soak in water overnight. INGREDIENTS Spice powder 2 tbsp coriander seeds 2 tbsp cumin seeds 10 pods green cardamom, peeled 10 cloves 1" stick cinnamon ½ tsp black peppercorns 1/ tsp nutmeg, grated 8 Soup 3 tbsp butter 1 tbsp garlic, finely grated 1 tbsp garlic, finely chopped ½ cup shallots, diced 2 tsp prepared spice powder 1 tsp red chilli flakes ½ tsp turmeric powder 1 (large) potato, finely diced 2 (medium) tomatoes, finely diced 4 cups vegetable stock 1 cup fresh flat noodles, cut into 2" pieces ½ cup spinach, shredded 1 tbsp light soy sauce 3/4 tsp salt or to taste Black pepper powder, freshly ground, to taste METHOD Spice powder In a frying pan, combine all the spice powder ingredients, except the nutmeg. Mix well and set aside for 5 minutes. They provide a delicious tangy, sour flavour to the dish and are also considered healthy and soup is thick. The word shikar means hunt. Serve sandge with any rice-based dish. INGREDIENTS 3 cups chhena 2 tbsp semolina 1 cup sugar ¹/₃ cup whole milk 15 cashew nuts, cut into pieces 1¹/₂ tbsp calumpong nuts (chironjee) 1¹/₂ tbsp raisins, seedless ¹/₂ tsp green cardamom powder 1 tbsp clarified or unsalted butter 1 (large) banana leaf (optional) METHOD Preheat oven to 110°C. I was actually watching the video to see how my friend Michael appeared on television; but, as the video continued, my focus shifted from Michael to the lobster and my interest was piqued. When the dough has doubled in volume, knead it again and divide into lemon-sized portions. The touch of that soft, spongy dhokla of Gujarat still lingers on my fingers. He volunteered to make kebabs that could be eaten easily by the nawab. MEATS Saoji Mutton Mutton Gravy SERVES 4-6 Situated in the state of Maharashtra, Nagpur lies right in the centre of India, and hence, perhaps has the largest assemblage of flavours I've ever seen. Hold them with tongs and turn them periodically to ensure even roasting. Bring to a boil. RAJESH BHARDWAJ and the JUNOON FAMILY for their hard work and passion for this book. My friend's mother very graciously told me that it was a traditional dal from Orissa called dalma and taught me the recipe. Moreover, we had been served nearly 20 dishes. Half-ripe mangoes taste best. Sauté till onions turn translucent. Mix in sugar and lime rind and cook till mixture begins to coat the back of the wooden spoon. How can you ignore the art and skill that goes into making these translucent, handkerchief-thin rotis? Anchored in the midst of hand-painted Kashmiri shikaras, full of flowers and vegetables of every colour imaginable. At first the idea of mixing tamarind (which is sour) with yogurt (another sour ingredient) seemed a little strange. Kajuchi Usal Fresh Cashew Nuts in Coconut SERVES 4 Konkan is the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of India and includes the coastal region on the western coast of salt. Place the trays in the sun for 4-5 days or till rotis are completely dry and crisp. Meanwhile, shape a few more anarsas. Mix in carrots and stir-fry till soft. Pour in stock, bring to a boil and cook till potatoes are tender. Melt clarified butter in a kadhai (wok) over medium heat. It is also used extensively in the Himalayan arts to which the Rubin Museum is dedicated. Repeat thrice. Using a grinder or food processor, grind the seeds to make a smooth paste. Spoon clarified butter on the hot charcoal and as soon as smoke emanates, immediately cover the plate tightly with foil. In the same pan, combine the strained liquid with 1 cup of water, salt and jaggery. Pakhala is actually cooked rice that is fermented in water overnight. Garnish with coriander leaves and serve hot with steamed rice. Her tears rolled down to form a river that finally ended the famine. Drain rice and gram and combine in a grinder with the spices, chillies and salt. Place the prepared roti on a clean, damp muslin cloth and repeat for the remaining dough and filling Repeat with 10 more portions of dough. Sauté till curry leaves turn crisp and onion is light golden. INGREDIENTS 2 elephant apples, pulp extracted 1/3 cup jaggery, grated 2 tbsp red chilli powder 1 tbsp cumin seeds, lightly roasted 1/4 tsp salt or to taste for 10 minutes. INGREDIENTS Spice paste 10-12 dried red Kashmiri chillies 200 g fresh coconut, grated 12-14 cloves garlic, roughly chopped 2 tsp cumin seeds 1 tsp turmeric powder Curry 2 (about 500 g each) lobsters, cleaned 3 tbsp oil 4 tsp tamarind pulp (p. Make a well in the centre of the chicken. Remove from heat, cool and grind lightly. INGREDIENTS Chutney 1 cup fresh coconut, grated 1/4 cup fresh coriander leaves, roughly chopped 2 dried red chillies 2" piece ginger, roughly chopped 1 sprig fresh curry leaves 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp mustard seeds 1/3 tsp salt or to taste Tempering 1 tbsp oil 1/2 tsp
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Remove dough to a lightly floured surface, wet your hands and knead the hot dough, dusting lightly at regular intervals to make a smooth, soft dough without lumps. Add the remaining tempering ingredients. Place a piece of foil in the well. Turn out on to a wire rack to cool. When hot, add whole spices and chopped onion and sauté till onion turns golden. It is a great mixture of two very healthy ingredients—kokum and amla. INGREDIENTS Garnish 15 dried apricots 2 tsp + 1 tsp sugar ¼ cup raisins, seedless 1 tsp white vinegar ¼ cup raisins, seedless 1 tsp and crisp Spice paste 1" stick cinnamon 4 cloves 3 tbsp dried coconut, grated 1 tsp black peppercorns 1 tsp caraway seeds 4 flakes mace Mutton 750 g mutton, boneless 1 tsp saffron, dissolved in 2 tbsp warm milk Kebabs 250 g mutton, minced ¹/₂ tsp salt or to taste ¹/₂ tsp ginger-garlic paste ¹/₂ top fresh mint leaves, finely chopped 3 green chillies, finely chopped 3 green chillies, finely chopped 1 tsp fennel powder 8 slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled 2 tbsp ginger-garlic paste ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled ¹/₂ tsp slices bread, soaked in water, squeezed and crumbled ¹/₂ tsp slices bread, soaked ¹/₂ tsp slices ¹ well beaten Oil for deep-frying Saffron rice 1¹/₄ cups basmati or long-grained rice 3 they based approximately start and the start overnight in 2 cups of water with 2 tsp sugar. You'll be given the most comfortable chair in the room; a steady flow of food will find its way to your plate, regardless of whether you want it or not; and you will be constantly pampered and fed, till your stomach is ready to burst! They are a naturally fun-loving people and celebrate everything with gusto 13) 6 green chillies, slit lengthwise 2 tsp sugar 1¹/₄ tsp salt or to taste Panch phoran 2 tbsp fennel seeds, lightly roasted 1 tsp carom seeds, lightly roasted 1 tsp carom seeds, lightly roasted 1³/₄ tbsp mustard seeds, lightly roasted 1³/₄ tbsp cumin seeds, lightly roasted 1 tsp carom seeds, lightly roasted 1³/₄ tbsp mustard seeds, lightly roasted 1³/₄ tbsp lime juice 1 tbsp mustard paste (commercial or p. Turn over and cook the other side till done, pressing the edges gently with your fingertips to ensure even cooking. In fact, they were referred to as black gold and were a common and preferred commodity of exchange. Serve hot with roti or as an accompaniment to rice and dal. When very hot, reduce heat to medium-high and pour a ladle of batter in the centre of the griddle. Reduce heat to low, cover and cook till rice is tender and fluffy. Drain potatoes, pat dry and mix into the paste. THE ONE THING THAT TRANSCENDS ALL GEOGRAPHICAL, ECONOMIC, CULTURAL AND LINGUISTIC BOUNDARIES IS FOOD. During my visit, I went to one of the famous Saoji Bhojanalayas, which are a chain of traditional eateries, and this mutton dish was absolutely unforgettable. Spice paste Put oil in a frying pan over medium-low heat. Remove and discard stems from the turmeric leaves. Remove pan from heat. This recipe was given to me by a street vendor with whom I struck up a conversation Finally, Ganesh decided to cook something special for everyone. 13) 1 (large) sprig fresh curry leaves ³/₄ tsp red chilli powder ¹/₂ cup tomatoes, diced 1 tsp salt or to taste Garnish 2 tbsp fresh coconut, finely grated A few sprigs fresh coconut, finely grated A few sprigs fresh coriander leaves METHOD Wash dal and soak in 2 cups of water for 20 minutes. Khatta Anardana Murgh Chicken with Pomegranate SERVES 4 I have always associated anardana or pomegranate seeds with my childhood. Set aside till they open up. Drain and leave in the sun to dry thoroughly. (Some more water may be added to aid grinding, but do not make the batter too moist.) Mix in salt, cover and set aside for 5 hours. Divide dough into 4 parts, shape into flattish balls, cover and set aside in a warm place for 15-20 minutes. Shallow-fry till golden on both sides and cooked through. Place in a hot steamer. INGREDIENTS (makes 12-14) Dough 2 cups wholewheat flour (atta) ½ tsp salt Oil for deep-frying Filling 3 tbsp clarified butter 1 tsp cumin seeds 2 pods green cardamom 1" stick cinnamon 3/4 tbsp corianders. seeds 1/ tsp asafoetida powder 8 1/3 cup husked, split black gram (urad dal) A pinch of black salt 3 green chillies, crushed 1/2 tsp red chilli powder METHOD Dough In a mixing bowl, combine the flour with salt and 1 tbsp of oil and mix well. Using a blender, blend the mixture till smooth and milky and strain through a muslin cloth. When moisture accumulates and floats to the surface, blend to make a smooth paste. I went back to watching the video. Using a blender or mixer, blend the mixture to get a thin paste and pour into a muslin cloth placed over a bowl. The beautiful pink colour of the rice and the little shreds of kokum which, when bitten, secrete a faint sour-tangy flavour make for a magical dish. Repeat with the remaining portions of dough. Kasundi Jhinga Mustard Prawns SERVES 4-6 I cannot imagine Bengali cuisine without kasundi. Heat water in a steamer and steam momos for 7-8 minutes or till cooked. 84) 6 tbsp mustard oil 1¹/₂ tsp mustard seeds 4 tbsp tamarind pulp (p. Add the remaining ground spice paste and fry till oil floats to the surface. Malvan, from where the mutton derives its name, is a town in coastal Maharashtra. Bombil Pickle Bombay Duck Pickle Bombay Duck Pickle Bombay Duck Pickle MAKES 1 CUP Chef India, was the first to introduce me to East Indian cuisine. Cool to room temperature. Stir in ginger-garlic paste, chilli powder (if using), turmeric powder, salt and the marinated meat. Mizoram Laksa Soup Noodles & Corn Soup with Fish SERVES 4-6 The Seven Sister States, also called 'Paradise Unexplored', is the name given to the states of Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland and Tripura in north-eastern India. Knead in oil and work the dough gently for 5-6 minutes till smooth and pliable. I spent my evening talking to them, laughing with them and tasting the amazing food they had cooked. Sometimes, even raw mangoes are added to it. Using a small knife, remove the thick stem and veins. Add asafoetida powder, mustard seeds and cumin seeds. NOTE: The excess spice powder car be stored in the refrigerator for up to 3 months. The local people showed me their favourite food spots; they welcomed me into their homes so that I could learn their grandmothers' signature dishes. Luckily, one of my batch mates, Raja Roy, was in Kolkata and I went to his home for the night. It is made of a mixture of dals with little flower-shaped dumplings sitting prettily in it, soaking in all the flavoures of the dal. Within five minutes, the curry was gone and we stood there licking our fingers, pure joy on our faces. It is well known for its robust, well-flavoured food, especially its fish preparations. The sweets were unbelievably superb! I can't remember another instance in my life when I ate so many sweets at one go. When oil is hot but not smoking, slide in one roti and deep-fry till golden. Sauté for 2 minutes longer. Cover with saffron rice and arrange remaining kebabs over it. My journey through this part of the country brought me into contact with India's estranged brothers and sisters. Cool to room temperature and continue as given. Spoon khubani ka meetha on one side of a bowl. Add the spice powder, tamarind pulp and salt to the rice and dal in the cooker with 1 cup of water. Just like rotis are made in Amritsar, millions of warm breads called balep are made in Amritsar, millions of warm breads called balep are made in Amritsar, millions of water. Just like rotis are made in Amritsar, millions of warm breads called balep are made in Bodh gently knead it in to get a soft, pliable dough. It is so spicy that you think you'll spew fire the moment you open your mouth! But it's a staple dish in Kolhapur and almost all of Maharashtra. Stir in coconut paste, tamarind pulp and salt and cook till sauce reaches a simmer. Mix thoroughly and make a well in the centre. Drain dal, rice and
semolina and combine in a grinder. Stir till hot and well mixed. When hot, deep-fry the kebabs till golden brown and cooked through. Grind the mixed spices in small batches, to a fine powder. Rinse with cold water and knead to make a soft, pliable dough. In fact, at one point I jumped out, bought a few fruits, jogged up to the train, which hadn't gone too far and jumped back in safely! I felt like a child again. Serve hot with tomato khatta (p. INGREDIENTS Coconut milk (for 1¹/₄ cups) 1 cup fresh coconut, grated Soup 3 (large) green mangoes ¹/₂ cup coconut milk 2 green chillies, roughly chopped ½ tbsp peanuts, roasted and powdered 4 tbsp jaggery, grated ¾ tsp salt or to taste Tempering 3 tsp oil ½ tsp fenugreek seeds 1 sprig fresh curry leaves 2 dried red chillies, torn to pieces Garnish 2 tbsp coconut cream (p. Sprinkle a pinch of rice flour evenly over one disc, place the second disc on it and press together lightly Repeat with the remaining dough. I was on a journey, discovering new foods with old heritage and roots. INGREDIENTS 1 cup rice (short grain like sona masoori, or basmati) ½ cup husked, split pigeon peas (arhar/toover dal) ½ tsp turmeric powder 2 (medium) carrots, diced 2 (medium) carrots, diced 50 g white pumpkin, diced ½ cup tamarind pulp (p. Wash rice and drain. It contains hollow air channels that run through the length of the stem. INGREDIENTS 1¹/₂ tsp mustard seeds 5 dried red chillies, slit lengthwise 2 cups red pumpkin, diced ³/₄ tsp turmeric powder ³/₄ tsp salt or to taste 1 tsp garam masala powder METHOD Put oil in a frying pan over medium heat. Top, tail and trim the beans. Mix well and cover pan with a large plate. Simple, traditional and delicious are the three words that sum up Himachali cuisine. Tambda Rassa recipe is shown below. Drizzle 2 tbsp clarified butter over the dal. INGREDIENTS 4 green chillies, roughly chopped ½ tsp salt or to taste Sugar to taste 1 (medium) onion, roughly chopped ½ cup fresh coriander leaves, roughly chopped 1 cup fresh pomegranate seeds. Pour in 3 cups of water and pressure-cook over low heat for 12-14 minutes after the cooker reaches full pressure. Add poached oysters and simmer for 3-4 minutes. Then the gods smiled on me. Melt butter in a large pan over medium heat. Put amla flesh in a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender with 4 cups of water. It is an extremely calming sound, bringing to mind beautiful memories, making you feel, well, content. In a blender water wa make a fine, smooth paste. Later in the evening, the local farmers served me this wonderful bhoot jolokia chicken with utmost love and adoration. Later, I confessed to my friend that I did not know which dish menaskai was. A wonderful fusion of south Indian and French flavours, this dish captures the true essence of Puducherry's culture. Marination In a mixing bowl, combine all marinade ingredients. Reduce heat to low. (This is a very spicy blend and is best used sparingly.) Curry Put oil in a large, heavy pan over medium heat. Every city I went to taught me something new; every house I entered welcomed me with open arms and warm smiles; every kitchen I stepped into fed me its most revered delicacies with affection. Mix well, cover and cook till vegetables are tender. Slice away the skin and cut the fruit (shred-like part) into chunks. Kashmiri kabargah is a delightful dish to make on a special day or to make any day special. Turn the patties over at least once every day to ensure even drying. 146) or any other curry of your choice INGREDIENTS Bhajani flour 1 cup pearl millet (bajra) ½ cup sorghum (jowar) ¼ cup husked, split black gram (urad dal) ¼ cup wheat grains 1 tbsp rice 1 tbsp coriander seeds 1 tsp cumin powder 1 "piece ginger, grated 2 green chillies, finely chopped 4 tsp plain yogurt, sour 1 tsp salt or to taste Oil for shallow frying METHOD Bhajani flour Roast the ingredients separately and grind to make a flour of sandy texture. Pudina Chutney Fresh Mint Chutney MAKES 1 CUP A basic chutney that can be served with any starter or snack. Reduce heat to low and simmer, stirring continuously till it reduces to about 4 cups. Open pan and remove and discard the charcoal and leaf. Stir in 1/4 cup of water with salt, almonds, mashed bananas and mashed potato. Masoor Palak Dal Black Lentils with Spinach SERVES 4 It was a long, tiresome week and at last I got a day off. To cook the fish Preheat the oven to 130°C Kaireeche Saar Green Mango Soup SERVES 4-6 We Indians can never get enough of mangoes. From the sweetsour tanginess of its curries, Nagpur has it all. Parda-Nashin Kebabs Veiled Kebabs SERVES 4 Here's another fine example of the tehzeeb (etiquette) and nazakat (delicacy) of Lucknow, its inhabitants grind to make a fine paste. We repeated it three days in a row! A traditional dish of the Syrian Christians of Kerala, this is a dish that makes you happy from within. Cut into 4" pieces. Cover and simmer till the prawns are just cooked. Spread prawn mixture in an even layer over batter and top with remaining batter. Add kohlrabi wedges to the same oil and shallow-fry till golden. Kheema Shalgam Minced Mutton with Turnips SERVES 4 Winter was just setting in and the temperature was steadily dipping. I took the advice, got on to a bus to Gopalpur and thanked my friend all day long for suggesting this little detour. I could see that Michael was struggling with the language, but his cooking techniques were impeccable. Spice bag Combine all spice bag ingredients and tie together in a muslin cloth to make a small bundle. Thikri Ki Dal Earthen-Flavoured Lentils SERVES 4-6 The Rajasthanis never cease to amaze me. Serve hot with roti or steamed rice. During the summer months the mango trees are laden with fruit and the many dust storms make the raw green mangoes fall off the trees. Cook till pomfrets are tender and the gravy thickens. Vikas was raised in Amritsar, India where he grew up surrounded by large family feasts, and seasonal produce fresh from the fields of Punjab, and of course, his grandmother's traditional home cooking, which became the foundation of his cooking career. INGREDIENTS 1 cup husked, split pigeon peas (arhar/toover dal) 1 cup whole milk ¹/₃ cup heavy cream ¹/₂ cup plain yogurt 4 cloves 5 pods green cardamom 1 tsp salt or to taste ¹/₄ tsp red chilli powder ¹/₃ tsp saffron, dissolved in 2 tbsp hot milk To smoke the dal 1 betel (paan) leaf 1 large piece charcoal 1 tsp clarified butter Tempering 2 tbsp clarified butter ½ tbsp cumin seeds 5 cloves garlic, finely slivered Garnish 2 green chillies, finely chopped A few sprigs fresh mint leaves, finely chopped A few sprigs fresh mint leaves, finely chopped A few sprigs fresh mint leaves of northern India, this recipe transforms the usually crisp pappadams into a moist, spicy (and a little oily) curry. The tamarind pulp too gives it a delicious tang. There were four types of curries, two dals, three varieties of breads, rice, pappadams, pickles and sweets. When the pressure settles, open cooker and mix in garam masala powder, chilli powder and bay leaves with 2 cups of water to make a watery dal. Add 1½ cups of water with the remaining dal ingredients. Remove from heat and serve hot with roti or steamed rice. Any of these accompaniments can be eaten with the curry. Cover and cook over low heat, stirring occasionally, till meat is tender. Dahi Ki Tikki Yogurt Patties SERVES 4 If I hadn't seen it with my own eves, I would never have believed that tikkis (patties) could be made with vogurt. When they crackle, add garlic and green chillies and sauté till garlic turns golden. Sometimes it was difficult for me to trace the roots and I realized that several dishes had their origins beyond borders. If it is too sticky, dust it lightly with wholewheat flour. I'm sure everyone will love it!' I gave Ganesh the recipe and, in no time, we had a panful of the most appetizing pulisheri ever. Cover pan, put a weight on the lid and put the pan on a griddle over very low heat. When the poori puffs up and turns golden, remove and drain on absorbent paper. Every drop of water, every source of food dried up, leaving the people helpless and hungry. When the spices crackle, pour the tempering over the bisi belé bhaat and mix well. Rub the marinade all over the lamb, cover with cling film and refrigerate for 2 hours. My grandmother made this guick dish during winters when she served it before dinner. In this book I have focused on traditional and unique recipes that recall that comfort and
bring back those festive ... From Bharwan Murgh to Parda-Nashin Kebabs, Surat Patra to Fanasachi Bhaaji, and from Shirazi Pulao to Bepadiya Rotli, there are recipes to suit every palate and preference. Tender young tamarind leaves are generally available in spring, but you can also buy them dried from some speciality stores online. Cool them to room temperature. During the puja, I ate a lot of paley bread (traditional Tibetan flatbread) and butter tea. In a blender, combine drained rice with 1 cup of toddy and grind to make a fine paste, adding very little water if necessary. Once in the kitchen, I made a lightly flavoured bak choy (a type of Chinese cabbage). 84) ³/₄ tsp salt or to taste 1 tsp black pepper powder or to taste Fish 2 hilsa fish (about 1 kg each), filleted 2 tbsp butter METHOD Turmeric paste Grate fresh turmeric and combine with 1 tbsp of water in a grinder. Add mustard seeds, curry leaves and cumin seeds. Combine the oil and clarified butter in a heavy pan over medium heat. INGREDIENTS 1 cup basmati or long-grained rice 8 moist kokums, cut into juliennes 3/4 tsp salt or to taste 1 tsp jaggery, grated 1 cup coconut milk (p. When the spices crackle, remove pan from heat and set aside for 1 minute. Shape into a flattish ball, cover with a damp muslin cloth and set aside in a warm place for 1 hour. After visiting the temple with the blue door, I stopped by an eatery and ordered bisi belé bhaat, a famous rice preparation, which I hadn't had in a while. Pulisheri Spiced Yogurt Soup SERVES 4-6 During the making of this book, Ganesh Shedge, a member of the Food Team on MasterChef India, helped me with the food trials. Brush off excess sesame and keep the til kut aside to dry for 2 hours. Drain, Thikri means earthen pot, Melt clarified butter in a pressure cooker over medium hot grill, INGREDIENTS Veri masala (for about 25 cakes) 2 tbsp asafoetida powder 2 cups husked, split black gram (urad dal) 1 cup fenugreek seeds 1 cup coriander powder ½ cup red Kashmiri chilli powder ½ cup fennel seeds ½ cup dried ginger powder 2 tsp cloves 3 tsp caraway seeds Mustard oil as required Curry 500 g rahu fillets, cut into long pieces 4 tbsp oil 250 g kohlrabi, cut into wedges, leaves reserved 1 tsp red chilli powder 4 tsp fennel powder 2½ tsp dried ginger powder 1/4 tsp asafoetida powder 1" veri, powdered 4 cloves 1/2 tsp turmeric powder 2 tsp tamarind pulp (p. One of the dishes I had there was Malvani mutton. Suran Shikampuri Yam Patties with Hung Yogurt Filling SERVES 4-6 Originally a lamb patty with a creamy filling of hung yogurt, designed to please the palate of an old Hyderabadi nizam, this is the vegetarian food can be just as delicious as nonvegetarian food can be just as delicious as nonvegetarian food. Add turnip and tomatoes and fry for 4-5 minutes. Stir lightly and garnish with green chillies and mint leaves. oil for tempering in a small pan over medium heat. RICE Tapeliya Dal Bhaat Gujarati Rice SERVES 4-6 When I visited the home of Mugdha, one of my food researchers, with Chef Michael and our friend Kush, the highlight of the menu was the Gujarati rice she had made. Using a blender or food processor, grind cashew nuts with very little of the soaking liquid, to make a smooth, thick paste. Cover dough with a damp muslin cloth and place inside an unheated oven for 1 hour or till it rises to double its volume. I call pappu charu (lentil soup) the 'younger sister' of the famous south Indian sambar. Poricha Meen & Tomato Rougail Fried Fish & Tomato Sauce SERVES 4 This is a perfect example of the cuisine of Puducherry. Typically Kashmiri, typically magnificent, typically mouth-watering. Add ¼ cup of water and grind to make a smooth, thick paste of the consistency of peanut butter. Heat water in a steamer. Cook for 2 minutes and remove from heat. Mix in ginger-garlic paste and cumin seeds and sauté for 1 minute. Put the coconut oil for the tempering in a small pan over low heat. When the spices crackle, add onion, sesame seeds and dried coconut. But as I came to know of its history and legendary cuisine, it became an important destination for me. Add asafoetida powder, cumin seeds, fenugreek powder and crushed cloves. Wash well and pat dry. Remove from heat and set aside. Tall, sleek pine trees, lush green landscapes, colours sprayed across the region in the form of flowering buds, trees laden with a variety of fruits, birds you never knew existed—it truly is an enchanting place. About 1 the form of flowering buds, trees laden with a variety of fruits, birds you never knew existed—it truly is an enchanting place. continuously till sugar dissolves and mixture turns into a thick syrup. Vindaloo in India has been made with potatoes ever since, even though traditional vindaloo does not include the vegetable. All I will say is, it just made my day! You can make this dish with mussels as well. I had missed my flight for Bhutan and was lost and hungry. It beckoned me and before I knew it I had finished all his dal. Religious as they are, the people of Varanasi are equally (if not more) fond of good food. Add ground spice paste and cook, stirring continuously, till oil floats to the surface. Paya Ka Salan Trotter Stew SERVES 4 Hyderabad is a non-vegetarian's dream destination, and rightly so, thanks to the amazing variety of delectable meats you get there. Everyone, old and young, shares their happiness, grief, tribulations and successes. Wandering through the streets of India, I came across innumerable kitchens. There is no fixed recipe for this spice blend and you can change the ingredients according to your taste. INGREDIENTS Dal 1 cup whole black lentils (kali masoor dal) A pinch of asafoetida powder 2 green chillies, slit lengthwise 2" piece ginger, grated 1 tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 cup spinach, finely shredded Tempering 1¹/₂ tsp salt or to taste 1 with clarified butter in a frying pan over medium heat. Poee Goan Bread SERVES 4 During my college days, Goa was my escape to freedom from Manipal. Place over medium heat and boil till vegetables are tender. Gradually add water and knead to make a soft, smooth, pliable dough. In a small mixing bowl, combine rice powder with ½ cup of milk and mix till very smooth. When hot, add fish and shallow-fry till golden. When the spices crackle, add caraway seeds, bay leaves, red chillies, curry leaves, red chillies not just lip-smacking but also close to my heart. Pressure-cook for 7-9 minutes over low heat after the cooker reaches full pressure. Repeat for remaining parathas. One day, Vivek arrived and announced, 'I've got some home-made food for us today! Sindhi raswali machhli!' Needless to say, none of us wasted a single moment and descended on the curry like a group of starving kids. Pandhra Rassa & Tambda Rassa White Soup & Red Curry SERVES 4-6 Anyone who wants to explore true Maharashtrian cuisine and its diversity should visit Kolhapur. Mix in coriander leaves, fresh pomegranate seeds and salt and simmer for 2 minutes longer for the flavours to blend. (If preparing in winter, mix in cashew nut paste and almond paste at this stage.) Continue cooking, stirring continuously, till butter floats to the surface. (Coconut milk is also readily available. Pandhra means red. When hot, add fenugreek seeds and curry leaves. Originating in the Multan region of modern-day Pakistan, this is not a very well-known recipe. Add chironjee and lightly fry it, stirring continuously to ensure even cooking. I had planned to cook a meal for the young monks there. When hot, add lotus stems and fry till golden. Cover and simmer till mutton is half cooked. 110) or chicken temperade (p. Crack the claws but do not de-shell. 224). Cook for 5 minutes and add the remaining spice powders. Slice very finely into discs and remove the seeds and pith from the centre. You can also spread butter on them if you like. One of the dishes I absolutely loved was Koliwada bharwan murgh (stuffed chicken). Uncover the plate and discard the foil and charcoal. In a pressure cooker, combine beans with 3 cups of water, salt and half the gingergarlic paste. Sprinkle the remaining saffron milk and the fried onions. To top it, I had some superb food there. Put oil in a large frying pan over medium heat. Darjeeling is
one of the most picturesque places I've been to in India. While shaping the roti, keep pinching the edges together at regular intervals to stop the roti from breaking when cooked. Mix in salt and cover meat with vermicelli. Dipping sauce In a mixing bowl, combine all the sauce ingredients. Mix in ground spice paste and Kolhapuri masala and cook for about 2 minutes. If the paste is too thick to be ground, add more water, 1 tsp at a time to make grinding easier, but take care not to moisten the mixture too much. Serve with chicken curry. She came out of her hiding place and spoke to me. Aloo Achar Potato Pickle MAKES 1 CUP India never ceases to surprise me. Kothimbir Vadi Mixed Grain & Fresh Coriander Fritters SERVES 4-6 Bhajani flour is an essential part of Maharashtrian cuisine. He proceeded to make kebabs so soft and tender that they practically melted in the nawab's mouth. I always feel that if I don't work for even one day, I'll never be able to work again. 'Will you come home and meet my Nana?' I couldn't refuse. Mix till it looks like breadcrumbs. Remove from heat and mix in nutmeg. In my travels from the freezing, snowclad Himalayas to the harsh heat of the Thar Desert, from the temples of sacred foods to the fishing nets of Kerala, I put together the fragments of my thoughts to revisit my land as I gathered its recipes. It is the perfect day. In the same pan add chilli powder, immediately followed by 2 cups of water. When they crackle, add the prepared thin paste to it. Cook till the water reaches the level of the rice. Cover and set aside in a warm place for 4-5 hours to ferment. The more I travelled, the less I felt I knew about this country. Shakarkand Ki Chutney MAKES ABOUT 1 CUP The legendary Kamalabai Ogale is credited as being the Mother of Maharashtrian cooking. It was truly a one-of-a-kind experience. Add the ker sangri mixture and toss well. Any good news, no matter how big or small, is celebrated by making a bowlful of this payas. An incredibly simple yet delicious chutney, the secret is to use fresh amlas when they are in season to get the maximum flavour. 13) 1 tsp salt or to taste Spice powder ½ tsp oil 1 tbsp coriander seeds 1 tsp cumin seeds 1 tsp cumin seeds 1 tsp cumin seeds 1 (large) sprig fresh curry leaves METHOD Wash rice and dal and soak in water for 20 minutes. Serve it with sheermal (p. You can add a spoonful of honey to it, just to balance out the flavours. In a pressure cooker, combine mutton with turmeric powder, garlic, ginger, salt and 2 litres of water. Drain water, remove and discard bay leaf and cool the onion mixture to room temperature. Knead in ½ tosp of oil. So, lose yourself in the magic of India and its cuisine, but always remember what my brother told me-make sure you save enough money for the return ticket! TABLE OF MEASURES 1 cup = 250 ml 1 tbsp = 3 tsp 1 tsp = 5 ml SOUPS Makai Ka Soweta Corn Soup SERVES 4-6 Corn chowder is one of the staples of American cuisine and so is corn soup in every culture. To grill the chicken Thread chicken cubes on to skewers and grill over a barbecue for 10 minutes, turning regularly and basting with oil. Remove paste to a bowl and mix in remaining toddy with the sugar and salt. INGREDIENTS 10 cups whole milk 3½ cups heavy cream 2 tsp (heaped) cream of tartar 1 cup caster sugar ½ tsp saffron, dissolved in 1½ tsp rose water 2 tbsp pistachios, slivered METHOD In a large mixing bowl, combine milk, cream and cream of tartar. Since nuts tend to burn quickly, you may remove the pan from the heat every 2-3 minutes and keep stirring. Pepper was a something only the affluent could afford. Beliefs so ancient that the origins are lost, and so new that they are still germinating, steadily growing and providing new direction to the world. The term chhena poda literally means 'burnt cottage cheese'. The rest of the team was in no mood to wrap up that soon and so, poor Ganesh sat in a corner, feeling bored. Set aside for 30 minutes. And it is the world this bond tightly together in their abletation to the world. hands. Meanwhile, in a mixing bowl combine the salad ingredients. Add drained rice and sauté for 3-4 minutes. Toss the disc in the air, in a circular motion (as for a pizza base) to stretch and enlarge the roti. INGREDIENTS 3 kohlrabis 1 (large) potato 3 the disc in the air, in a circular motion (as for a pizza base) to stretch and enlarge the roti. cloves, crushed 1 tsp garam masala powder ½ tsp dried ginger powder ½ tsp turmeric powder 1 tsp red chilli powder ½ tsp salt or to taste 1/2 tsp turmeric powder 1/2 tsp salt or to taste 1/2 tsp salt or

Baked in an Earthenware Pot SERVES 4 I am a great fan of traditional Indian cooking techniques. Curry Wash potato, peel and dice. Mix in sugar and salt and cook till sugar dissolves. I met Chef Dhawal Karandikar at Hotel Trident in Mumbai, from whom I finally got the authentic recipe. Rub it into the fish and set aside to marinate for 10 minutes Blanch potato and cauliflower florets in boiling salted water for 1 minute each. Legend has it that several years ago, a great tragedy befell India in the form of a fierce and prolonged famine. Remove from heat, garnish with coriander and mint leaves and serve hot with roti or steamed rice. Put oil in a kadhai (wok) over medium-low heat. Melt clarified butter in a large pan over medium heat. INGREDIENTS 1 kg leg of lamb, kept whole 2 cups plain yogurt, whisked 4 tbsp brown sugar 1/3 cup butter, melted 1 tbsp garlic, roughly chopped 3 t pods green cardamom 1" stick cinnamon 6 cloves 1 tsp turmeric powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 1 tsp turmeric powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 1 tsp turmeric powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper powder 2 tsp cayenne pepper (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black pepper per (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black per (lal mirch) 1½ tsp salt or to taste Filling 2 cups hung yogurt 1 cup almonds, peeled, slivered and lightly roasted Black per (lal mirch) 1½ tsp Simmer till oil floats to the surface. When hot, add onions and coconut and sauté till the mixture is golden. On every visit I've eaten different dishes, seen different dishes, seen different locations, each better than the last. When hot, add onions and sauté till golden. It's one of my personal favourites and I totally recommend a trip to Rajasthan especially to taste it. I took one look at the menu and decided I wanted the 'Konkani special meal'. When the spices crackle, pour the tempering over the ground chutney and mix well. Wet your palm and gently pat the dough flat, turning the griddle around slowly, to make a flat roti of about $\frac{1}{3}$ "- $\frac{1}{4}$ " thickness and 5"-6" diameter. Line the cake tin with the leaf pieces. Put a griddle over medium-low heat and brush with oil. I was head over heels in love with it and insisted that she teach me how to make it. Using a circular motion, spread the batter with the help of the ladle into a pancake. There is an invisible thread of celebration that binds the fabrics of spirituality, tolerance and hospitality together. Gradually mix in flour and knead to form a smooth, pliable dough. While rolling, keep shifting the roti around by ½" to get a round roti. Remove into a bowl and mix in salt. Add caraway seeds, cinnamon, cloves, cardamoms and bay leaves. Bring to a boil and add curry leaves. Bring to a boil and add curry leaves. Bring to a boil and mix in salt. and tranquillity. Paste Meanwhile, melt clarified butter in a pan over low heat. But then I took a deep breath and plunged into the food. Sauté for a few seconds and add coriander powder. Remove from heat, drain off any surplus water and whisk well to mash the dal completely. INGREDIENTS Shikar masala 3 dried red chillies ½ tbsp coriander seeds ½ tbsp cumin seeds ½ tbsp cumin seeds 1/ tsp ginger-garlic paste 1 tsp ginger-garlic paste 1 tsp salt or to taste ¼ tsp clove powder 1 tsp red degi chilli powder METHOD Shikar masala Put a dry frying pan over medium heat and roast the spices separately till they release their aromas. Place a portion of dough on a lightly floured surface and with a rolling pin, roll out into a thick disc of about 4" diameter and 1" thickness. In a mixing bowl, combine chhena, semolina and sugar and knead thoroughly. Cool and transfer to a clean, dry, ceramic bowl or jar. Serve hot with any chutney or curry of your choice. Repeat for remaining fudge. Garnish with coconut and coriander leaves, if you wish. Momos Divide the dough into 8-10 marble-sized portions. Filling Wash the dal and boil it in 1½ cups of water till half cooked. Strain pulp into a mixing bowl and whisk in 2 cups of water. It has a mild, slightly sweet flavour and can be consumed cooked or uncooked. Roll dough into a long, snakelike roll and seal the lid on to the dish with it. The leftover fish from the previous night is added to the kanji along with a few spices for flavour, and voila! We have a fantastically simple and simply fantastic dish on our table. Grind the dal mixture to a coarse paste in a food processor. (If preparing in winter, melt clarified butter in a small frying pan, add garam masala powder and immediately pour over the dish at this stage.) Serve hot. All strengthening my belief that every grain and every dish has a memory of comfort, togetherness and celebration. Remove. I happened to be passing through Assam once during my journeys in India. Of all the different Himachali fruits and vegetables, the one I love using the most is kohlrabi. My ears perked up at the sizzle of the butter on the hot pavbhaji griddle in Maharashtra. 12) 4 tbsp brown onion paste (p. When hot, roast red chillies, cloves, cinnamon, peppercorns, cumin seeds and garlic separately till fragrant. A graduate of the prestigious Cordon Bleu Culinary School, London, Michael has worked with several Michelin chefs. I thank my family, for always standing by me and supporting my dream of spending my life in the kitchen. Set aside to marinate for 40 minutes. Though the concept of the naan has its origins in the Middle East, it has become one of the most important breads in Indian cuisine. introduced to us by the Mughals. Pour in stock and cook for 15-20 minutes till the gravy thickens. During my last visit to Surat, I was treated to a classic Gujarati dish, lilva baingan sabzi, which is made with sheet beans and aubergine. It is also well known for producing the best mangoes and jackfruits. Every time a foreign dynasty came to rule over the subcontinent or in search of a new home, India welcomed them like a mother and embraced them with love. Joseph is a focused young man and his ultimate goal is to fulfil his father's dream of opening a restaurant. Subdivide each portion into half. When hot, add dal, chilli powder, pepper powder and salt, and cook, stirring at regular intervals till mixture is dry. This particular recipe brings together two of my favourite elements, coconut and kozhi (Malayalam for chicken), in a most enticing manner. Shape mixture into a long roll and cut into large lemonsized pieces. Pithaura ingredients and mix well. Stir well and serve with poori or rice. Put the onions, tomatoes, coriander leaves, farsan and yogurt separately into small bowls and arrange them around the curry. It is a light and foamy dessert, but actually quite filling. INGREDIENTS Rice paste ¼ cup rice 2 pods green cardamom fravy 1 tbsp mustard oil ¼ tsp asafoetida powder 6 cloves 3" stick cinnamon 2 pods black cardamom 1 tsp cumin seeds 2 tsp coriander powder 1 tsp turmeric powder 1 tsp salt or to taste Garnish 1 tbsp cashew nuts 1 tbsp raisins, seedless 1 tbsp almonds METHOD Rice paste Wash rice and soak in 1 cup of water for 20 minutes. Add crabs and boil for 5 minutes. The fish retains its moisture and the faint aroma of the soil that provides it with just the right warmth. Drain and set aside. Reason? It makes for a delicious teatime snack. Pour the tempering over the dal and cover immediately. 13) 2 tsp jaggery, grated To serve 2 tbsp onion, finely chopped 2 tbsp tomato, finely chopped ½ tbsp fresh coriander leaves, finely chopped ¹/₄ cup farsan mix/savoury snack (commercial) ¹/₂ cup plain yogurt and a little coconut. On any special day, you'll find Kashmiri women busy stirring woks full of a deep burgundy substance, which is the sweetened apricot pulp. Kanji Wash rice and soak in water. The best part about working with it is that it tastes splendid no matter how it is cooked (or not cooked). Gently lower the marinated pomfrets into the gravy and sprinkle salt. Stir in peanut mixture and salt and simmer for 3-4 minutes. Return the ground paste to the same pan over medium heat. Try it out yourself and tell me how you like it. In some parts of Maharashtra, offering a 'bhog' of anarsa to the lord marks the beginning of the festival. VIKAS KHANNA My Great India Cookbook Contents Introduction SOUPS Makai Ka Soweta Amla Soup Kokum Rasam Kaireeche Saar Bylakuppe Thukpa Pulisheri Kanji with Fried Fish Mizoram Laksa Soup Pandhra Rassa & Tambda Rassa STARTERS
Baingan Kaachri Kararé Karelé Surat Patra Kakharo Phullopitha Suran Shikampuri Dahi Ki Tikki Kolkata Momos Kothimbir Vadi Kalimirch Khekda Kasundi Jhinga Murgh Ké Phool Bharwan Murgh Taash Kebabs Tundé Kebabs VEGETABLES Monk's Bak Choy Kancha Kadali Brarata Koldil Bhaaji Lilva Baingan Sabzi Kajuchi Usal Patra Nu Shaak Kalonji Fanasachi Bhaaji Ker Sangri Ganth Gobhi Aloo Nadru Yakhni Papad Ki Sabzi Pacha Pattani Thoran Menaskai Ajethna Kaddu Kolhapuri Misal Puducherry Mustard Veg Curry DALS Gujarati Khatti Dal Pappu Charu Sultani Dal Thikri Ki Dal Masoor Palak Dal Dalma Himachali Madra Bishambar's Rajmah Bhojpuri Dal Pithaura FISH & SEAFOOD Apa De Camamo Jhinga Patio Lobster Chinchoni Zafrani Teesroo Panch-Phoran-Encrusted Hilsa Pomfret Chettinad Gaad Monj Sindhi Raswali Machhli Zamin Doz Machhli Zam Jolokia Murgh Dhoné Pata Murghi Khatta Anardana Murgh Chinta Chiguru Murgh Kozhi Thiyal Chicken Temperade Tharavu Curry Puducherry Tamarind Duck Bater Shikar Masala MEATS Saoji Mutton Gongura Mamsam Malvani Mutton Patthar Ka Gosht Gosht Vindaloo Kheema Shalgam Kashmiri Kabargah Bharwan Raan Paya Ka Salan RICE Tapeliya Dal Bhaat Bisi Belé Bhaat Chholiyawalé Chawal Raavan Bhaat Goan Coconut Rice Kanika Bhog Pakhala Bhaat Darjeeling Chutneywalé Chawal Machhli Alu Bukhara Biryani BREADS Bepadiya Rotli Doli Ki Roti Ghadichi Poli Khoba Roti Poee Varanasi Poori Balep Korkun Rajasthani Bajré Ki Rot Roomali Roti Naan Sheermal Pesarattu Sattu Paratha Kori Roti Rice Bhakri Sanna CHUTNEYS & MORE Kolhapuri Chutney Putnis Kokum Amla Chutney Putnis Kokum Amla Chutney Putnis Kokum Amla Chutney Imli Ka Raita Sandge Aloo Achardana Aur Mirch Ki Chutney Imli Ka Raita Sandge Aloo Achardana Ki Bombil Pickle DESSERTS & SWEETS Khubani Ka Meetha & Anar Ka Gola Chhena Poda Khaja Shakkarpareh Daulat Ki Chaat Anarsa Pithagurir Payas Haldi Patra Pitha Til Kut Andé Ka Halwa The Team Acknowledgements Copyright Page Introduction Mother and motherland are superior to heaven Vande Mataram, 'I bow to thee, Mother', is the famous line composed by the Bengali writer Bankim Chandra Chattopadhyay over a century ago. Add clarified butter and mix thoroughly. To serve, put oil in a kadhai over medium heat. I gulped. Place over high heat and bring to a boil. Rub the mixture through a strainer to get a smooth pulp. Store in a clean, dry, airtight ceramic jar and refrigerate for up to a week. In another mixing bowl, combine khoya with sugar and stir till sugar dissolves completely. It is extremely hot and spicy and nearly impossible for anyone to have without gulping down buckets of water. The pit is covered with mud and lit cow dung cakes are placed on the ground above. Serve hot with steamed rice. While the set of water and buckets of water. The pit is covered with mud and lit cow dung cakes are placed on the ground above. Serve hot with steamed rice. rolling out, ensure that the edges are thin and the centre is slightly thicker. After a long day out in the sun and sand, the entire family sits down to a peaceful, simple meal of fish curry and rice. Food is served on banana leaves; there are several Indian dishes that are wrapped in banana leaves for grilling or steaming; the tender core of the trunk is cooked as a vegetable in the eastern parts of India ... The list goes on. Mix thoroughly, and when the mixture comes together like a dough, shape into a tight ball. 206). Serve hot, garnished with cashew nuts, raisins and almonds. The flavour is not as sharp as that of a normal lemon; in fact it has a very slight sweetish aftertaste. Add garlic and cumin seeds and sauté till garlic softens. Remove, drain on absorbent paper for a few seconds and add to sugar syrup. Starting at the stem end, roll each set of leaves tightly and tie with a cotton string to secure them. In case the paste needs to be thinned down, water may be added, but it is best to use whole milk to keep the creamy flavour intact. INGREDIENTS ³/₄ cup wholewheat flour (atta) 1¹/₄ tsp red chilli powder 1¹/₄ tsp cumin powder ³/₄ tsp salt or to taste ¹/₂ tsp carom seeds, rubbed between your palms 5 tbsp oil 2 thin long aubergines (baingan), cut into ¹/₂ tsp carom seeds, rubbed between your palms 5 tbsp oil 2 thin long aubergines (baingan), cut into ¹/₂ tsp carom seeds, rubbed between your palms 5 tbsp oil 2 thin long aubergines (baingan), cut into ¹/₂ tsp carom seeds. Roll out a portion of dough into a small, flat 2" disc and spoon 1 tsp of filling into the centre. Sprinkle with bran, cover with a damp muslin cloth and set aside for 30 minutes longer. I watched with bated breath as they tasted my pancake. It is a large, knobby fruit with an acidic-flavoured edible pulp. Apart from a tangy taste, it has the loveliest deep red colour when fresh and is purplish black in its dried form. Sprinkle in turmeric powder, chill powder, coriander powder, coriander powder, and salt with 2 tbsp water and cook for 5 minutes. When both sides are just cooked, remove roti from heat and place directly over a medium flame for 3-4 seconds. To serve, drizzle 2 tbsp clarified butter and serve hot with papad and out, and pat dry. When dal begins to boil rapidly, add the prepared flowers one at a time and cook for 15-20 minutes, till the flowers begin to float on the surface, which means that the dough is cooked. The tangy flavour of the dried seeds and the mild sweetness of the fresh ones complement the moist chicken wonderfully. And yet, I am not satisfied. Add chicken and sear it evenly. Add onion and sauté till translucent. Though traditionally eaten with rice, greens and fritters, it makes for an excellent marinade. Remove, set aside till cool and cut into ½" thick slices. In central India, it is round like a ball while in Maharashtra it is flatter. It's a staple flour of Bihar and this spicy paratha is quite popular there. Garnish with coriander leaves and serve immediately with hot roti or paratha. But it was a relaxed atmosphere and I did feel better. This recipe uses a spice blend in the form of a doughnut-shaped cake, veri, which is indigenous to Kashmiri cuisine. Remove from heat and mix in nutmeg and cardamom powder. When hot, place a rotli on it. I wasn't sure what I was doing in a land of money and calculations, but I was in for a pleasant surprise. Pomfret Chettinad-Style Fish SERVES 4 In the region of Chettinad-Style Fish SERVES 4 In the region of Chettinad-Style Fish SERVES 4 In the region of Chettinad in Tamil Nadu, there thrives a community of bankers and businessmen. Put oil in a heavy pan over medium heat. Fold in whisked egg white till well blended. Put oil in a kadhai (wok) over medium-high heat till it just starts to smoke. Steam haldi patra pitha for 15-20 minutes and serve hot. To shape and cook the khaja Divide dough into large lemon-sized portions and shape into cylindrical rolls. And cooking, for them, is sacred. Serve hot with sandge (p. It is like getting the best of two worlds. Drain dal and put into a pan with 3 cups of water, asafoetida powder, green chillies, ginger and salt. Serve hot with tea. Drain rice and put into a pan with green gram, salt and 2½ cups of water. Remove from heat, drain the water and cool before grinding. Here is my favourite, the sweet version, for you. Drain out any extra water and serve hot. One of the dishes served to us was a traditional udupi one made with pumpkin called ajethna kaddu. To serve Crush the sorbet once more. INGREDIENTS (makes 10-12) ¹/₄ tsp salt 1 tsp oil 2 cups + extra rice flour METHOD In a pan, combine 2¹/₂ cups of water with salt and oil and bring to a boil over high heat. Usually, warm water is used to knead the dough, but I prefer milk as it and oil and bring to a boil over high heat. gives the bread a softer, fluffier texture. Add butter and when it melts, add onions and garlic. Melt clarified butter in a small pan over medium heat. Bishambar's Rajmah Kashmiri Red Kidney Beans SERVES 4 The best rajmah (red kidney beans) I've ever eaten was at Lawrence Gardens, Amritsar, made by dear old Bishambar. Grind to make a smooth thick paste. For once in my life, I was glad I'd missed a flight. The subtle taste of the bread absorbs all the flavours of the curries and chutneys it is eaten with. Cut a slit lengthwise along one side. Serve hot. (Cover with more banana leaf pieces, if using.) Bake in the preheated oven for 1 hour or till the surface is golden brown and a wooden skewer inserted in the centre comes out clean. Patthar Ka Gosht Stone-Cooked Meat SERVES 4-6 One of my greatest inspirations for Junoon's menu for stone cooking came from Hyderabad. Mix in the ground spice paste and sauté for about 5 minutes. Mix in tamarind pulp and jaggery dissolves. Pour the contents of the cooker into a strainer placed over a bowl. 156) 4 tbsp mustard paste (commercial or p. Using a blender or processor, blend to make a smooth, thick paste. Remove from the oven and allow to cool in the tin. Serve immediately. The men and women, dressed in their traditional saris and surkhas (loincloths), danced merrily to their folk music. It is a mark of respect to those older than you and it is believed to enhance a woman's beauty rather than suppress it. Flatten a portion of dough into a flat disc, using your fingertips. Panch phoran In a small mixing bowl, combine panch phoran ingredients and set aside. I remember putting a dollop of home-made clarified butter on a hot poli, rolling it and munching on it on my way to work. Add cumin seeds and garlic. I love the coordination with which they pound the fresh meat, patiently keep the firewood ignited for cooking and neatly handle the heavy cauldrons filled to the brim with food. Stir fry till mixture is dry. Drain dal and put in a pressure cooker with asafoetida powder, oil and 1½ cups of water. Mix well and add crabs. I looked around the kitchen to see what ingredients we had left. Put mustard oil in a pan over medium heat. The rotli, dipped in the naturally sweet aamras (mango pulp), is one of the yummiest things I've ever
eaten. Mix in ground spice paste and cook over low heat till butter floats to the surface. Make it at home and keep everyone guessing! INGREDIENTS ½ tsp red chilli powder ½ tsp cumin powder ½ tsp cumin powder ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin powder ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares ½ tsp cumin seeds 1 cup (commercial urad dal) papad, cut into 2" squares 1 cup (commercial urad dal) papad, cut into 2" squares 1 cup (commercial urad dal) papad combine yogurt with spice powders and whisk well. Add brown chironjee paste and fry for 3-4 minutes. One day, Ganesh was in a dilemma. You will be surprised to see how instantly Indians respond to a warm namaste or aadaab. And they kept their promise. (If you are not comfortable tossing the roti, it can be rolled out into a larger disc with the rolling pin.) Spread the roti on the hot, inverted kadhai and cook, pressing lightly with a wad of muslin cloth till roti is just cooked and small light brown spots appear on the surface. Remove into a bowl and set aside. It was as if someone had suddenly switched a light on in my head. It was mind-blowing! The first thing I ate was the jackfruit dish called fansachi bhaaji. Reduce heat to low and add yogurt, stirring continuously. They love what they eat; and why shouldn't they, when their cuisine is ever so delightful? INGREDIENTS (makes 6) 1 tsp sugar ¼ tsp saffron ¼ cup whole milk 1½ tbsp active dry yeast 1 egg, lightly beaten 4 tbsp clarified butter, melted 1½ cups + extra all-purpose flour (maida) ¹/₄ tsp salt 2 tbsp icing sugar 15-20 raisins, seedless METHOD In a small mixing bowl, dissolve sugar and saffron in milk. Sindhi Raswali Machhli Si created this version. Divide dough into lemon-sized portions. 44) 1½ the sugar ½ the vinegar Garnish 1 tomato, cut into wedges 2 the vinegar Garnish 1 tomato, cut intowedges reason I wrote this book was to share the joys I experienced. The recipe below is based on my memory of how Nani cooked it. Simmer till the prawns are half cooked. She hasn't missed a single episode!' she told me excitedly. NOTE: If bhoot jolokia chillies are not available, use any other dried red chillies; Reshampatti or Madras chillies work best. In a large pan, combine duck with crushed spice powder, ginger, garlic, green chillies, curry leaves and 1¹/₂ litres of water and bring to a boil. In a large mixing bowl, sift flour with salt and icing sugar. INGREDIENTS Tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind, seedless Soup 10 amlas (Indian gooseberries) 4 green chillies, slit lengthwise 2 tbsp tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup) ¹/₄ cup) ¹/₄ cup) ¹/₄ cup tamarind pulp (for ¹/₄ cup) ¹/₄ cup ¹/₄ cup) ¹/₄ cup) ¹/₄ cup) ¹/₄ cup ¹/₄ cup) ¹/₄ cup) ¹/₄ cup ¹/₄ cup ¹/₄ cup) ¹/₄ c pulp ½ tsp salt or to taste Tempering 1 tbsp oil 2 sprigs fresh curry leaves 4 dried red chillies, torn to pieces A pinch of turmeric powder METHOD Tamarind pulp Heat ½ cup of water till warm and combine with tamarind in a small bowl. So here is Joseph's recipe ... I'm looking forward to seeing it on the menu of his restaurant the next time I'm in Darjeeling. Can be stored in an airtight container. Situated on the banks of the holy river Ganga in Uttar Pradesh, Varanasi is considered by many to be India's holiest city. In a frying pan, combine the cooked lamb to a fine mince in a grinder. When garlic colours slightly, immerse the ladle into the dal and cover immediately. Completely different in colour, texture and flavour, these two dishes will definitely make a place for themselves on your weekly menu. Add chicken and stir till well coated. Kozhi theeyal, is one of my favourite dishes from God's Own Country, Kerala. I had never eaten anything like it in my life. INGREDIENTS 4 raw green bananas 1 (large) potato 2 tsp mustard oil 1 (small) sprig fresh curry leaves 1 (medium) onion, finely chopped 3 cloves garlic, finely chopped 2 green chillies, finely chopped 1 (medium) tomato, finely chopped 1 tsp tamarind pulp (p. When cumin seeds crackle, carefully stir in the diluted chilli and mango powder mix. In a food processor, combine the roll, fold in half and stretch again. Machhli Alu Bukhara Biryani Fish & Dried Plum Biryani SERVES 4-6 When it comes to machhli alu bukhara biryani, seeing is believing. Curry Put oil in a kadhai (wok) over medium heat. (If the poli has been rolled properly, it will puff up while cooking.) Brush with 4 tbsp clarified butter and serve hot with any curry. When hot, add onions and fry till golden. He's still in Amritsar and I meet him and eat his famous rajmah whenever I go there. Kanji with Fried Fish SERVES 4-6 This is essentially a fisherman's food. Traditionally, khoba roti is made plain, but I like this spiced version as the leftover roti makes for a great teatime snack! This is about as artistic as a simple roti can get. Shape each portion into a ball and place on a greased tray. Garnish with clarified butter. As I broke off a piece of the rotli served to me, it opened up into two very fine, soft layers. Koldil Bhaaji Banana Blossom Stir-Fry SERVES 4-6 'No sane person sharpens his machete to cut a banana tree' says an old proverb. I have tasted spices with vinegar and grind to make a fine paste. When hot, sear the marinated quails. The fruit is, of course, much loved by all of us. Combine cloves and cardamoms with 1 tbsp water and grind to make a smooth paste. NOTE: This dish tastes best the day after it is cooked, after it matures overnight. The nawab was delighted and the dish was named tundé kebab after the one-armed Haji Murad Ali. I don't like to take holidays. In a mixing bowl combine turmeric powder with chilli powder. Remove broth from heat, stir in coconut milk and set aside. Cool the spices to room temperature. You can substitute the gongura leaves with fresh spinach and squeeze in the juice of a lemon, but it will not be comparable to the taste of these silky, sour leaves. Grease an earthenware dish or casserole with oil and place the stuffed fish in it. Take care to ensure that the vermicelli do not become mushy. Return pan to the heat, add salt and bring to a boil, stirring continuously. Intrigued by the sight, I decided to ask the women around me about it. Once dough is rested and has almost doubled in volume, knead it gently for about 5 minutes. Its taste and texture are similar to those of cabbage,
but not as sharp and a little sweeter. When all the water is incorporated into the flour, turn the dough is soft, smooth and pliable. Add onions and sauté till golden. Mix well and add 1 the dough of my days at WGSHA. Using tongs, place the charcoal on the foil in the well. When hot, add asafoetida powder, mustard seeds and carom seeds. And my heart ... I learnt some of the greatest concepts of cooking and culture when I was hungry. This, coupled with a natural propensity for deep research, makes Mrunal a valuable addition to the team for book and article projects. Add the cooked meat and simmer till the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the spices coat the meat properly. Remove from heat and serve hot with balep korkun (p. When the spices coat the spi This recipe is just a tiny part of that massive variety of foods which makes up Malvani cuisine. Remove, cool to room temperature and grind to make a smooth paste. Indians respect their food, and so they make it a point to make optimum use of every fruit and vegetable that is available. The satisfaction and exhilaration I experienced while cooking in those kitchens, I can hardly put in words. Meanwhile, grease 3 ramekins (baking dishes). INGREDIENTS 500 g mutton with bones ½ tsp turmeric powder 1" piece ginger, kept whole 1 tsp salt or to taste Curry 3 tbsp oil 5 cloves 4 pods green cardamom 2 (large) bay leaves 2" stick cinnamon 4 green chillies, slit lengthwise 2 (medium) onions, finely sliced 200 g fresh tender sorrel (gongura) leaves, plucked off the stems 1 (large) sprig fresh curry leaves ½ tsp black pepper powder Garnish A few sprigs fresh curry leaves ½ tsp black pepper powder 1 tsp red chilli powder, coarse ½ tsp black pepper powder Garnish A few sprigs fresh curry leaves ½ tsp black pepper powder 1 tsp red chilli powder 2 (medium) onions, finely sliced 200 g fresh tender sorrel (gongura) leaves. He worked anied her family to Amritsar during the insurgency in Kashmir in 1989. Saffron rice Wash rice and drain. Serve hot, warm or cool. 202). Wash the leaves and pat dry. It is believed that the original Vedas, the texts of knowledge of ancient India, were written and hidden under a tamarind tree in a place called Kandi Mallaya Palli Andhra Pradesh. There, at a food festival, I suddenly encountered this delightful dish again—this time with Indian flavours. Repeat the procedure in quick steps till caramel develops the consistency of fondant, or a thick, ribbon consistency. Chicken Temperade Spicy Coconut Chicken SERVES 4–6 I was at Vasai Fort in Mumbai for a photo shoot for this book. After about 30 seconds, return the pan to heat and continue frying. Add the prawns, mix thoroughly and set aside to marinate for 30 minutes. Gradually add water to the flour and knead to make a semi-soft dough. Put oil in a small frying pan over medium heat. But no matter how hard I tried, I just could not find the exact temple recipe. 209). Add spiced yogurt and return pan to heat. When hot, shallow-fry the vadis, turning over, till golden and crisp on both sides. Cover and cook till chicken is tender and the curry thickens slightly. I interacted with them, tasting all the delicacies laid out on long tables on the beach. We work in India because of the ... Set aside. Stir in ground spice paste with 2 tbsp of water and sauté for 2-3 minutes. Cook over low to medium heat till chicken is tender. In a mixing bowl, combine the filling ingredients. Add onions and fry till golden. INGREDIENTS 500 g chicken, boneless 2 tbsp clarified butter 2 onions, finely chopped 1" piece ginger, finely chopped 4 cloves garlic, finely chopped 1 dried bhoot jolokia chilli, soaked in 2 tbsp hot water Gravy 1 tbsp clarified butter 1 tsp curiander powder 2 tsp garam masala powder 1 tbsp lime juice 1 tbsp tomato paste 1 tsp salt or to taste METHOD Wash chicken and cut into large pieces. In a mixing bowl, combine the brown onion paste with the remaining filling ingredients, except the clarified butter. They can be made into a pickle, eaten as a vegetable or can be fried in oil and served with salt and red chillies. Grind to make a thick, smooth batter, gradually adding some water as required. When hot, add mustard seeds and cumin seeds. Though they have little similarity to the authentic Chinese momos, the Kolkata momos have become a kind of staple dish in the metropolitan cities of India. INGREDIENTS Rice 1 cup basmati or long-grained rice 2 tsp oil 1/4 tsp asafoetida powder 1/2 tsp mustard seeds 1/2 tsp turmeric powder 1 tsp salt or to taste Green gram 1/3 cup fresh green gram 1 tbsp oil To complete the dish 1 tbsp oil 1 tsp husked, split black gram (urad dal) 8 dried red chillies, torn to pieces 1 (large) sprig fresh curry leaves 1 tbsp peanuts 2 tbsp tamarind pulp (p. Spread over a clean cloth and leave to dry. As the years passed, he lost all his teeth, thus making it difficult for him to eat his favourite dishes. Although I loved every single thing, my favourite was the chhena poda. Strain gravy into another bowl and set aside. It was this name, written on a huge blackboard outside an eatery on the road from Patna to Bodh Gaya in Bihar, which caught my attention. NOTE: The haldi patra pitha is served with the leaf intact. Boil till sugar dissolves completely and the syrup achieves a twostring consistency. Mix in nutmeg and chilli powder and grind to make a fine powder. I would drop by his home periodically, and each time his mother would make a fine powder. I would drop by his home periodically, and each time his mother would make a mind-blowing dish for me. When hot, add the tempering ingredients. 26) Curry 3 tbsp oil 1 tsp cumin seeds 1 small sprig fresh curry leaves 1 (medium) onion, finely chopped ½ cup peanuts, roasted 1½ cups mixed sprouts 1 (large) potato, finely diced ½ tsp turmeric powder 1 tsp salt or to taste 1 tsp tamarind pulp (p. Later, the game was mounted on a bamboo pole and slowly roasted over a campfire. As always, I came home enriched. Add quails and stir to coat thoroughly. To bake the cake When the batter ferments and becomes bubbly, preheat oven to 375°C. Both versions are delicious and wholesome enough to make a light evening meal. Knead the dough gently for about 5 minutes, then divide into 6 equal portions. Remove to a plate and serve hot with putnis (p. Spoon into a serving bowl, garnish with silver leaf and serve hot. This is important as the stamens do not cook easily and sometimes impart a bitter flavour to a dish. 25) or any other curry of your choice. Drain rice and grind with 1/3 cup of toddy to make a fine, smooth paste. Add asafoetida powder, cumin seeds and red chillies. Remove from heat and allow mixture to cool to room temperature. Repeat for the other roti. Spice paste Put a griddle over low heat and roast spice paste ingredients, except the coconut, one by one, till they change colour slightly and are aromatic. Boiled onion paste In a small pan, combine all ingredients, except the coconut, one by one, till they change colour slightly and are aromatic. Boiled onion paste In a small pan, combine all ingredients with 1½ cups of water. Raise heat to medium, cover and cook till aubergines are just tender. Mix in salt, pepper, saffron (with milk), turmeric powder, star anise and cinnamon. Whisk cream till thick; fold it into the thickened custard. On setting up camp, they plucked a few fresh herbs from the food. Mix in tamarind leaves and simmer till leaves are soft and gravy is almost dry. In a pan, combine kokum with salt, jaggery and 1½ cups of water. The magical transformation of the hard, crisp rice sheet into a thin, soft bread continues to amaze me. Remove and discard all skin and fat. Bring 3 cups of water to a boil in a pan. Transfer to a clean, dry, airtight glass or ceramic jar and refrigerate to store for up to a week. Pinch 4 opposite points on the disc together to form a 'flower' Taste and add salt and pepper. Cover and cook over medium heat, stirring occasionally, till dal is thoroughly cooked and slightly mushy. The prominent use of coconuts in all things spicy, sour and sweet is one of the main markers of Kerala cuisine. To cook Divide dough into large lemon-sized portions. Melt clarified butter in a pan over medium heat. Filling In a mixing bowl, combine sattu flour with mustard oil and mix till it looks like breadcrumbs. To make a roti, roll out two small portions into flat 1" discs. Gently remove and drain on absorbent paper. One of the anarsa. Though the method is almost the same, the shape of the anarsa
in central India differs from that in western India. Pressure-cook over low heat for 12-14 minutes after the cooker reaches full pressure. Hope you enjoy making it as much as I did. Melt clarified butter in a kadhai (wok) over low heat. Squeeze gourds well and pat dry with kitchen towels. Spice paste In a grinder, combine garlic, cinnamon, pepper, cloves and red chillies. When the spices crackle, add onions and sugar and sauté till golden. In India, the banana tree forms an important part of every child's education. Mix in cashew nuts with salt and garam masala powder. It was a humbling experience to see these young boys praying so sincerely. Mix in salt. Serve hot with chhaas (buttermilk) or plain yogurt. Stir in 2 tbsp of clarified butter. Sauté for about 2 minutes. Place a roll on a lightly floured surface and using a rolling pin, roll into a strip about 10" long and 2" wide. Reduce heat to medium and add fried fish and kohlrabi with the reserved leaves. Shape mince mixture into spade-shaped cutlets. Marinate the dry sandge in it for 30 minutes. This was to indicate that his kingdom was already full and that he did not have any place for the immigrants. There is a popular story about their arrival. Add turmeric powder and immediately mix in the greens. Mix in 2 cups of water, cover and set aside in a warm place overnight. Fill into a clean, dry, airtight glass jar and store in a cool dry, place. Mix in tamarind pulp and salt, and cook till the sauce coats the fish and vegetables. Cook for another 30 minutes. Remove from heat and allow to stand for 10 minutes. Remove from heat and allow to stand for 10 minutes. Remove from heat and allow to stand for 10 minutes. culinary culture of the Indian subcontinent. Drain and grind to a smooth paste with salt. Drain dal and put into a pan with 2 cups of water, salt, turmeric powder and chilli powder. Brush with more paste and fold over again. On the fourth day, drain rice and set aside in a sieve for 20 minutes to drain thoroughly. I wasn't in the mood to cook for myself so I decided to order some masoor palak dal and rice. He had completed his share of work for the day and was waiting for the others to pack up. INGREDIENTS 1 cup fresh cashew nuts 4 cloves garlic 3 green chillies 2 tbsp clarified butter ¹/₄ tsp asafoetida powder 1 tsp cumin seeds 1 (medium) onion, finely chopped ³/₄ cup fresh coconut, finely grated 1 tsp salt or to taste 1 tsp garam masala powder METHOD Soak cashew nuts in warm water for 2 hours. Serve hot with bread. Pressure-cook over low heat for 7-9 minutes after the cooker reaches full pressure. In the good old days, before we had modern kitchen equipment, the dough was kept to ferment in earthen pots called 'dolis'. INGREDIENTS (makes 6) ½ tsp sugar 1½ tsp dry active yeast 2 cups wholewheat flour (atta) ½ cup + extra bran 1½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sugar in ½ cups all-purpose flour (maida) ½ tsp salt or to taste 2 tsp oil METHOD In a small mixing bowl, dissolve sug Flavoured Rice SERVES 4 During my regular excursions to Goa, I often ended up in a beach shack in Panaji and ordered a plateful of coconut rice. Add rice, bay leaves, cinnamon and star anise and fry for 3-4 minutes. Curry Put oil in a pan over medium heat. paste, adding very little water if required. When hot, add 10-12 shakkarpareh and fry, turning regularly till golden and crisp. Remove duck pieces from the pan into a bowl. Mix in milk and beat to make a thick batter. Divide mixture into lemon-sized portions and roll into balls. I don't need bread, I don't need anything else with it. Here's a dish that will set you trotting off to the city of the Charminar as soon as you read it. INGREDIENTS Curry powder (for about 1 cup) ½ cup coriander seeds 2 tbsp turmeric powder 2 tbsp green cardamom pods 1 tbsp cloves 4 tsp black peppercorns 1 tbsp dried fenugreek leaves (kasoor methi) Kanji 1 cup rice, preferably parboiled 500 g fish (any fish), sliced ½ tsp turmeric powder ½ tsp red chilli powder 3 tbsp oil 1½ tsp white pepper powder ¼ tsp mustard powder ½ tsp mustard powder ½ tsp turmeric powder ½ tsp mustard powder ½ tsp mustar Garnish A few sprigs fresh coriander leaves METHOD Curry powder In a bowl, combine all the spices and mix well. When the mixture begins to thicken, mix in salt. The use of fresh or dried mixes is the foundation of this cuisine, which is impossible to generalize. Kakharo Phullopitha Pumpkin Flower Fritters SERVES 4 Early one morning, I took a busine, which is impossible to generalize. ride from Bhubaneshwar to Konark in Orissa. Add marinated fish and cook till tender. Sprinkle with cashew nuts (if using) and serve hot with bread rolls or steamed rice. Filling Wash dal and soak in water for 2 hours. Serve hot with bread rolls or steamed rice. Kerala. Toss well and cook till greens wilt and are just cooked. I had the anarsa in Bihar when I was in India one Diwali, thanks to the MasterChef shoot. Here's the recipe for a culinary masterpiece with such an accurate balance of flavours, it could only come from a seasoned tradesman. The kebabs are shaped in the form of the spade we find on playing cards, and hence the name. Add vinegar and cook till the mixture is very thick. Historically, this dish was cooked by the Portuguese using vin (wine) and alhoo (garlic). Sprinkle with chilli powder and toss well. Fish out the garlic cloves and ginger and grind to make a smooth paste. It smells slightly like an onion. So the Rajasthani people depend considerably on dried beans and berries for their food. Mix onions into the meat along with green chillies and salt and cook till the gravy thickens to the desired consistency. Mix well. When the spices crackle, stir in tamarind pulp, coriander powder and mango with 2 tbsp of water. Add some more water, if required. Using a rolling pin, roll out the dough into a 6"-8" round paratha, taking care to roll it evenly and ensuring that the dough is not punctured. I had never imagined that vermicelli could be used to make a biryani, and little wonder that it was invented in the royal kitchen of the Nizam of Hyderabad. Cover and set aside to marinate for 2 hours. Meat Clean the meat; wash and cut into large cubes. Pour mixture in a metal bowl and freeze till hard. INGREDIENTS Fish 1 kg sole fish A few strands saffron, dissolved in water 1 tsp garlic, roughly chopped 1½ tbsp garlic, r seeds, lightly roasted 2 tbsp calumpong nuts (chironjee) 3 tbsp fresh coconut, finely grated Spice powder 1 tbsp fennel powder 1 tsp pistachios, blanched and finely chopped 1½ cups plain yogurt ½ cup gram flour 1 tbsp fennel powder 1 tsp caraway seeds, roasted and powdered 1 tsp red chilli powder 1 tsp salt or to taste Sealing dough 1 cup all-purpose flour (maida) METHOD Fish Skin fish and clean it thoroughly. When hot, add asafoetida powder and mustard seeds. Drain and set aside for 15 minutes. In a pan, combine rice with coconut milk, coconut, peppercorns, salt and ½ cup of water. Makai ka soweta is one such dish. The little lentil grains rolling over your tongue interspersed with smooth shreds of spinach give the dal a lovely texture and taste. Even after being a chef for so many years, I still feel there is something more to learn when it comes to Kolhapuri cuisine. Remove into a bowl and mix in lime juice. Amla Soup Indian Gooseberry Soup SERVES 4-6 This soup reminds me of the rasam I enjoyed during my stay at Amma's ashram. Naan Soft Flatbread SERVES 4-6 There is a tradition in India of offering a tiny ball of bread dough to the fire. 16) Tempering 1 tsp clarified butter A pinch of asafoetida powder ½ tsp mustard seeds ½ tsp cumin seeds 1 (small) sprice fresh curry leaves 2 green chillies, finely chopped METHOD Wash rice and set aside to drain in a colander. In a mixing bowl, whisk milk, cream and yogurt till well combined. Cook stirring continuously for about 2 minutes. Mix and serve immediately. In fact, the term 'Indian cuisine' is a misnomer, since even traditional Indian dishes vary tremendously from region to region. Set aside for 30 minutes before serving. Place the marinated duck on a greased baking tray, cover with foil and roast in the oven for 20-25 minutes. It's a typical
Kerala dish. Stir in tamarind pulp and jaggery and cook till the jaggery dissolves. Serve hot, sprinkled with lime juice. Add blanched cucumber to the flavoured yogurt and bring to a simmer over low heat, stirring continuously. Drain and chop. Use it with bater or farmed quail to make a feast worthy of the maharajas' praise. Blend till the yogurt becomes frothy and the other ingredients are crushed. As a child, I remember picking these up, wrapping them neatly in a dirty cotton cloth and taking them home to my mother, who would then make us some of the most mouth-watering treats. Poppy seeds with 1 cup of water in a small bowl and allow to soak for 20 minutes. In a mixing bowl, combine marinade ingredients. Gradually mix in 3 cups of water and cook over medium heat, stirring occasionally till rice is tender and fluffy. Konkani food is characterized by the accentuated use of coconut, cashew nut and kokum. They scoured the land but all they got was hot, dry sand. Dilute 2¹/₂ cups water to make lassi. INGREDIENTS Fish ¹/₂ cup dried plums 300 g pomfret fillets 3 tbsp clarified butter 2 (medium) onions, finely chopped 2 the the provider 1 to be the p garam masala powder A few drops vetiver (kewra essence; optional) Rice 1¹/₂ cups basmati rice 1⁻¹ stick cinnamon 4 cloves 4-5 black peppercorns 1 tsp salt or to taste To assemble 4 tbsp clarified butter A few strands saffron, dissolved in ¹/₃ cup warm milk 1 (medium) onion, finely sliced and deep-fried till golden and crisp METHOD Soak plums in water for 1 hour. Brush with oil, turn again and cook till done on both sides. Delicious as it is, it is also beneficial for our health, as nadru is a rich source of calcium, iron and fibre. Arrange marinated pumpkin peel on a tray and brush with any remaining marinade. INGREDIENTS Dough 2 cups + extra all-purpose flour (maida) ^{1/3}/₃ cup clarified butter Paste ¹/₃ cup clarified butter ³/₄ cup all-purpose flour (maida) Sugar syrup 1 cup sugar 4 cloves To shape and cook the khaja All-purpose flour (maida) for dusting bowl, combine flour with clarified butter and mix with your fingertips till it looks like breadcrumbs. Heat ¹/₄ cup of clarified butter on a griddle over low heat and shallow-fry the patties in batches till golden. Add vinegar, peppercorns and salt and cook over low heat, stirring occasionally, till duck is tender and the gravy is reduced to a third of its original volume. Add fried fish and simmer for 2 minutes to heat through. Before they started, each one of them folded their hands and said a prayer. If it's too tangy, add more jaggery. In a mixing bowl, combine the chicken mince with ginger, garlic, spring onion, garam masala powder, pepper and salt and mix very thoroughly. Set aside for 10-15 minutes; then mash the tamarind well. When they crackle, add onions and fry till golden. The most brightly coloured clothes, bangles and puppets stand out sharply against the brown, arid sand dunes; the dry, harsh weather is completely unlike the friendly, compassionate people there. Pour in 1½ cups of water and bring to a boil, stirring all the while. Remove from heat, cool and blend to make a smooth purée. Add prawns and sauté till they are properly coated with the sauce. Remove and store in a clean, dry, airtight glass or ceramic jar for up to a year. Kokum Rice Tangy-Sweet Rice SERVES 4 Kokum is found in abundance in the Konkan region along the western Ghats. Of course, dried ker is available all year round. Almost every Indian state has its own version of this soup and Rajasthan is no different. Add more water as required, depending on the desired thickness of the curry. Put the remaining oil in a kadhai (wok) over low heat. Knead in about 1 cup of water to make a soft, smooth, pliable dough. In reality, India hosts a greater number of distinct regional cuisines than most continents. INGREDIENTS 8 pieces lamb trotters Spice bag ½ tsp cumin seeds ½ tsp coriander seeds 2 × 1" sticks cinnamon 6 cloves 5 pods green cardamom 2 (medium) bay leaves 2 flakes lichen flower (dagad phool) 1" stick sandalwood 6-8 rose petals 1 tsp peanuts Salan 1 tsp cumin seeds, lightly roasted and crushed 2 tbsp coriander seeds 3 tbsp fresh coconut, finely grated 1 tsp peanuts Salan 1 tsp cumin seeds, lightly roasted and crushed 2 tbsp coriander seeds 3 tbsp fresh coconut, finely grated 1 tsp peanuts Salan 1 tsp cumin seeds, lightly roasted and crushed 2 tbsp coriander seeds 3 tbsp fresh coconut, finely grated 1 tsp peanuts Salan 1 tsp cumin seeds, lightly roasted and crushed 2 tbsp coriander seeds 3 tbsp fresh coconut, finely grated 1 tsp peanuts Salan 1 tsp peanuts Sal red chilli powder ½ tsp black pepper powder 2 tbsp ginger-garlic paste 1 cup plain yogurt, whisked ¼ cup clarified butter 2 (medium) onions, finely sliced 4 green chillies, slit lengthwise 1 tsp salt or to taste Garnish A few sprigs fresh mint leaves METHOD Rinse the trotters thoroughly under tap water. It is used in Awadhi kebabs. Fold in the sweetened khoya and saffron-almond powder. Ginger-garlic paste In a mortar, combine ginger and garlic and grind to make a coarse paste. Puducherry Mustard-Flavoured Vegetables SERVES 4-5 French culture has deeply influenced the people of Pondicherry, now renamed Puducherry. Transfer to a plate and serve hot. It can then be stored or used immediately. Return the gravy to low heat and add the seared chicken. 13) 1½ tsp caraway seeds, rubbed between the palms 2 bay leaves 4 dried red chillies 1 (large) sprig fresh curry leaves 1 (large) onion, finely chopped 1 tbsp ginger-garlic paste To smoke the dal 1 small unglazed earthen bowl (thikri) METHOD First soak the thikri in water for 2 hours. Carefully lift the roti and place it on the warm griddle.) Cook till done on one side, gently pressing the edges with your fingertips to ensure even cooking. I saw the variety of food which has been part of its cuisine for so long, it has almost become a culture. The diners peel the leaf off themselves. Bake naans till golden and slightly sticky. Serve hot, garnished with grated coconut. In spite of being a strong-willed and successful businesswoman, Shazia is very down-toearth and family-oriented. Mix in prawns and salt. It's a brilliant dish as it is, but the love and effort put in by the students enhanced its flavours even more. INGREDIENTS 8 small aubergines 34 cup sheet beans Spice paste 1 the love and effort put in by the students enhanced its flavours even more. asafoetida powder ½ tsp mustard seeds A pinch of carom seeds ¼ tsp turmeric powder ½ tsp red chilli powder ½ tsp garam masala powder 1 tsp jaggery, grated ¾ tsp salt or to taste METHOD Cut the aubergines into quarters. NOTE: It is best eaten fresh, but may be stored in the refrigerator for not more than 2-3 days. Gradually stir in coconut milk and simmer for 2 minutes. Remove from heat and serve hot with roti. Spice paste In a blender, combine spice paste ingredients with 1/3 cup of water and grind to make a smooth paste. Mix in the remaining ingredients and knead till the moisture from the onion binds everything together. The dal must be mushy. I told him the one with the sweet-sour pineapple; it was a most delectable dish and left an indelible imprint on my palate. Till date, nothing, not even the most expensive meats or desserts I've had, has had such an effect on me. But even the leaves, flowers and trunk are edible. When the pressure settles, whisk or churn dal to mash well. Haldi patra pitha is a sweet usually made for the festival of Prathamastami. A parda-nashin kebab is, as the name suggests, a veiled kebab. Remove and spoon into a serving dish. Gravy Clean the fish and make a slit in the side. Cover the rotis with another sheet of greaseproof paper and place in an oven at 40°C for 3 hours or till rotis are dry and crisp. Imli Ka Raita Tamarind & Yogurt Relish MAKES 1 CUP This is one of my favourite recipes. Spice paste Put oil in a frying pan over low heat. I came across this unique recipe during a visit to Mangalore. Melt 2 tbsp of crushed sesame seeds till well incorporated into the caramel. Hunting was a favourite pastime of the maharajas. My team forced me to take a break and relax, much to my indignation. Transfer to a small pan, place over medium heat and bring to a boil. He is a fantastic cook and makes the world's best rajmah. I am thankful for the food I eat, for being in a position where I can feed other people who need nourishment. This achar is the perfect blend of flavours and leaves a nice, tingling sensation on your tongue. To serve Spoon the curry into a soup plate. In a mixing bowl, combine lamb mince with garam masala powder, garlic paste, crushed cumin seeds, onion paste and egg yolk. BREADS Bepadiya Rotli Double-Layered Flatbread SERVES 4-6 Once I was having lunch at a friend's ancestral home in a small village called Chandod in Gujarat, right on the banks of the Narmada. My ride became more enjoyable as I was carrying a packet of the most delicious rice prepared by Joseph Rozario, a contestant on MasterChef India. When the water is boiling rapidly, blanch the marinated cucumber in it for 30 seconds. Add duck pieces to the oil and sear well. Remove, fold into four and serve. Anardana Aur Mirch Ki Chutney Pomegranate & Chilli Chutney MAKES 1 CUP Kashmir is called 'heaven on earth' for a reason. When the mustard seeds crackle, pour the tempering over the chutney. Stir for 1 minute and add meat. Remove from heat and cool to room temperature. How was I going to compete with all these pancake experts? Using a rolling pin, roll out the dough into a disc of about 5" diameter and ½" thickness. Rub the seasonings well into the slit and set aside to marinate for 15 minutes. Finally, they sought the help of the gods and asked them to be sympathetic and give them food. Chholiya is one of my favourite ingredients. NOTE: Doli ki roti can be stored in an airtight container, without refrigeration, for 3-4 days. Watching a roomali roti being made and then served neatly like a
folded handkerchief is like watching a magic trick. Add ground spice paste and sauté for 1 minute. The fort, built in the fifteenth century by the Portuguese, is located in the quiet East Indian village of Vasai. Cut each trotter into 3 pieces lengthwise. These make for a fabulous dish when cooked with minced mutton. Strangely though, black pepper has been a common ingredient in Indian cooking since time immemorial. Using tongs, place the charcoal on the foil and put the sandalwood shavings (if using) on it. Remove into a bowl, and if too thick, whisk in some water. To cook the quails Preheat oven to 180°C. Cover and set aside for 10 minutes. Cover and simmer till fish is just cooked. Reduce heat to low and add cumin seeds. I was working at the Leela Kempenski in Mumbai, as was Manish. Some more toddy may be added if required. Line a baking tray with greaseproof paper. Rub 1 tbsp of the ground spice paste into the fish and set aside. Add all gravy ingredients, except salt. Serve hot with plain yogurt. When hot, add cinnamon and cloves. 50) 2 green chillies, slit lengthwise ¼ cup fresh coriander leaves, finely chopped ¼ cup fresh pomegranate seeds, crushed 1 tsp salt or to taste METHOD Wash chicken and cut it into large pieces. Curious, I asked the cook and he told me he used kokum instead of tamarind and that it was called punarpuli saaru. They are plucked fresh off the fruit and used immediately. Shirazi Pulao Parsi Mutton Rice SERVES 4-6 There is never a dull moment at a Parsi dining table. This dish has a beautiful earthy flavour as it is slowly cooked on the hot stone. I was deeply impressed and one by one began to taste whatever was available. When seeds swell up and are soft enough to split when pressed between your thumb and finger, drain away the excess water. It can be eaten after about 30 minutes, though it does taste better once matured. Remove from heat, mix in salt and sugar, and stir till sugar dissolves. If you ever visit a Gujarati home, you'll be overwhelmed by their warmth and hospitality. Other spices) are carom seeds, brown mustard seeds, caraway seeds and dill seeds. Stir occasionally and add more water while cooking, if required. I still remember the day I ate this dal. To serve Reheat sauce. Mix in chopped onions, coriander leaves and salt with ½ cup of water. Occasionally, the king rewarded the cooks for their outstanding culinary skills. STARTERS Baingan Kaachri Crisp-Fried Aubergine Slices SERVES 4-6 This is a wonderful dish made of velvety aubergine slices covered with a thin, crisp crust. As a food researcher, she has been involved in the theoretical aspects of several projects. 'But what do I make?' he asked. Remove and brush lightly with remaining clarified butter. When hot, add the coconut and stir continuously till golden. Meanwhile, to shape a roomali roti, roll a portion of dough into a ball and flatten it between your palms. Mix in ground spice paste and marinated meat and sauté for 5 minutes. Make a well in the centre of the mix and put a piece of foil inside. Add noodles and cook till tender. To shape a roti, spoon a ladle of rice paste on the paper and spice paste into a thin square sheet. Wash and pat dry. Fill into a clean, dry, airtight glass jar and store in a cool, dry place. Gently rub your thumb on it and pull the thumb and finger apart. Chinta chiguru murgh is a very popular dish in the Guntur district of Andhra Pradesh. Cook, stirring occasionally, till nearly all the moisture evaporates. Menaskai is usually made on special occasions. Stir in the chilled cream mixture, clove- cardamom paste and saffron, dissolved in 2 the white pepper powder or to taste 4 the milk. 44) 1 cup fish stock ³/₄ tsp salt or to taste 4 few strands saffron, dissolved in 2 the milk. water in a deep pan and bring to a rapid boil. It was at a restaurant—run mostly by women—called Sasuma, which translates as mother-in-law, that I first tasted these. The remaining liquid can be mixed in depending on the required consistency of the paste. To describe the recipe in Kamalabai's words—it is simply 'ruchkar'! INGREDIENTS 2 (medium) sweet potatoes, sliced 4 green chillies ¹/₄ cup fresh coriander leaves, roughly chopped ¹/₄ cup peanuts, roasted and powdered ³/₄ tsp salt or to taste 1 tbsp green mango, grated 1 tbsp fresh coconut, finely grated ¹/₄ tsp salt or to taste 1 tbsp fresh coconut, finely grated ¹/₄ tsp salt or taste 1 tbsp fresh coconut, finely g pound to make a coarse paste. Repeat with the other leaf. Leave to mature for a week. Pithagurir Payas Rice Powder Soufflé SERVES 4-5 A classic Assamese dessert, pithagurir payas is a dish to die for. INGREDIENTS 1 cup basmati or long-grained rice ½ cup fresh green gram (chholiya) ¾ tsp salt or to taste METHOD Wash rice and soak in water for 1 hour. Meanwhile, drain rice and put it in a pan with 1½ cups of water. Knead dough again for about 5 minutes. You need to get just the right consistency and blogs extensively on food, and is the author of The East Indian Kitchen that won the Gourmand Award, 2011 for India, www.michaelswamy.com An artist at heart and a graduate of the esteemed Sir J.J. Institute of Applied Arts, Mumbai, PRAVIN POL turned a childhood hobby into a flourishing career. I love taking the tiny, green, silky pods between my fingers and breaking them open. Remove into a grinder, combine with ¼ cup water and grind to make a fine paste. Remove, drain on absorbent paper and serve hot with roti and any chutney of your choice. INGREDIENTS 2 (medium) potatoes 2 tbsp mustard paste (commercial or p. Dust your hands lightly and pat the dough into a 5" flat disc, turning it around slowly to ensure an even, circular shape. Kokum Rasam Kokum Soup SERVES 4-6 Traditionally, rasam is cooked with tamarind as the souring agent. Tomato rougail In a blender, combine tomatoes, onion and green chillies and blend to make a smooth purée. Mix in yogurt and cook, stirring occasionally till all the moisture dries up. Stir in turmeric powder and salt. Do not separate the flesh from the bone completely. Marination In a grinder, combine onion with tomatoes, lime juice and mustard paste and grind to make a fine paste. Spread batter evenly on the veined side of the leaf and roll into a tight roll. The softness of the aubergine and the slightly firm live beans taste fabulous with hot rotis, straight off the tava (griddle). Mutton Clean the meat, wash and cut into curry-sized pieces. Serve hot with sanna (p. Return to the freezer and refreeze. Spoon contents of pan into the pressure cooker containing the beans. Add tamarind pulp, mix well and stir in 4 cups of water. The location, the semi-arid climate and the Indo-Iranian influences all come together, culminating in a cuisine that is truly spectacular. Wash fish and cut into large pieces. I, however, discovered that it tastes absolutely blissful with freshly made pomegranate sorbet, whose sweet, fresh lightness complements the creamier and heavier khubani perfectly. Sanna is another Goan bread, which looks and tastes absolutely different from any you may have had so far. There was a time when I was one of those students, enthusiastically clapping for someone on the dais. Mix well and cook for about 5 minutes. Serve hot with pudina chutney (p. In a pan, combine lamb is slightly mushy. Nadru Yakhni Lotus Stem Broth SERVES 4 I have been to Kashmir five times already, but I just can't get enough of the place and its food. The succulence of the chicken in the silky smooth, silvery gravy makes for a truly royal experience. When the spices crackle, pour the tempering over the curry and serve hot. Cover with a damp muslin cloth and set aside for about 30 minutes. Add sugar and stir till it dissolves. Boil till tender. The dough should not become soft or soggy. When the spiced jaggery ferments, mix in flour, cover and set aside in a warm place for another 2-3 hours to ferment further. Filling Put oil over a strong flame, till red-hot. I was confused when I ate it for the first time at a friend's brother's wedding. Add tamarind pulp, chilli powder, coriander powder and 2 cups of water and cook for about 5 minutes. Put oil for the tempering in a pan over medium heat. NOTE: If sandalwood oil or essence is not available, use only refined oil for smoking the chicken, but the flavour will be much lighter. Refrigerate for not more than 2-3 days. Reduce heat to low and keep
stirring till the mixture starts to simmer. And in this heaven of colours is a place called Pampore, known to produce some of the world's best saffron and is home to acres and acres of lavender flowers. INGREDIENTS Green chilli paste (for 1 tbsp) 6 green chillies, stalks removed A pinch of salt Almond paste (for about 1 cup) 1 cup almonds, unsalted Meat 750 g mutton, boneless 1 slab, 2' × 2' granite stone 2 tbsp ginger-garlic paste 2 tbsp ginger-garlic paste 2 tbsp almond paste 1 tsp garam masala powder ½ tsp black peppercorns, crushed 1 flake lichen flower (dagad phool) 1 tsp salt or to taste ¾ cup fresh mint leaves, finely chopped 1½ cups whole milk METHOD Green chilli paste Combine chillies and salt with 1 the base of the base o Cover and cook till chicken is tender and gravy is thick. When hot, add all spice paste ingredients, except coconut, and sauté till onions turn golden. To smoke the filling Make a well in the centre of the filling and put a piece of foil inside. After using dried plants and shrubs for cooking, they came up with using an amazing ingredient for seasoning a simple dal. The men then weave their nets and venture out into the great seas to haul in fresh fish. Mix in potato, cauliflower, carrot, green peas and coconut milk. If using the canned version please ensure only unsweetened coconut broth and cook over high heat, stirring occasionally till the liquid reaches the level of the rice. Add salt and serve hot with bread rolls or sanna (p. Do ensure you make lots of it, because your family just won't get enough! INGREDIENTS 4 (large) bitter gourds (karelé) 1 tsp salt or to taste 2½ tbsp rice flour Oil for deep-frying ¾ tsp red chilli powder 2 (medium) sprigs fresh curry leaves 1 (large) onion, finely sliced 1¹/₂ tbsp fresh coconut, finely grated METHOD Wash gourds and pat dry. Meanwhile, divide the prepared dough into marblesized balls and roll each portion into a small disc. It is very popular in central and western India. 238). Simmer for about 1 minute and remove from heat. Mix in cream and salt. Even through the hot chillies, you can make out the taste of the raw mango and peanuts. Cover pan with a plate containing 1 cup of water and grind to make a smooth paste. Mix in the remaining sauce ingredients with $\frac{1}{3}$ cup of water and bring to a boil. Stir in coriander powder, cumin powder, chilli powder and about 1/2 cup of water. Soup Melt butter in a large pan over medium heat. Mix in the remaining spice powders, ginger paste and tomato purée. Pour in half the batter and spread evenly. Vikas is a firm supporter of sustainable farming and is focused on cooking with produce from local farms of New York. After the ceremony, we sat down to a wonderful meal prepared by the students. When hot, add mustard seeds and red chillies. The combination of toddy, fresh coconut and spices give this cake an unexpected twist. When the spices crackle, add onions, ginger and garlic and sauté till onions turn translucent. INGREDIENTS (makes 12-14) 1½ tsp dry yeast granules 2 tbsp sugar 4 tbsp milk 1 (medium) eqg, lightly beaten 4 cups + extra all-purpose flour (maida) 1¹/₂ tsp sugar. When the spices crackle, add asafoetida powder and turmeric powder. Place in the steamer and steam for 10-12 minutes till chicken and rice are just cooked. Brush a flat griddle with oil and put over high heat. When hot, separately fry all the spices in the order given till each one changes colour and becomes fragrant. Dried fruit, cream and saffron are used unsparingly and every guest is treated like a king. grind to make a coarse paste. I liked it so much that I had twice as much as I normally eat! INGREDIENTS Dal ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste ½ cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste 1/2 cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste 1/2 cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste 1/2 cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste 1/2 cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste 1/2 cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste 1/2 cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp oil Spice paste 1/2 cup husked, split pigeon peas (arhar/toover dal) A pinch of asafoetida powder ½ tsp o lightly roasted ½ tsp cumin seeds. lightly roasted 1" stick cinnamon 4 cloves 5 black peppercorns 3 dried red chillies Rice 1 cup basmati or long-grained rice 1 tsp salt or to taste METHOD Dal Wash dal and soak in water for 20 minutes. Add salt and 3 tbsp oil. Dal Wash all dals and soak in water for 15 minutes. When we had finished the communal meal and I was enjoying my first experience of a traditional south Indian wedding, everyone passing by kept asking me 'Oota aitha?' meaning, had I eaten. Add jaggery, sugar and ¹/₄ cup of water and stir continuously with a wooden spoon till jaggery and sugar dissolve to form a syrup. In a small frying pan, melt clarified butter over low heat. INGREDIENTS Kebab mix 400 g lamb mince, ground 6 times till it is a smooth paste 4 tbsp raw papaya paste (p. The ruthless climate makes it necessary for the people to create dishes that help them survive in the desert. Put 2 tbsp of oil in a frying pan over medium heat. Meanwhile, put oil in a frying pan over medium heat. It's a dish you'll fall in love with instantly. Brush the entire fish with saffron water and set aside for 5 minutes. Add the tempering spices. Originally created by a famous rakabdar named Pir Ali who worked for the Nawab of Awadh, this dal commands a place of supreme respect in any feast. All of us would run to her and grab as many as our little hands could hold and stuff them into our mouths, as she looked at us fondly. Place fish on a serving platter and drizzle sauce over it. Gongura Mamsam Mutton Stew with Sorrel SERVES 4 I love the hearty, incredibly balanced flavours and the natural sourness that you get with this Andhra dish. Then, watching the sea, the sky and the people, I would take my own sweet time to enjoy that plate of yummy rice. Add curry leaves, turmeric powder, green chillies, pepper and salt. The royal cooks carried a special dry spice blend with them. INGREDIENTS Fenugreek seeds Mustard paste (for 4 tbsp) 4 tbsp yellow mustard seeds ¹/₄ tsp salt Curry 1 (large) potato 1¹/₂ cups cauliflower florets 1 tsp sesame oil 3 cloves garlic, crushed ¹/₂ tsp cumin seeds 1 (medium) onion, finely chopped 2 (medium) tomatoes, finely chopped 1 tsp salt or to taste 1 tsp red chilli powder ¹/₂ tsp paprika flakes 1 (medium) carrot, diced ¹/₂ cups cauliflower florets 1 tsp sesame oil 3 cloves garlic, crushed ¹/₂ tsp cumin seeds 1 (medium) carrot, diced ¹/₂ cups cauliflower florets 1 tsp sesame oil 3 cloves garlic, crushed ¹/₂ tsp cumin seeds 1 (medium) carrot, diced ¹/₂ cups cauliflower florets 1 tsp sesame oil 3 cloves garlic, crushed ¹/₂ tsp cumin seeds 1 (medium) carrot, diced ¹/₂ cups call cloves garlic, crushed milk (p. Stir in ½ cup of water, cover and simmer till mutton is nearly cooked. Mix in the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and
simmer till chicken is tender and the ground coconut-onion paste with tamarind pulp and 10 dried red chillies 10 dried mango pieces 1 tsp turmeric powder ³/₄ tsp salt or to taste 3 tsp red chilli powder 1¹/₂ tsp dried mango powder Tempering 5 tbsp mustard oil 2 tsp cumin seeds METHOD Wash ker and soak overnight in 1 cup of water. One such truck driver led me to a village on the outskirts of the Thar Desert. Serve hot with roti. Wet your palms with milk and knead dough till it holds together. Gradually add water and mix to make a very soft, sticky dough. Add chicken and mix to make a very soft, sticky dough. Add chicken and mix to make a very soft, sticky dough. be substituted with red pumpkin peel, sliced carrots, French beans or bitter gourd slices. Divide dough into marble-sized portions. I connected with them through the languages I know best—love and food. Toss and cook till crabs are heated through, taking care not to overcook them. In this book I have focused on traditional and unique recipes that recall that comfort and bring back those festive moments, and which have given me a broader view of the food here. Awadhi cuisine is the cuisine of the incuments of the incumen itself useful to us. Malvani Mutton Coconut-Flavoured Mutton SERVES 4 MasterChef India helped me reach out to the masses like never before. Stir continuously till sugar dissolves. Invert a kadhai (wok) over low heat. One of my favourite foods there was the poee bread. INGREDIENTS Raw onion paste (for about ³/₄ cup) 1 cup onions, roughly diced Boiled onion paste (for about ¹/₃ cup) 1 cup onions, roughly sliced 3 black peppercorns 2 cloves ¹/₂ stick cinnamon 1 (small) bay leaf Kebabs 4 (large) dried red chillies 1¹/₄ tsp salt or to taste 2 (large) eggs, separated 1 tsp garam masala powder 2 tsp garlic paste 1¹/₂ tsp cumin seeds, lightly roasted and crushed ¹/₂ cup onion paste (raw or boiled) Oil for shallow-frying METHOD Raw onion paste Using a processor or blender, blend the onion to get a smooth, thick paste. Having it that day brought back several fond memories of the time I'd spent in Karnataka as a student. And in spite of the ongoing tension and warlike conditions, it continues to bloom and spread its fragrance throughout the country. In a blender, combine the soaked rice (with water) and green cardamoms and grind to make a fine paste. Bundled up in warm, soft woollens, I resolved to brave the slowly intensifying Kashmiri cold winds just to see the famous Floating Market on Dal Lake. through Orissa ended, the taste of that heavenly chutney still lingered on my palate. Taste and add salt, if required. Again, arrange on a tray and brush with any remaining marinade to coat the pieces properly. On the way, I saw a stall selling khajas. The starving people used these leaves to make a sabzi (vegetable) to fill their stomachs. Anarsa Rice Flour & Banana Dumplings SERVES 8-10 Diwali preparations in India begin two months in advance. Dip pumpkin blossoms into batter, add to the hot oil and deep-fry till golden and crisp. The response I got was overwhelming and it was difficult to select a winner. Pour the tempering over the cooked dal and cover immediately. Drain and squeeze out the pulp. What I got was an age-old, truly mouthwatering recipe, which is made with leftover pumpkin peel after the flesh has been used! INGREDIENTS 1 cup thick peel of white pumpkin (of 1 to 1½ kg), diced Marinade ½ cup plain yogurt ¼ tsp asafoetida powder ½ tsp red chilli powder ½ tsp cumin seeds, lightly roasted and coarsely crushed ¾ tsp salt or to taste To serve Oil for deep-frying METHOD In a bowl, combine pumpkin peel with the marinade ingredients. Cook for just 1 minute, remove from heat and cool to room temperature. Reduce heat to low and simmer for 2-3 minutes. VEGETABLES Monk's Bak Choy Lightly Flavoured Bak Choy SERVES 4-6 On my way to Bodh Gava from Varanasi, I stopped at a monastery near Sarnath. Knowing very well what I was up to, he simply said, 'Hope you enjoy the food, but make sure you save enough money for the return ticket!' I LEARNT SOME OF THE GREATEST CONCEPTS OF COOKING AND CULTURE WHEN I WAS HUNGRY Another time, my friend Parminder Pal and I went on a

bicycle ride from Mangalore to Goa. I had the great privilege of living in her ashram and enjoying the food cooked by her devotees every day. Sauté for 1 minute till mushrooms soften. Rajasthani Bajré Ki Roti Hand-Pressed Millet Flatbread SERVES 4 'Follow the truck drivers' was the policy I adopted when travelling throughout India. Serve it hot with a dollop of melted clarified butter and make the gods happy. Even today, there are times I crave for it. Cover and cook over medium-low heat till dal is cooked and most of the water is absorbed. Spoon 1 tsp of clarified butter over the charcoal and as it begins to smoke, immediately cover the pan with a tight lid. Remove from heat and allow pressure to settle. Mix in salt and pepper. Haldi Patra Pitha Sweet Turmeric Rice Flour Dumplings SERVES 4 In Orissa, when I first saw a group of women walking over rice in an open field, I couldn't believe my eyes. TAMBDA RASSA INGREDIENTS 500 g mutton, boneless Marinade ½ tsp turmeric powder 1 tbsp ginger-garlic paste 1 tsp salt or to taste Spice paste 2 tbsp oil 4 cloves 5 black peppercorns 2" stick cinnamon 1 (large) onion, finely sliced 2 tbsp white sesame seeds 1 tbsp cumin seeds 1 tbsp black peppercorns 2" stick cinnamon 1 (large) onion, finely sliced 2 tbsp white sesame seeds 1 tbsp black peppercorns 2" stick cinnamon 1 (large) onion, finely sliced 2 tbsp black peppercorns 2" stick cinnamon 1 (large) onion, finely sliced 2 tbsp white sesame seeds 1 tbsp coriander seeds 1 tbsp black peppercorns 2" stick cinnamon 1 (large) onion, finely sliced 2 tbsp white sesame seeds 1 tbsp coriander seeds 1 tbsp black peppercorns 2" stick cinnamon 1 (large) onion, finely sliced 2 tbsp white sesame seeds 1 tbsp coriander peppercorns 1 tsp mustard seeds 1 tsp fenugreek seeds 1 tsp cloves 2 (large) bay leaves 1 tsp oil ¹/₄ tsp nutmeg powder 2 tbsp red Kashmiri chilli powder Curry 2 tbsp oil 2 bay leaves 4 cloves 2 (large) bay leaves 1 tsp oil ¹/₄ tsp nutmeg powder 2 tbsp red Kashmiri chilli powder Curry 2 tbsp red Kashmiri chilli powder Curry 2 tbsp oil 2 bay leaves 4 cloves 2 (large) bay leaves 4 cloves Kolhapuri masala 1 tbsp clarified butter METHOD Clean meat, wash well and cut into curry-sized pieces. Serve with roti, paratha or any rice-based dish. To serve, spoon the mutton pieces in one bowl and the gravy in another. Stir in tomatoes, salt, chilli powder and paprika and cook till tomatoes are mushy. Bring the curry to a boil. Three elements like fish, plums and rice, so different from each other in terms of texture and taste, converge to form something exquisite. Grease a cake tin lightly. Filling Melt clarified butter in a frying pan over low heat. NOTE: Alternatively, the dal can be cooked and tempered in an unglazed earthen vessel. Combine ingredients for the soaking solution in a large bowl and soak sangri in it overnight. I asked if I could do it with them and she readily agreed. This dish is inspired by the famous kundan kalia (golden gravy). Salan In a large pan, combine 2 cups of water with the spice bag, crushed cumin seeds, cociander seeds, sesame seeds, cociander seeds garlic paste. Remove and serve hot with roomali roti (p. The rest of the team loved it too, and, after a quick discussion, it was collectively decided that this soup deserved a place in the book. In Goa, it is called 'the poor man's bread' (so, it suited me just fine!). (You can also dilute ready-made tamarind paste, available commercially. Set aside to marinate for 20 minutes. Drain and chop roughly. Nadru, kamal kakri or lotus stem, is round, and white to light green in colour. I remember having her book for many years and not being able to follow it because I couldn't read Marathi. You can also mix roasted cumin seeds for extra flavour when grinding. Drain and combine with mango, green chillies, garlic and salt in a food processor. Cooking madra requires a certain amount of skill and plenty of elbow grease and patience. I happened to peep into the kitchen and saw the staff chanting a prayer before getting on with their day's work. (If using turmeric powder, combine turmeric powder with just enough water to make a smooth, thick paste and mix in salt.) Sauce In a mixing bowl, combine turmeric paste, chilli paste and mustard paste with 2¹/₂ cups of water. The final shape should be a square khaja. Kokum Amla Chutney Kokum-Gooseberry Chutney MAKES 1 CUP A savoury-sour condiment is always welcome. Pour the extra oil on top of the pickle before covering and store in a cool, dry place. Made of rice, banana and clarified butter, and topped with tiny poppy seeds, this sweet requires considerable practice to make. INGREDIENTS Raita 1 cup plain yogurt, whisked thoroughly 2 tbsp tamarind pulp (p. And the thing that really floored me was her relationship with her mother-in-law. When hot, add whole spices. (If the roti has been flattened evenly, it will puff up while frying.) Remove and drain on absorbent paper. Coat the marinated lamb with the sweetened yogurt, cover with cling film and refrigerate for another 2 hours. INGREDIENTS ½ cup sugar ½ cup pan, combine milk with sugar and clarified butter and put over low heat. Place in the steamer and steam for 15-20 minutes or till a toothpick inserted in the centre comes out clean. Put a griddle over medium heat. When hot, add onions and sauté till soft. (When the anarsa is added to the clarified butter, it tends to spread, due to the moisture of the sugar.) When the anarsa is golden and the surface resembles a fine mesh, remove and drain on absorbent paper. e-ISBN: 978-8-184-75798-9 Not for sale in USA This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition including this condition including this condition being imposed on the subsequent purchaser. Mix in 1 cup of water, cover and cook over low heat for 10-15 minutes till chicken is tender. When the spices crackle, add garlic and onion and sauté till onion turns translucent. Add just enough water to cover the contents of the pan and cook over low heat, stirring regularly, till all the moisture dries up and the yam is mushy. Pour into serving bowls, top with lime leaves and chill till set. It is usually served with meat. Mix in ginger paste, garlic paste and gram are cooked. Though duck is not commonly consumed in India, I personally feel any cookbook on Indian cuisine is incomplete without a recipe like this. Roll out a portion of dough into a small, flat 2" disc. Content with your life, your joys, your sorrows, everything. Knead dough gently for about 10 minutes. Sprinkle with rice flour and toss well INGREDIENTS Spice paste 2 (large) onions, sliced 6 cloves garlic, roughly chopped 1 piece ginger, roughly chopped 3 dried red chillies Soup 1 tbsp oil 2 stalks lemon grass, crushed 1 tbsp curry powder (p. SLEEPING IN TEMPLES, RIDING ON THE ROOFS OF BUSES, MUNCHING ON EVERY NEW FLAVOUR THE STREET-SIDE VENDORS HAD TO OFFER—WE DID IT ALL As I travelled through the length and breadth of India writing this book I had a paradoxical experience. 49) 1 tsp salt or to taste 2 tsp red chilli powdered 2 tsp dried rose petals, powdered 2 tsp red chilli powdered 5 pods green cardamom powder 4 tbsp husked, split Bengal gram (chana dal), roasted and powdered 4 tbsp cashew nut paste (p. Remove into a mortar and pestle and crush to taste Tempering 2 tsp oil 1 tsp mustard seeds A pinch of asafoetida powder 1 (small) sprig fresh curry leaves METHOD Put a griddle over low heat and separately roast gram, green chillies and coriander leaves till their colour changes slightly. Serve hot with 74 cup of water and set aside. When the pressure settles, open cooker and serve the beans hot. The backyard was the kitchen, the soil the platform—a kitchen with no walls and no boundaries, from where the aromatic fumes rose straight into the sky. The amazing food of Rajasthan. Dust with flour and roll out into a roti with a rolling pin. The next day, drain all soaked ingredients and set aside in separate bowls. Brush each leaf liberally with the prepared paste. Add asafoetida powder and cumin seeds. Add Kolhapuri masala and cook for 1 minute longer. Strain and reserve the liquid. Marination In a bowl, combine all marinade ingredients and mix well. Cut the strips into 1" pieces and set aside. Reduce heat to low and stir in coconut milk and jaggery. When hot, add asafoetida powder, mustard seeds and curry leaves. I first ate this dish in Goa and was bowled over by its simplicity and flavours. Cook for about 2 minutes and pour in 1 cup of water. INGREDIENTS Patra 8 (large) colocasia leaves 1½ cups gram flour ½ cup tamarind pulp (p. They seemed to like it. Gravy Put oil in a frying pan over medium heat. The dish gets its name from the distinctive Koliwada masala, used to marinate the chicken. Using a rolling pin, roll each portion into a flat round disc about ³/₄" thick. My driver told me that we were in the famous Kalinga Sweet Market and that this was where I could get the best sweets in all of India, made by the most experienced and expert halwais (sweetmeat makers). He invited me to his home in Mumbai for lunch one day, where his cook, Angeline, served us some bombil pickle. When hot, add cinnamon, cloves and red chillies. (Take care that nothing spills over the sides of the stone.) Sprinkle garam masala powder, crushed pepper, lichen flower and salt. Serve hot with any vegetarian curry of the stone.) your choice. Kolhapuri masala In a heavy kadhai (wok), combine the coconut, whole spices and bay leaves. INGREDIENTS Turmeric paste and bay leaves. INGREDIENTS Turmeric paste (p. In a grinder, combine roasted ingredients with coconut, tamarind pulp and salt and grind to make a fine paste. The one I liked the most was the prawn patio, which is simple to make and tastes lovely with
rice. Jhinga Patio Sour & Sweet Prawns SERVES 4-6 I had promised the Food Team members of MasterChef India that I'd visit each of their homes. Stir in about 2 cups of water, cover and cook over low heat till meat is tender and the gravy begins to thicken. Remove and transfer to a clean, dry, airtight glass or ceramic jar and refrigerate to store for up to a week. Both the peel and the fruit are used in cooking. Place over medium heat and cook till all moisture evaporates. (The flavour may not be very sharp but it matures over time.) Coconut cream In a mixing bowle combine grated coconut with ½ cup of warm water and set aside for 10 minutes. Add the prepared chutney and sauté for 1 minute. In a way, it introduces you to yourself—the self that sometimes loses its true identity in the daily grind of responsibilities and commitments. Drain and pat dry. Taste and add more salt, if required. 12) ½ cup brown chironjee paste 1¹/₂ cups vegetable stock ¹/₃ tsp mace powder A few drops vetiver (kewra essence) ³/₄ cup fresh cream 1 tsp salt or to taste Garnish 1 leaf silver leaf (varq) METHOD Ginger juice, grate a 3" piece of ginger and combine with 4 tbsp of water in a blender or grinder. The royal cooks experimented with various ingredients, trying to create a kebab good enough for the nawab to eat, but in vain. They can tell you the most hilarious stories and discuss serious, sensitive topics with the same fervour. Sultani Dal Royal Lentils SERVES 4–6 This is as royal as a dal can get! I was served this dal in Lucknow and was besotted by its richness and taste. INGREDIENTS (makes 8-12) 1³/₄ cups wholewheat flour (atta) A pinch of salt ¹/₄ cup oil ¹/₃ cup and extra rice flour with salt. When hot, add ground paste and 2 tbsp vindaloo paste and cook, stirring continuously, till oil floats to the surface. Add gourd slices in small batches and deep-fry till golden and crisp. Mix in coconut and sauté till golden. Drain dal and put it into a large, heavy pan with salt, chilli powder Cashew nut paste (for 1 cup) 1 cup milk or water 1 cup cashew nuts, unsalted METHOD Soup Melt clarified butter in a heavy pan over low heat. Chholiyawalé Chawal Fresh Green Gram Pulao SERVES 4 I look forward to winters for two reasons: one, you get a lovely variety of vegetables during this season; and two, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during this season; and two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during the two reasons: one, you get a lovely variety of vegetables during t Cover and cook over medium-high heat till it is soft. Mix in salt and sugar and transfer into a clean, dry, airtight glass or ceramic jar. Lilva Baingan Sabzi Sheet Beans with Aubergine SERVES 4 The Gujaratis are an extremely friendly lot, who staunchly live by the adage Atithi devo bhava—the guest is God. Once I ended up in Siliguri and excitedly set. called up my brother Nishant from a PCO (public call office) saying that I was somewhere near Darjeeling and was absolutely loving the place. This chutney is generally made on days of fasting by Maharashtrian women, when they do not consume any grains. Ajethna Kaddu Udupi Pumpkin Curry SERVES 4 It was a moment of great honour and pride when my alma mater WGSHA felicitated me with an Award of Distinction at Manipal in Karnataka during ITC's centenary celebrations. Gently, mix the yeast into the flour and his passion for cooking were equally endearing. It is a cake made with cottage cheese which is caramelized to form a beautiful crust on the cake. (Serve as soon as it is cooked, or it turns soggy.) Sattu Paratha Mixed Grain Flatbread SERVES 4 Sattu is a coarse flour made of a variety of roasted grains and pulses. Your guests will be unable to forget the moist, golden vermicelli and the juicy mutton with the faint scent of cinnamon. 13) ¹/₂ tsp red chilli powder ½ tsp or to taste salt 4 tbsp sugar Tempering 1 tbsp oil ½ tsp mustard seeds 1 sprig fresh curry leaves 1 tsp ginger, grated Garnish A few sprigs fresh curry leaves 1 tsp ginger, grated to India sometime around the ninth to tenth century. And all the credit for introducing me to this fabulous dal goes to my friend Manish Khanna. INGREDIENTS (makes 8-10) Dough 1¹/₂ tbsp poppy seeds 4-6 cloves, crushed to a coarse powder 3 pods black cardamom, crushed to a coarse powder 3 pods black cardamom, crushed to a coarse powder A pinch of nutmeg powder ¹/₃ cup jaggery, grated 1 cup + extra wholewheat flour (atta) Oil for deep-frying Filling 2 cups husked, split Bengal gram (chana dal) 1 tbsp oil 1¹/₂ tsp red chilli powder 1 tsp salt or to taste METHOD Dough Combine the spices and jaggery with 3 cups of water in a pan. Taste the broth. To shape the til kut, rol a piece of the prepared sesame fudge into a ball and place on a surface dusted with additional crushed sesame seeds. 13) 1 tbsp jaggery, grated METHOD In a grinder, combine spice paste ingredients with 2 tbsp of water and grind to make a smooth paste. Add cashew nuts and set aside for at least 30 minutes to allow them to soak in the liquid and soften. Place the rolled bhakri (roti) on the griddle and cook over low heat till done on one side. Brush the thick paste over this strip and fold into half. 208). INGREDIENTS 500 g oysters, washed 1 tbsp oil 10 cloves garlic, finely chopped 4 spring onion bulbs, finely chopped 2 dried red chillies, finely chopped 1 cup coconut cream (p. Famous for Kolhapuri chappals, the city is known as a food lover's paradise. Since I was still a student, I would hunt for places that served great food at low prices. Stir in red chillies, coconut cream and stock and bring to a boil, stirring continuously. Finally, I smiled at her and her face lit up. Soak separately in water for 4 hours. Mix thoroughly. Add mutton and saffron with the milk and sauté for 5-6 minutes. Tomato Khatta Tomato Chutney MAKES 1 CUP My first reaction, when I tasted this dish at the Jagannath Puri Temple in Orissa, was, 'Whoa! The gods here sure are lucky!' Tomato khatta is a popular temple side dish. Add fish. Shape the yam portions into round, flattish patties, stuffing each with 1 tbsp of the yogurt filling. Drizzle with cream and sprinkle with reserved almonds. Serve hot with ker sangri (p. Acknowledgements I dedicate this book to my mother and my heaven I thank each and every person who has shared the treasure of her heirloom recipes and trusted me so much for bringing these to the world. 13) Tomato rougail 3 (large) tomatoes, diced 1 (small) onion, diced 4 green chillies, roughly chopped 2 tbsp oil 10 cloves garlic, crushed ½ tsp salt or to taste 3 tsp thyme, finely chopped METHOD Poricha meen Wash the fish slices properly and drain well. Put oil on a griddle over medium heat. Drain and reserve both the rice and the starchy water Remove from oven and preheat oven to 220°C. Gently pour in milk, stirring continuously. To shallow-fry the kebabs Divide the filling mixture into small portions and shape into slightly flattened balls. INGREDIENTS Rice powder Rice as required Payas 5½ + ½ cups whole milk 6 tbsp rice powder 6 tbsp sugar 1 tsp lime rind 4 tbsp heavy cream Garnish 4-5 fresh lime leaves METHOD Rice powder Wash rice and soak for 1-2 hours. Reduce heat to low and simmer for about 2 minutes. If using the canned version, please ensure you use only unsweetened coconut milk.) Soup Wash mangoes and boil in just enough water to cover, till soft. When the spices crackle, add onion and garlic-chill paste and sauté till onion turns translucent. I finally got the chance to visit it when I went to Karnataka to attend an award ceremony. INGREDIENTS Dal 1 cup husked, split pigeon peas (arhar/toover dal) ½ tsp turmeric powder 1 tsp oil 2 tbsp tamarind pulp (p. In a blender, combine garlic, green chillies and 2 tbsp of water and blend to make a smooth paste. Mix in sugar and cook, stirring continuously till it dissolves and the mixture thickens to the consistency of a very small quantities in Indian cooking, my grandmother's pantry was always stocked with it. If you like the story, you're bound to love the dish too. Gradually drizzle in mustard oil, as you would for mayonnaise, and continue grinding to form an emulsion. Place the flattened dough on a very lightly floured surface and, using a rolling pin, roll out into a flat 5" disc. When hot, add garlic and spring onions and sauté till
soft. To cook Divide dough on a very lightly floured surface and, using a rolling pin, roll out into a flat 5" disc. When hot, add garlic and spring onions and sauté till soft. ghost is bhoot.) Later, I realized that bhoot was actually a distortion of the word bhot, which means 'of Bhotia', a tribe in the Himalayan region. Add curry leaves and red chillies. Discard the seeds. Gongura or fresh sorrel leaves, which are generally available during spring, are great to make sauces, salads or even pickles. This chutney is best eaten 24 hours after it is made as the flavour matures. The main ingredient of this soup is a typical Tibetan masala. Owing to the harsh weather, there is a scarcity of fresh green vegetables, and so people are forced to use dehydrated stalks and beans of various kinds. Zafrani Teesroo Oysters in Saffron Sauce SERVES 4 While making the documentary film Karma to Nirvana, part of my Holy Kitchens series, I had the opportunity of visiting green and serene Kerala. To assemble Spread spiced rice in a large pan. Lobster Chinchoni East Indian Lobster Curry SERVES 4 'Why didn't you ever tell me about this?' I chided Michael. However, as the dish made its way to Indian homes, a major discrepancy crept in and changed the entire meaning of the term. Roast the dried coconut till light brown. When the fragrance of cinnamon fills the air, add mustard seeds, fenugreek seeds and cumin seeds. Also works well with tea. 13) 1¹/₂ tsp jaggery, grated Tempering 1¹/₂ tsp is a foetida powder 8 METHOD In a small pan, combine pineapple with 3 cups of water and salt and boil for 3-4 minutes over medium heat. I was rather taken aback Fry the marinated lamb till brown. He told me, with a smile, that that was menaskai. Wet your palms and scoop up a handful of the mince paste. In a small mixing bowl, combine all the whole spices. Repeat for the second roti. After 10 minutes, stir in the remaining sugar, milk and egg and mix well. Brush a large ladle with clarified butter and put it over low heat till warm. Brush one with oil and place the second disc on top. Brush with oil again and fold it into half once more (the fold is called ghadi) to resemble a pie wedge. Mix thoroughly and serve hot. INGREDIENTS Poricha meen 500 g trout or sole, sliced across the bone 1 tsp salt or to taste 4 tbsp oil 6 cloves garlic, crushed 1 cup coconut paste 1/3 cup tamarind pulp (p. Stir till sugar dissolves. In a grinder, combine the drained rice with 1/4 cup of water and grind to make a fine, thick paste. My nose followed the hypnotic aroma of whole spices being roasted in a Punjabi kitchen. Using a food processor or mixer, grind the sautéed onions to a smooth, thick paste. 231). They need to be soaked in water overnight and then drained before use. It should have the consistency of a cake batter. When hot, add the remaining tempering ingredients. In a mixing bowl, combine the rice powder with powdered sugar. Mix in salt and remove from heat. Fun-loving, friendly, clever and very focused about his work—a chef to watch out for—Delzad was the baby of the team (despite being the tallest). Drain and cool. When the spices crackle, add mango ginger and sauté for a few seconds. My Mother India—my country, my soul, my inspiration for this book. Mix well and serve. Place the chicken on a chopping board and flatten it lightly by beating down with a rolling pin. (To test, dip your forefinger into slightly cooled syrup. But then I never tried making it and, sometime later, just forgot about it. Add duck and cook further till the sauce coats the duck. Cover your hands with food grade plastic gloves and shape the hot caramel into a roll. Slide in 4-5 khajas at a time and fry till golden and crisp. Place cooker over medium heat and cook, stirring occasionally till mixture has the consistency of porridge. Mix in saffron with milk and cream. Brush with oil and fold into half to resemble a half-moon. When the spices crackle, add about ³/₄ cup of water with salt, turmeric powder and potatoes. In Amritsar, chholiya was a much sought-after commodity. That's because the madra contains yogurt which needs to be stirred continuously to prevent it from splitting. When the water is boiling rapidly, reduce heat to low and mix in the rice flour using a wooden spoon. Add meat and mix till well coated with the marinade. When hot, add garlic and sauté till it softens. Add corn, ginger and garlice and g and cook for 1 minute. To cook the lamb Preheat the oven to 200°C. INGREDIENTS 1 cup parmal or basmati rice 2 cups plain yogurt, whisked 1 tsp salt or to taste Tempering 1 tbsp oil A pinch of asafoetida powder ½ tsp cumin seeds 1 tsp fresh mango turmeric, cut into juliennes 2 dried red chillies, torn to pieces 1 sprig fresh curry leaves METHOD Wash rice and soak in water for 30 minutes. When hot, add cutlets and shallow-fry till evenly golden. The one I loved most was dal pithaura. When hot, place a poli on it, reduce heat and cook till small bubbles appear on the surface. This was a very special moment as this was the last puja led by His Holiness. Add spinach with ½ cup of water and cook till dal thickens. Blend till the liquid is frothy and milky. Water may be added in case a thin paste is required. Red Coconut Chutney Chilli-Coconut Chutney MAKES 1 CUP Another version of the coconut chutney. This recipe is from the coastal belt of Maharashtra. One of the women told me they were turning the rice to dry it well. Walter corrected me, saying, 'It's been used in India for centuries, didn't you know?' Daulat ki chaat, also known as nimish, is a tremendously loved dessert made in Kolhapuri Chutney Elephant Apple & Cumin Chutney MAKES 1 CUP I was in Kolhapur for a summer learning how to make jaggery. I was out of the car and inside the eatery immediately! And, as always, my gourmet instincts proved right. It tastes excellent just by itself. Place a portion of filling in the centre and gather the dough around it to seal the filling inside. When hot, add dal, red chillies, curry leaves and peanuts. Garlic juice To make 4 tbsp garlic juice, roughly chop 10 cloves of garlic and combine with 4-5 tbsp of water. Murgh Ké Phool Chicken Flowers SERVES 4-6 Murgh ké phool or chicken flowers—I can't believe I had completely forgotten about this dish! I ate it in Hong Kong many years ago and loved it. It was (and still is) one of India's major export commodities. Serve hot with onion salad. Divide dough into large lemon-sized portions and shape into flattish balls. Lastly, and most importantly, I thank VAISHALI MATHUR for working so hard to bring this book to life and making it such a special milestone in my life and giving me the gift of My Great India. Set aside for 10 minutes. My first brush with the wazwan was at my cousin Deepak's wedding where the couple had called for professional wazas (Kashmiri chefs) to cook the feast. Add duck and rub in the marinade thoroughly. Simmer till leaves are tender. Sugar syrup In a pan, combine sugar with 1 cup of water and cloves and bring to a boil over medium heat. So the next time you're in Kashmir, don't forget to visit the Floating Market and gorge on some lovely kheema shalgam. When hot, add cumin seeds, red chillies and curry leaves. Purée apricot flesh in a blender. Goddess Shakambhari (which translates into Bearer of the Greens) was so moved by the plight of the people that she cried for nine days and nights. Place in the oven and bake for 30 minutes or till top is golden and a skewer inserted in the centre comes out clean. In a blender, combine coconut milk with green chillies and blend till smooth. In a blender, combine powdered peanuts with 2 tbsp water and blend till the mixture is frothy. Grind to make a fine paste without adding any water. tomato and cook till mushy. Fresh ker is kept in salt for 15 days so that it loses its sourness. INGREDIENTS Batter 1 cup husked, split black gram (urad dal) 2/ cup rice 3 ½ cup semolina ¼ tsp salt Filling 1 tbsp clarified butter 2 cups fresh coconut, finely grated ¾ cup sugar ¼ tsp nutmeg powder ½ tsp green cardamom pods, crushed To cook 15 fresh turmeric leaves METHOD Batter Wash dal and soak in water for 4 hours. Lay the colocasia leaves flat on the table, dull side up. It brings back some cherished moments of the food team on MasterChef India. A very hearty, warming, nourishing dish. It is the epitome of selfbitality. Reduce heat to low and allow the gravy to simmer for 1 minute. Serve hot, garnished with a swirl of coconut cream or fresh cream (if using), curry leaves and coriander sprigs. Mix in salt, sugar and coriander leaves and cook till sugar dissolves. Cook for 10 seconds on the other side. Khubani ka meetha Drain the prepared diluted dal and the drained rice and simmer for 2-3 minutes. My wish was granted when I visited the Jagannath Puri Temple in Orissa and it was served in the temple meal. To serve Place fish on a serving platter and spoon the rougail over it. Alternatively, boil the cashew nuts in milk for 10 minutes. When hot, add mustard seeds and dal Mix thoroughly, cover and refrigerate overnight. So there I was, walking over rice, talking to those lovely women, turning rice and learning how to make a smooth, soft, pliable dough. Gradually add vinegar and grind to make a fine paste. At my restaurant, Junoon, I use all five elements: handi (pot cooking), sigri (open fire pit), patthar (stone), tava (griddle) and tandoor (clay oven). So, take the next flight to Orissa and head straight to Kalinga Sweet Market. Wash well and set aside in a colander to drain. Curry Wash chicken and set aside in a colander to drain. seconds. Roll the meat around the filling to conceal it. When the pressure settles, whisk dal till smooth and stir in 1 cup of water. So, the rice is said to be as hot and fiery as Raavan himself! Spicy though it is, Raavan bhaat has a unique flavour. Keeping the theme in mind, I decided to incorporate spirituality into my cooking. Seviyan Gosht Biryani Vermicelli & Mutton
Biryani SERVES 4 Seviyan, sevalu, semiya, shemai, sev—all these are different names for the same ingredient: vermicelli. INGREDIENTS 2 cup fresh mint leaves, roughly chopped ³/₄ cup fresh coriander leaves, roughly chopped ⁴/₂ tsp salt or to taste 1 tsp lime juice METHOD Combine all ingredients except lime juice in a food processor and grind to make a smooth paste. Cover with a damp muslin cloth and set aside for 15 minutes. Serve hot, garnished with fresh coriander sprigs. There are several versions of sattu; this one uses roasted Bengal gram or kala chana. One dish that I always look out for on all my trips is nadru yakhni. Kanika Bhog Rice & Split Moong Beans SERVES 4 This is a dish made in Marwar as an offering to the gods. Traditionally, before the fisherman leaves for work, his wife cooks a potful of rice and collects the white, starchy water in which it is cooked. Using a fork, pry out the flesh from the shells and set aside. Add ginger-garlic paste and sauté for a few seconds till its aroma fills the air. I thought and thought, and then it hit me. When the spices crackle, add mango pulp and cook for 2 minutes. Add onion to the same pan and sauté till golden. No one ever complained, because we knew that our efforts would be duly rewarded in the form of our favourite chholiyawalé chawal. It is made with five to seven different pulses and every family has its own special recipe. Green Coconut Chutney Fresh Coriander-Coconut Chutney MAKES 1 CUP A simple coconut chutney served with almost all south Indian snacks. Serve hot with lobster chinchoni (p. When dough portions have risen again, roll out each portion (using a rolling pin) into flat ovals, about 3" wide and 6" long. Remove from heat and serve hot with Varanasi poori (p. You will not even be able to tell that these are pappadams. The Kalachakra tradition revolves around the vals, about 3" wide and 6" long. Remove from heat and serve hot with Varanasi poori (p. You will not even be able to tell that these are pappadams. concept of time (kaala) and cycles (chakra): from the cycles of the planets to the cycles of human breathing, it teaches the practice of working with the most subtle energies within one's body on the path to enlightenment with His Holiness the Dalai Lama. It is now gaining popularity as an ingredient in lemon liqueur. I answered, 'If there were an association or commonwealth of world heritage cuisines, Lucknow would be its capital.' And I meant it. Mix in tomato purée and cook for 2-3 minutes. I awakened to the fact that the one thing that transcends all geographical, economic, culturel and linguistic boundaries is food. Andé Ka Halwa Egg Fudge SERVES 4-6 Indian culture for me is three generations living under one roof with love, understanding and in harmony. Spoon the oil mix over the charcoal and as it begins to smoke, immediately cover the plate tightly with foil. Mix in jaggery and salt and stir till jaggery dissolves. Thereafter, I made the dish several times and it always gives me a thrill to serve it at a party. Remove from steamer and cool to room temperature. Meanwhile, for the spice powder, pour oil on a griddle over low heat. Serve it at a family gathering and you're sure to be asked for seconds. It is a way of showing our gratitude to the source of energy that transforms the raw dough into a lovely, soft bread, which nourishes us. This signifies that the dish is almost ready. Remove the top shells of the boiled crabs and reserve. Cover lamb with foil and return to the oven. Place over medium-high heat and simmer, stirring occasionally till rice is just half cooked. NOTE: Pineapple can be substituted with firm, ripe mangoes. Remove into a bowl and mix in the pomegranate seeds. When hot, add tempering ingredients. Wash well and set aside in a colander to drain completely. Wash pumpkin blossoms and wipe dry. When the spices crackle, add drained dal and sauté for 5 minutes. Put rice in a pan over high heat with 2½ cups of water, saffron with milk and salt. Some of the most talented names in the food industry were there and I felt nervous. Add cumin seeds, cardamoms, cinnamon, coriander seeds and asafoetida powder. When the oil begins to smoke, add garlic and ginger and stir-fry till garlic turns golden. Amla is also known as Indian gooseberry and has been used in Ayurvedic medicine for centuries. Their love for each other is so great that at the tasting table, Shazia's mother-in-law took one look at the dish and recognized it as Shazia's - without even tasting it! This recipe is my tribute to all those women who, like Shazia, are role models for modern India. Vikas Khanna is an award winning, Michelin Star Indian chef, restaurateur, food writer, filmmaker, humanitarian and the host of MasterChef India, Junior MasterChef India and Twist of Taste on FOX Traveller. Bishambar was introduced to me through my mother's friend Sheela Aunty from Kashmir. POULTRY Murgh Chandi Kalia Chicken in a Silver Gravy SERVES 4-6 I was in Lucknow for a promotional event for MasterChef India when a journalist asked me what I thought of Awadhi cuisine. INGREDIENTS Spice powder 6 tsp coriander powder 2 tsp red chilli powder 2 tsp red chilli powder 1 tsp turmeric powder 2 tsp red chilli powder 2 tsp red chillies, slit lengthwise 1½ tsp salt or to taste 4 tbsp tamarind pulp (p. 16) 1 tsp salt or to taste 1 tbsp lime juice METHOD Spice powder Put a griddle over low heat and roast the spices separately till their fragrance fills the air. Drain and put dals in a pressure cooker with 3 cups of water, salt and turmeric powder. You could also add more of it to the thukpa, if you wish. Add blanched green peas with ¼ cup of water and salt and cook till green peas are tender and well coated with spices. Melt clarified butter over medium-low heat in a frying pan. It is sour and commonly available during April and May. I was watching a video of Chef Michael Swamy cooking for a Marathi cookery show. Mix in tomato, tamarind pulp and salt and cook till tomato becomes mushy. When hot, add the remaining ingredients. This paste can be frozen for 5-6 months. Strain yogurt through a clean muslin cloth into a pan. A dish made with simple everyday spices turned out to be a splendid experience indeed. It is surrounded on all sides by tall, lush green mango trees, overhanging orchids and toddy trees. INGREDIENTS Brown onion paste (for about ½ cup) 3 tbsp oil 2 cups onions, finely sliced Brown chironjee paste (for ½ cup) 1 tbsp clarified butter ½ cup calumpong nuts (chironjee) 2 tbsp milk Gravy 500 g chicken, boneless 2 tbsp oil 2 cups onions, finely sliced Brown chironjee paste (for ½ cup) 1 tbsp clarified butter 5 pods green cardamom 2" stick cinnamon 4–5 cloves 4 (large) onions, finely sliced 1½ tbsp ginger juice 2 cups yogurt, whisked 2 tsp coriander powder 3/4 cup brown onion paste 1/2 tbsp garlic juice 2 cups yogurt, whisked 2 tsp coriander powder 3/4 cup brown onion paste 1/2 tbsp fresh coconut, finely grated 5 black peppercorns, crushed ³/₄ tsp salt or to taste METHOD Wash rice and drain. Stuff the filling into the fish through the the slit. Mix in tomatoes and cook till mushy. 13) 1 tsp red chilli powder 1 tsp salt or to taste METHOD Chettinad spice paste Put oil in a frying pan over low heat. 13) 1 tbsp jaggery, grated ¹/₂ tsp garam masala powder ¹/₄ tsp salt or to taste ¹/₂ tsp white sesame seeds, roasted and coarsely powdered Tempering 1 tsp is the oldest surviving 1 tsp salt or to taste 1 tbsp tamarind pulp (p. Varanasi Poori Fried Bread SERVES 4 Varanasi or Banaras is the oldest surviving city in India and one of the oldest in the world. Sauté for 3-4 minutes. Gaad Monj Fish with Kohlrabi SERVES 4 If God were a painter and this world his masterpiece, Kashmir would be his colour palette. Stir in garlic and tomatoes and sauté till the tomatoes are mushy. 13) 1 tsp salt or to taste 1 tsp almond slivers, roasted METHOD Boil bananas and potato separately, without peeling, till tender. 210) and dine like a nawab. Bhojpuri Dal Pithaura Mixed Lentils with Dumplings SERVES 4-6 With balloons soaring higher and higher in the air and children running after them, the little merry-go-rounds with pink and blue plastic ponies, a man wearing a turban larger than his head performing simple rope tricks, numerous stalls selling bangles and toys—it certainly was a mela to remember. My meal arrived on a massive plate with about eight little bowls placed neatly along the rim. Cut the leaf into 12" long pieces. As is evident from the name, Gopalpur is a beach resort. Since mangoes change their taste and texture at every stage of their ripening, a lot of love and attention goes into dishes made with mangoes. INGREDIENTS Chutney ³/₄ cup fresh coronut, grated 1 cup fresh coronut, grated 1 cup fresh coronut, grated 1 sprig fresh curry leaves ¹/₂ tsp mustard seeds ¹/₂ tsp husked, split black gram (urad dal) METHOD In a food processor, combine all chutney ingredients except salt and grind to make a smooth paste. Stir in 2 tbsp mustard paste, 1 tsp fenugreek seed paste and coconut cream with about ½ cup of water. Repeat, till all the milk is used up and meat is tender. INGREDIENTS Spice powder 2" stick cinnamon 3 pods green cardamom 4 cloves ½ tsp black peppercorns ½ tsp clarified butter 3 (medium) onions, finely sliced 1 tsp garlic paste 4 green chillies, crushed ¼ tsp turmeric powder 1 tsp red chilli powder ½ cup fresh coriander leaves, finely chopped ½ cup fresh mint leaves, finely chopped ¾ cup plain yogurt, whisked 2 cups coconut milk (p. Remove the earthen bowl. Gradually add water and knead to make a smooth, stiff dough. Kolhapuri misal. Those little meatballs with rice sticking on to them on all sides looked adorable— like tiny white porcupines. 128-29) ½ tsp saffron, dissolved in 2 tbsp warm milk 1½ cups clarified butter 1/ tsp meetha ittar (optional) 8 3 egg whites, lightly beaten To smoke the kebab mix 1 piece charcoal 1 tsp clarified butter METHOD Kebab mix In a mixing bowl, combine
the ground lamb mince with raw papaya paste, salt, chilli powder and ginger-garlic paste. Remove from heat and store in a warm place for 16 hours to ferment. To shape the rotli, flatten two portions of dough into 1½" discs. Cover and boil for 5 minutes. Curry Using well-greased hands and a well-greased, sharp knife, cut the jackfruit in half and pull apart the halves. Drizzle 1 tbsp of clarified butter along the edges and brush the surface with another 1 tbsp. Curious though they may sound, these kebabs are remarkably earthy, aromatic and delicious. The fruit is also used in traditional medicine. Kasundi is a sharp, pungent mustard-based sauce, which can also have chillies, vinegar and dried ginger. The addition of rice flour makes it crisp and shallow-frying keeps it healthy. Good to keep yourself warm and comfortable on a cool night. As soon as I entered, my spirits were further uplifted. Sanna Steamed Rice Cake SERVES 4 Now here is a bread that really sends your taste buds into overdrive. A special thank you to MR KISHORE of Kenwood Appliances, who was a great support in the project. When hot, coat patties with the semolina-flour mix and shallow-fry till golden. Cook for about 5 seconds and turn rotli over. Add jaggery, dates, coconut and cumin powder and cook till jaggery dissolves. In a grinder, combine mustard paste with lime juice and grind very well till frothy. Dip a knife in the flour and cut the disc into strips about 1" thick. Sprinkle garam masala powder, toss well and immediately remove from heat. (Any extra milk will accumulate at the bottom of the tilted tray; keep putting this milk back into the bowl.) When the tray is full of rich foam, spoon the foam into small clay cups, bowls or glasses, lightly sprinkling it with caster sugar between spoonfuls. Mix in salt and pressure-cook over low heat for 12-14 minutes after the cooker reaches full pressure. 232). When hot, add jackfruit and fry till it is evenly coloured and slightly softened. Today, I was on the other side and people were cheering for me. When oil begins to smoke, add asafoetida powder, cloves, cinnamon and black cardamoms. Fry the chironjee till light brown, remove from heat and cool to room temperature. Drain rice and rinse well. When hot, place a paratha on it, cook for 10 seconds and turn over. Repeat for remaining pooris. Since Kolhapur is known for its extremely spicy food, it was ironical that I was learning how to make jaggery there. Rice Bhakri Rice Flatbread SERVES 4-6 I still remember the first time I ate this bread with pandhra and tambda rassa on the streets of Kolhapur. Heat about 3 litres of water in a large pan and bring to a rapid boil. Bhojpuri cuisine, but is slightly spicier. Menaskai Pineapple Curry SERVES 4 This is one of my favourite. dishes. I followed her home, the photographer in tow. Serve hot with roti or steamed rice and dal. Ghadichi Poli Layered Bread SERVES 4 This is a typical Maharashtrian multi-layered bread that is extremely soft and fluffy. Pat dry. To shape the shakkarpareh, divide dough into large lemon-sized portions. Reduce heat and simmer for 5-7 minutes Drizzle about 1 tsp of oil along the edges and cook for 2-3 minutes till golden. Knead in cashew nut paste, brown onion paste, saffron with milk and 1 cup of clarified butter. I will not even go into the details of how heavenly it tasted. I was in a town in Bihar called Ara, on the auspicious occasion of Shivratri. Heat the charcoal directly over a strong flame till red-hot. INGREDIENTS 750 g mutton with bones Marinade 2 tsp red chilli powder 2 tsp oil 2 (medium) onions, finely sliced 2 tsp black cardamom 3 × 1" sticks cinnamon 1 tsp poppy seeds ³/₄ cup dried coconut, grated Gravy 2 tbsp oil 2 (large) bay leaves 1 (large) onion, finely sliced 1 tbsp ginger-garlic paste 1 tbsp red chilli powder (optional) ½ tsp turmeric powder 1 tsp garam masala powder 1 tsp garam masala powder 2 tsp cumin powder ³/₄ tsp salt or to taste Curry 600 g chicken legs 6 tbsp clarified butter 2 (large) onions, finely sliced 6 tbsp fresh coconut, ground to a paste 1¹/₂ tsp or to taste salt METHOD Spice paste ingredients with 3 tbsp of water and grind to make a fine paste. Amidst the lights and festivities, I gorged on Bhojpuri delicacies to my heart's content. Serve hot with tambda rassa, mutton and rice. When bay leaves crackle, add onion and sauté till translucent. Indian food is almost always prepared with fresh ingredients along with delicate mixtures of fresh and dried spices, and the exact recipes often vary greatly from one household to the next. Sandalwood is integral to the rituals and ceremonies of several religions. Grease a deep 9" square or round baking tin and dust with flour. Tundé Kebabs Melt-in-the-Mouth Kebabs SERVES 4 There is an interesting story associated with the creation of this dish. INGREDIENTS 600 g mutton, boneless Marinade ½ tsp salt or to taste 1½ tsp ginger garlic paste 1 tsp turmeric powder Spice paste 3 tbsp oil 30 dried red chillies 40 cloves 5 × 1" sticks cinnamon 40 black peppercorns 1½ tsp sugar 1 tsp salt or to taste METHOD Clean meat and wash well. IT'S A LAND OF MYRIAD CULTURAL COMPLEXITIES, MYTHOLOGIES, TRADITIONS. Melt clarified butter in a frying pan over medium heat till mushy. When the spices crackle, add onion paste green chilli paste, salt and pepper and cook till oil floats to the surface. Kohlrabi or knol khol is a unique vegetable. To assemble Grease the bottom of a large pan with clarified butter. Duck Preheat the oven to 180°C. Add washed oysters and switch off the heat. cook. Cover and set aside for 15 minutes. Bring to a boil over medium heat. One day I walked into a small restaurant with a big, fat menu card. Serve hot topped with remaining clarified butter. Language is of no consequence if you cannot appreciate and communicate with love. The original recipe is said to have 160 spices, but it's a well-guarded secret and only one family in all of Lucknow knows it. Transfer dough to a wide bowl. UTSAV-A Culinary Epic of Indian Festivals - Free download as PDF File (.pdf) or read online for free. Shaak kalonji is basically shaak (green leafy vegetables, in this case) and kalonji (nigella seeds) cooked together to make an irresistible dish. Cover dough with a damp muslin cloth and set aside for 30 minutes. Add hung yogurt and mix gently but thoroughly. Divide dough into half. My Nana [grandmother] is a big fan of your show. Remove foil and continue roasting till duck is tender. On the way, the bus stopped at a food mall, as it is called, though it was only a tiny stall selling a few snacks and tea. It's so delicious that you can eat a bowlful of it even without rice. My heartfelt thanks to STAR PLUS for bringing me back to my country through MasterChef and giving me an opportunity to reconnect to my roots. INGREDIENTS Kebabs 400 g lamb mince, triple-ground 3 tbsp plain yogurt 3 tsp garam masala powder 1 tsp ginger, crushed 1 tsp garlic, crushed 2 pods black cardamom, lightly roasted and powdered 1/4 tsp green cardamom powder A pinch of clove powder 1/2 tsp black pepper powder 1 tsp dried mint leaves, powdered 1 tsp salt or to taste Oil for shallow frying Onion salad 2 (medium) onions, cut into fine rings 1 tbsp white vinegar 1/2 tsp sugar A pinch of salt METHOD In a food processor, combine all the kebab ingredients except the oil and blend to make a smooth, sticky paste. This collection published 2012 Copyright © Vikas Khanna, 2012 The moral right of the author has been asserted Jacket images @ Marina Bang ISBN: 978-0-670-08633-7 This digital edition published in 2012. Daulat Ki Chaat Sweet Milk Foam SERVES 4-6 Walter D'Rozario, my Chef de Cuisine at Junoon, told me about this dish when I first used a foamer and exclaimed that it was a superb modern technique. 72). I knew right away that this dish when I first used a foamer and exclaimed that it was a superb modern technique. stuffed dough on a very lightly floured surface. Pour in 5 cups of water and stir. Stir in sugar and salt and cook only till sugar dissolves. I have to admit, that dal made my (holi)day. It is true that India's is a civilization built on the ideology of the motherland and her unconditional love. Melt clarified butter in a large frying pan over medium heat. Ganesh has contributed immensely to the food trials done on the recipes for this book. Khubani ka meetha is a Kashmiri dessert that numbs your senses with its nectar-like sweetness. Transfer fish to a greased baking tray, seared side down, and bake in the oven for 7-8 minutes till fish is tender and the crust is crisp. Panch-Phoran-Encrusted Hilsa Hilsa Encrusted with Bengali Five-Spice Mix SERVES 4-6 Panch phoran or five-spice mix is used extensively throughout eastern India, especially in Bengali and Oriya cuisine. Put oil in a kadhai (wok) over medium heat till it just begins to smoke. Surat to be an immensely inspiring centre of culinary excellence. The rice is then mixed with yogurt and a tadka (tempering). Pour in 2½ cups of water, and salt and cook over high heat till the water reaches the level of the rice. Kothimbir vadi is a popular Maharashtrian starter made with bhajani mixed with coriander, gram flour and spices that are steamed, then shallow-fried. One of these recipes combined kasundi with jhinga or prawns and it turned out to be fantastic. One day, he opened his lunch box and the entire room was instantly filled with a most tempting aroma. This recipe comes from the Kashmir Valley and is just as beautiful as the place. Mix thoroughly and divide mixture into large lemon-sized portions. A PLACE WHERE THE PAST HAPPILY COEXISTS WITH THE PRESENT AND A RESOLUTE VISION FOR A PROMISING FUTURE The country I left a decade ago has never really let go of me. Cover and cook till potatoes are tender and the moisture has almost dried up. Just like the culture of these states, their cuisine and food habits have also remained more or less unknown. He started his own banquet and catering
business, Lawrence Gardens, and then later went on to graduate from the Welcomgroup Graduate from the Welcomgroup Graduate from the Velcomgroup Graduate from the Ve seeds, calumpong nuts and coconut with ¹/₄ cup water and grind to make a fine paste. Taash Kebabs Playing Card Kebabs SERVES 4-6 The name is guite unusual, isn't it? One to three strings should form.) Keep warm. It is the first sweet I ever made so it is very close to my heart. It is easy to make and the slight hint of lime gives the dish an unexpectedly refreshing flavour. Even without the beach, this dish is spectacular. 90). Sleeping in temples, riding on the roofs of buses, munching on every new flavour the street-side vendors had to offer—we did it all. This recipe comes straight from the kitchens of the wazas. Bring to a boil and continue boiling till the broth is reduced to 1 cup. Sprinkle with salt and toss well to marinate evenly. Every home in south India, and even coastal India, has its own family recipes for rasam, which vary from home to home. INGREDIENTS 1 cup rice 1/4 cup husked, split Bengal gram (chana dal) 11/2 tsp cumin seeds 1/4 tsp fenugreek seeds 1 tsp turmeric powder 4 dried red chillies 2 green chillies 1 tsp salt or to taste 10 pumpkin blossoms Oil for deep-frying METHOD Wash rice and gram and soak in water for 2 hours. I always knew she was a treasury of chutneys and pickles and yet, when I came across this recipe, I was astonished. These rotis are not the usual soft, round ones. When the spices crackle, add turmeric powder and immediately add aubergines and beans. When the spices crackle, add kohlrabi and potato and sauté for 1 minute. Mix in raisins, ground spice paste and yogurt and cook uncovered for 3-4 minutes till tender. Gravy Wash chicken and cut into 1" cubes. Mix again till well blended. Crush the fenugreek leaves between your palms and add to the pan. Mix well and add chicken. 13) 1 tsp coriander-cumin powder METHOD Wash colocasia leaves and wipe dry. Heat water in a steamer over high heat. Yes, the birth of this recipe is described in a story. The lobster chinchoni looked so mouth-watering that I could've just put my hand in through the laptop screen, dipped my finger in the gravy and licked it. The Surat patra is one of the city's most popular dishes. Place the roti, design side up, and cook over gentle heat. Roll out each half into a thick 12"- 14" round roti. There is a rhythm in the way a wazwan is cooked; for me, it was a play of techniques, intricacies and flavours. Spoon oil and clarified butter in the centre of the stone. If you are visiting, it will show in your smile, and all the doors and kitchens will open for you. Remove from heat and coarsely crush the spices in a mortar and pestle. Open the cooker when pressure subsides. Can be stored in an airtight container for up to a week. 13) 2 tsp palm sugar 2 stalks lemon grass, finely chopped ½ tsp salt or to taste METHOD Wash duck and pat dry. Their prayers were answered. Mix in vinegar and immediately remove from heat. When hot, add gram and sauté till tender. Stin continuously with a wooden spoon till it comes to a boil. When the spices crackle, add cumin seeds. Sprinkle in sesame seeds and sauté till golden. Drain the water and peel and grind the almonds to make a smooth, thick paste. Carefully turn over and cook till done on the other side. Strain through a clean muslin cloth and squeeze cloth to extract maximum juice from the fibres. To get a perfect pulp, combine 2 parts tamarind paste with 1 part water.) Soup Cut the amla; remove and discard the seeds. Ganth Gobhi Aloo Himachali Kohlrabi with Potatoes SERVES 4 Sitting peacefully in the lap of the snow-clad Himalayas, the state of Himachali Pradesh appears as though it sprang straight out of a children's fairy tale. INGREDIENTS Soup 16 moist kokums ¹/₂ tsp salt or to taste 2 tsp jaggery, grated Tempering 1 tsp cumin seeds 1 (large) sprig fresh curry leaves 4 dried red chillies METHOD In a pan, combine kokum with 4 cups of water and boil over medium heat for 7-8 minutes. Using a blender, blend the mixture to make a thick, smooth paste and strain through a muslin cloth. Serve hot, on its own or with steamed rice. Serve hot with naan (p. NOTE: It is best eaten fresh but may be stored in the refrigerator for not more than 2-3 days. Add meat and cook for 2-3 minutes. Pappu Charu Spicy Lentil Soup SERVES 4 I had this dish while shooting for the Boot Camp of MasterChef India in Hyderabad. Toss in soy sauce. It's that good! INGREDIENTS Spice powder 3 pods green cardamom 3 cloves 1" stick cinnamon Duck 1 kg duck, kept whole 1½ the booting for the Boot Camp of MasterChef India in Hyderabad. Toss in soy sauce. It's that good! INGREDIENTS Spice powder 3 pods green cardamom 3 cloves 1" stick cinnamon Duck 1 kg duck, kept whole 1½ the booting for the Boot Camp of MasterChef India in Hyderabad. green chillies, kept whole 1 (medium) sprig fresh curry leaves 2 tbsp brown vinegar 1 tbsp black peppercorns, crushed ½ tsp salt or to taste ¼ cup oil 2 (large) onions, finely sliced METHOD Put a dry frying pan over low heat and roast spice powder ingredients separately till fragrant. vikas khannaa Vikas Khanna is an award winning, Michelin Star Indian chef, restaurateur, food writer, filmmaker, humanitarian and the host of MasterChef India, Junior MasterChef India and Twist of Taste on ... We are a US based non profit that promotes prevention of noncommunicable diseases (NCDs) like diabetes and heart disease through healthy living in India. I watched for some time. The spiciness is balanced by the tender young tamarind leaves, which have a subtle flavour—not overly bitter or sour. Kancha Kadali Brarata Spiced Green Banana Mash SERVES 4 During my trip to Orissa, I was advised by a friend to spend a day at a place which is interestingly called Gopalpur-on-Sea. INGREDIENTS 4 (large) crabs 2 tbsp butter 2 (large) onions, finely chopped 6 (large) cloves garlic, finely chopped 1 (large) sprig fresh curry leaves ¹/₄ tsp turmeric powder 2 (large) green chillies, slit lengthwise 1 tsp black peppercorns, freshly ground 1 tsp salt or to taste METHOD Clean crabs and wash thoroughly. Mix in peanuts, sprouts, potato, turmeric powder, ground spice paste and salt and sauté for 2 minutes. The walls were the same, the tables were the same, even I was the same, even I was the same—and yet, something was different. Traditionally served with almonds and cream, it also tastes great with ice cream. Drain most of the water, leaving just enough to grind the seeds to a paste. Pour in puréed tomatoes and cook over medium heat till chutney thickens. As I worked with the head waza and his team of cooks, I began to understand the methods and techniques they use. When the spices crackle, add onion and sauté till translucent. Drain and rinse thoroughly. The women were dressed in traditional Maharashtrian garb and looked splendid in their colourful saris, known as vavvari (nine-yard) saris. Return the pan to medium heat and sauté for 4-5 seconds. Remove onions from the oil and set aside. Mix well, place over high heat and cook till the gravy reduces to almost a third of its original volume. INGREDIENTS 1 cup basmati or long-grained rice 1/3 cup basemati or lo pods black cardamom 4 cloves ½ tsp salt or to taste 1 tbsp raisins, seedless 1 tbsp sugar METHOD Wash rice and dal and soak in water for 1 hour. Whisk dal till it becomes a smooth purée. Every single part of the banana tree can be used for different purposes. (Coconut cream is also commercially available. Himachali Madra Chickpeas in Yogurt Gravy SERVES 4-6 Madra is a thick, yogurt-based gravy which is popular in Himachal Pradesh. When hot, add remaining ginger-garlic paste and sauté for a few seconds. Balep Korkun Monastery Bread SERVES 4 Working in Bodh Gaya reminded me of working in the Golden Temple in Amritsar. Cover and cook the curry till it boils rapidly and the sprouts and potato are tender. Cover pan and place over low heat for 10-15 minutes till rice is tender and fluffy. Succulent roast duck, marinated with brown vinegar and black pepper, topped with a tangy tamarind sauce—I'm sure you're booking your ticket to Puducherry already! INGREDIENTS 4 (large) duck supremes (breast with wing bone), with skin Marinade 2 tbsp oil 1 tbsp brown vinegar 1 tsp black pepper powder ½ tsp cayenne pepper (lal mirch) ½ tsp coriander seeds 1 tbsp comin seeds finely grated Tamarind sauce 1 tsp oil ½ cup tamarind pulp (p. Mix in the remaining ingredients and pressure-cook over low heat for 10-12 minutes. The most fascinating part of making sanna is that the rice is ground to a batter with toddy and not water! Don't worry, the toddy does not make it intoxicating; it just acts as a catalyst for the fermentation process, making the faintly sweetened little breads beautifully spongy. When hot, add onion and sauté till light brown. Serve hot with roti or paratha. Pour mixture into the greased baking tray and bake for 30-35 minutes or till the surface is golden and a wooden skewer inserted in the centre comes out clean. INGREDIENTS (makes 2) 2 cups wholewheat flour (atta), a slightly coarse variety ½ tsp red chilli flakes ½ tsp black peppercorns, lightly roasted and coarsely powdered 8 1/ tsp carom seeds 8 ¾ tsp salt or to taste 6 tbsp clarified butter METHOD In a mixing bowl, combine all other ingredients with 2 tbsp of clarified butter. Rice Wash rice and soak in water for 3 hours. Pour batter into cake tin. In Ara, a mela is organized every year on this day, and the effect Kashmir has on you; you get addicted to its beauty. Ladle into soup plates and serve hot. You may string these together and store in airtight containers. You will remember the taste very well, even if you forget the name. Put oil for the tempering in a kadhai (wok) over medium heat till it starts to smoke. I was greeted at the dining table by a heady fragrance of coriander and the lovely sight of a bowl of tender chicken. I hope you will be
inspired by this cooking style and enjoy the wazwan as I do-more like a Kashmiri melody than just food. Try it today and enjoy the sweet taste of the clouds. Sandge Sun-Dried, Marinated Pumpkin Peel MAKES 8-10 PIECES For us Indians, food is not merely a necessity for survival; it is a religion in itself. To the same pan add cumin seeds. It truly is an experience to see sugar cane juice being turned into a thick, golden liquid that solidifies to become jaggery. It is usually made in winter because sesame seeds provide the body with warmth and help combat the cold. Place tray in the sun for 1-2 days to allow the pieces to dry thoroughly. In another pan, combine potato, aubergine, colocasia and banana with salt, turmeric powder and 2 cups of water. 218). Mix meetha ittar (if using) into the kebab mix and let it rest for 10 more minutes. Put oil in a small pan over medium heat. Thus, patra nu shaak was created. Mix in puréed vegetables and cook till oil floats to the surface. Cool and grind to make a fine paste. On the same griddle, roast coconut till golden Serve hot with sheermal (p. Alternatively, dry out the rotis in a warm oven. This story always makes me think of how privileged I am to have everything I need. Gravy Put oil in a pan over medium-low heat. (Rice flour cannot be used as a substitute.) Payas Pour 5½ cups of milk into a pan over medium-low heat. And my grandmother would appear at the kitchen door holding a plate of hot, steaming kaachris. Return pan to very low heat and simmer for 2-3 minutes longer. Bater Shikar Masala Quail in Special Spices SERVES 4 India was the Land of the Brim. It is good for digestion and keeps the body cool in the hot Indian summer. Developed by the small Chinese community living in Kolkata, these momos combine Chinese seasoning and 2 tbsp clarified butter. Cook over medium heat, without covering, for 4-5 minutes or till onions turns soft. Grind to make a smooth paste. In a grinder, combine roasted spices and grind to make a fine powder. In Uttar Pradesh, I was served a dish called zamin doz machhli. Heat clarified butter on a griddle and shallow-fry the kebabs till cooked through. Serve hot with roomali roti (p. Remove from heat and let cool. But once it's done, the taste is phenomenal. Alternatively, use a heavy-bottomed cast-iron skillet. It has its own spice blend that gives it a very different and refreshing flavour. Meanwhile, melt the clarified butter for the tempering in a frying pan over medium heat. To serve Arrange the duck on a serving platter. I got the opportunity to study this colourful community closely at this event. Add bak choy, salt and pepper and toss till bak choy wilts slightly. Remove the lid and discard the charcoal and foil. Mix in onion, coriander leaves, turmeric powder and salt. Divide dough into 6 equal portions and shape each into a flattish ball. INGREDIENTS 500 g chicken, boneless 1 tsp mustard seeds 1/2 tsp cumin seeds 1 bay leaf 3 cloves 3 black peppercorns 2 pods green cardamom 1" stick cinnamon 1 tbsp oil 1 (large) onion, finely chopped A pinch of turmeric powder 1 tsp ginger-garlic paste 1 tsp cumin powder 2 tsp red chilli powder 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp salt or to taste 1 tsp ginger-garlic paste 1 tsp g into 1" to 1½" cubes. Cool rotis to room temperature and store in an airtight container. Mutton curry Wash the meat and cut into large pieces. Reserve the stock in the bowl. I would like to also thank my dear chef, BISHAMBHARJI; Chef JEEVAN SINGH, Chef de Partie, Maya, The Trident, Mumbai; Chef DHAWAL KARANDIKAR, The Trident, Mumbai; JALAL SHEIKH, GANESH SHEDGE, PRATHAMESH DALVI and KUSH ARORA for their inputs to the book; DELZAD AVARI AND FAMILY for hosting a wonderful lunch and spread, and for the opportunity to meet his grandfather who came to India from Aden and told us of his wonderful adventures there. When I broke off a piece of the bread, dipped it in the curry and put it in my mouth, there was a burst of flavours on my tonque! I don't know how to describe it— it was just wonderful! I thanked Nana with all my heart. Place naans on a greased baking tray and bake for 2 minutes. INGREDIENTS 3 tbsp oil 2 (large) bay leaves 4 pods green cardamom 1" stick cinnamon 4 cloves 2 (medium) onions, finely sliced 2" piece ginger, finely chopped 6 cloves garlic, finely chopped 500 g mutton mince ½ tsp turmeric powder 1½ tsp ceriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 6 cloves garlic, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince ½ tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leaves, finely chopped 500 g mutton mince 12 tsp coriander leav chopped ½ tsp garam masala powder METHOD Put oil in a kadhai (wok) over medium-high heat. Kokum is also used for medicinal purposes. This gives it such a dreamlike aroma—the delicious fragrance of Mother Nature—that it cannot taste anything but divine! INGREDIENTS Dal 1½ cup husked, split Egyptian/red lentils (masoor dal) 1¼ tsp salt or to taste ½ tsp turmeric powder 1 tsp red chilli powder 2 tbsp tamarind pulp (p. When they crackle, reduce heat to low and add yogurt. A place where the past happily coexists with the present and a resolute vision for a promising future. They start their day early by offering prayers to their goddess Ekaveera. Repeat for remaining dough. At once, all the recipes came to life through Mugdha's translation of Mrs Ogale's book. Fill the plate with water, reduce heat to low and cook, stirring occasionally, till all water in the plate evaporates and mutton is tender. Steam rolls for 30 minutes. Remove from heat and strain sauce into a fresh pan. Stir in coriander powder, salt, pepper, chilli powder and yogurt. Pour batter into each ramekin till three-quarters full. The only thing I could hear was the soft rippling sound of the water sliding off the oars. A country with so many dialects, cultures and religions is totally connected by food. Reduce heat to low and stir in coconut milk with 200 ml of water and bring to a boil, stirring continuously. Reheat the sauce, drizzle over the roasted duck and serve hot. Fanasachi Bhaaji Jackfruit Curry SERVES 4-6 While in Mumbai, I was invited to a number of dinners and food festivals. I have also made this dish with green bananas, with medium-high heat for 20-25 minutes or till dal is cooked and mushy. Place over high heat and cook, stirring occasionally till the liquid reaches the level of the rice. Add spice powders and mix well. Boil over medium heat till it thickens. (If using a normal griddle, dust a surface with flour, place the dough portion on it and proceed as described, lightly dusting the dough at regular intervals. Tamarind was so important that, according to local traditions, the parents of a girl would never give their daughter's hand in marriage to a boy who did not have a tamarind tree in his backyard! Despite knowing that tamarind was used elaborately in every meal, this dish came as a real surprise to me. This will form a half-moonshaped momo. Kebabs In a mixing bowl, combine mince with salt, ginger-garlic paste, coriander leaves, mint leaves, green chillies, fennel powder, oil and 2½ cups of water. Simmer for a few seconds. NOTE: For ginger and garlic juice, one can also dilute ready-made ginger or garlic paste and strain through a muslin cloth as described above. Spread a third of the rice along the base and top with half the fish curry. The delicious food, the vivacious environment was such that all my tiredness evaporated into thin air. Vegetable Dumplings SERVES 4-6 Momos are probably the most popular Chinese snack on the streets of Kolkata. Coat the sides of the kadhai with oil and arrange aubergines slices in it. It is eaten like a dal in Karnataka. Remove and discard stems. Mix in carrots and sauté till carrots soften. Anar or pomegranate is available in plenty in Kashmir, thanks to all the trees planted there by the Mughal emperor Jehangir in the seventeenth century. Michael was making a very interesting East Indian dish called
lobster chinchoni. Put ker and sangri in a large pan. If you can't, well, here's the recipe for you. It tastes best when served with roasted vegetables or fried fish. Mix in oil till thoroughly combined. Sauté for 1 minute and pour the tempering over rasam. Allow to cool to room temperature before serving. Mix in black salt, green chillies and chilli powder. Drain in a colander. While I was in Manipal, doing my hotel management course, I helped a cook in Palghat so that I could make some extra money over the weekends. When the spices crackle, add curry leaves and red chillies. NOTE: The prepared anarsas can be stored in an airtight container for up to 10 days. In response, a Parsi priest added a pinch of sugar to the milk, thus indicating that they would not cause the vessel to overflow; instead, they would make the land sweeter. Cashew nut paste Heat the milk or water till warm. Cut each half lengthwise into quarters and cut away the centre or core. Remove from heat. It was a special moment when the principal, Parvadha Vardhini Gopalakrishnan, presented me the award amidst the thunderous applause of the young, new batch of chefs. When hot, add onions and sauté, stirring and tossing continuously, till light golden. Add cumin powder. I always thought it was difficult to cook Kashmiri food, especially the wazwan (a lavish thirtysix-course speciality meal). Gravy Put oil in a large frying pan over medium heat. Meanwhile, place a portion of dough on a lightly floured surface and roll out into a disc of 6" diameter and ¼" thickness. Roll the dough into a ball and flatten it slightly between your palms. Cover and cook till chicken is tender. Stir in 1/4 cup of water, cover and cook till vegetables soften slightly. Remove and serve hot or cool. The contest soon ended and after what seemed like an eternity, the judges reached my table. Brarata, or what is commonly called bharta, is generally made with aubergine in India. When the spices crackle, add rice and sauté for 2-3 minutes. Pour in just enough water to cover and boil over medium heat till tender. In a blender, combine the roasted tomatoes, capsicum and onion with red chillies, garlic, peppercorns, vinegar, sugar and salt and grind to make a smooth paste or chutney. Preheat oven to 230°C and grease a baking tray. Mix very well. Using a blender or grinder, grind the poppy seeds to a smooth thick paste. Place a portion of dough on a very lightly floured surface and put 4-5 raisins in the centre. Add potato and tomatoes and sauté for 2 minutes. (Prosopis cineraria). There were many rakabdars in a household, each specializing in a particular dish and in the presentation of dishes. In my free time (though I hardly had any), I would wander around the city and visit as many restaurants and shops as I could. Remove seeds, crack them open and reserve the almonds. I was fortunate enough to attend a fish festival in Mumbai. It's a little khatta (sour), a little meetha (sweet) and just perfect. Spread gourd slices on a large plate and sprinkle with salt. Spoon clarified butter on the charcoal and as soon as smoke emanates, cover bowl tightly and set aside for 5 minutes. Serve with roti. It is generally best made with broken, parboiled rice. Clear the blossoms with greased hands as the sap is very sticky and can permanently stain clothes. Simmer till the moisture dries up. Starting his career as a production assistant on several reality TV shows, Ganesh happened to be a part of the Food Team on MasterChef India. Transfer to a greased baking tray and bake in the preheated oven for 10 minutes or till quails are cooked through. INGREDIENTS Pomegranate sorbet 2 cups fresh pomegranate juice 3 cups sugar 1/4 cup lime juice 3 cups sugar 1/4 cup lime juice 4/2 tsp lime zest Khubani 24 apricots, soaked in water overnight 1/2 cup sugar 1/4 cup lime juice with

sugar and whisk till sugar dissolves. In the freezing foggy mornings, you'll find vendors (wrapped in layers and layers of clothing) busy making something that looks like yellow clouds in a vessel. Pour in stock. Add the marinated chicken with turmeric powder, coriander leaves, salt and 2 cups of water. Turn out on to a floured surface and knead for 6-8 minutes. Add onions and sauté till translucent. When hot, roast spice powder ingredients separately till the air is filled with their aroma. Serve with idli, dosas, or even bread. Gradually add water and knead to make a soft dough. Reduce heat to low, cover and cook till rice is just tender. Mix to form a thick, smooth paste. It is not a fancy recipe, but it's comforting to eat and effective in preventing a heat stroke. Immediately remove from syrup and place on a strainer (with a plate under it) to drain away extra syrup, thus preventing the khaja from getting soggy. Remove into a clean, dry, airtight glass or ceramic jar and refrigerate to store for up to a week. To cook Heat water in a steamer. Even a simple dal like this could make me go weak in the knees. The Varanasi poori is a fried bread with the subtlest of flavours. It appeared as though the dough was especially crocheted into the warm, golden bread. Cover with a lid. When hot, add bay leaves. VIKING UK | Canada | Ireland | Australia New Zealand | India | South Africa Penguin Books is part of the Penguin Random House group of companies whose addresses can be found at global.penguinrandomhouse.com. Knead butter into the dough and work the dough and work the dough and houses some magnificent sculptures and inscriptions. In a blender, combine spice paste ingredients and grind to make a smooth paste. In the morning, drain rice and combine with whisked yogurt and salt. When hot, add the ground spice paste and sauté for 1 minute. When spices splutter, add the tempering to the dal and cover immediately. Cut into triangular vadis, using a greased knife. Place the tray in the sun for another 2-3 days till the sandge are thoroughly dried. (The yogurt may split; keep cooking till all the excess moisture has evaporated.) Mix in coriander powder, brown onion paste and cashew nut paste and try till cashew nut paste and try till cashew nut paste and try till cashew nut paste and cashew nut paste and try till cashew nut paste and cashew nut paste and try till cashew nut paste and try till cashew nut paste and cashew nut paste and try till cashew nut pas portions of dough. It's fresh, green, coconutty and brings a smile to your lips—just like the region it belongs to! INGREDIENTS 500 g fresh green peas, shelled 1 (large) onion, finely sliced Spice paste 1 cup fresh coconut, grated 2 green chillies, roughly chopped 5 shallots, roughly chopped 3 (small) sprigs fresh curry leaves 1½ tsp cumin seeds 1 tsp turmeric powder 6 cloves garlic 1 tsp red chilli powder 1 tsp salt or to taste Tempering 1½ tsp mustard seeds 3 dried red chillies, torn to pieces 1 (large) sprig fresh curry leaves METHOD Blanch green peas in boiling salted water for 30 seconds. It acts as a good substitute for normal tandoori rotis for people with gluten allergies. It is one of our guilty pleasures. To smoke the kebab mix Transfer the mixture to a plate; spread out evenly. Filling Shell prawns, clean and devein. I totally agree. I lived every moment admiring the little wonders, from the timeless inspirations to the mix of myth and reality that we call India. The credit for introducing me to this unbelievable dish goes to Chef Jeewan Singh of the Indian restaurant Maya at the Hotel Trident, Mumbai. Put a scoop of pomegranate sorbet next to it. Flatten a portion of dough with your fingertips and spoon about 1 the the filling in the centre. This soup from the state of Mizoram is an example of that unexplored yet exceptional cuisine. They are made of rice paste and are spread out to dry. Grind the dried rice to a fine or coarse powder, as required. Together, ker and sangri can be cooked to make a wonderful dish with a rustic, earthy flavour. 102) made with Bengal gram (kala chana) 2 tbsp mustard oil 1 (large) onion, grated 1½" piece ginger, finely grated 1 tbsp ready-made chilli pickle spice mix or any spicy chutney 3 tbsp fresh coriander leaves, finely chopped 1 tsp carom seeds 1 tsp dried mango powder 34 tsp salt or to taste METHOD Dough In a mixing bowl, combine flour with 2 tbsp of oil and mix till it looks like breadcrumbs. Cover and cook. 13) 10 black peppercorns 6 cloves 2" stick cinnamon 6 cloves garlic 1" piece ginger 1 tsp cumin seeds 1 (medium) onion, roasted over an open flame 2 tbsp brown vinegar Sugar to taste 1 tsp salt or to taste 4 tbsp oil 2 tbsp vindaloo paste Put oil in a frying pan over low heat. Spread the remaining fish curry over the rice and top with remaining rice. Cut into large pieces. Khoba Roti Rajasthani Bread SERVES 4 One of the episodes of MasterChef India was shot in a place called Suryagarh in Rajasthan. Marination In a large mixing bowl, combine marinade ingredients and mix well. The Indians took it to be 'vin' (short for vinegar) and 'aloo' (the Hindi word for potato). I decided to help with the preparations and it's an experience I'll never forget. Although she did her masters in numismatics and archaeology from Mumbai University, MRUNAL SAVKAR has always had a keen interest in food. 114, 134) 1 (large) bay leaf 4 dried red chillies, torn to pieces 1 tsp salt or to taste ³/₄ tsp turmeric powder 2 (large) potatoes, diced METHOD Banana blossoms The whole blossom, which is a deep, purplish red colour should be taken apart leaf by leaf. One of them asked me what I had to say about my dish. Spice paste In a blender, combine spice paste ingredients with 1/4 cup of water and blend to make a smooth paste. Add onion and sauté till it turns translucent. The appearance of these steamed porcupine meatballs will make your guests go crazy over them, just as Mugdha and I did when we first saw them. It is similar to sambar, except that it contains no sambar powder. INGREDIENTS Patra 2 colocasia leaves Batter 3/4 cup gram flour 2 the that it contains no sambar powder. INGREDIENTS Patra 2 colocasia leaves Batter 3/4 cup gram flour 2 the that it contains no sambar powder. least 5 hours. One day, I was in Sikkim doing research for my Himalayan cookbook. When all the flour is mixed in, sprinkle 1 tbsp of water over the dough, cover and cook for 2 minutes till some steam forms in the pan. Putnis is a typical udupi dish, traditionally made with yogurt. When the spices crackle, add turmeric powder and immediately pour the tempering over the amla soup. Add the prepared patra and cook till the gravy thickens. INGREDIENTS 600g chicken, boneless Oil for basting Marinade 1¹/₂ tsp curiander powder ¹/₂ tsp black pepper powder 1 tsp salt or to taste To smoke the chicken ¹/₄ tsp sandalwood oil or a few drops of sandalwood essence (see note) 1 tsp refined oil 2 (small) bay leaves 1" stick cinnamon 4 pods green cardamom 2 pods black cardamom 5 cloves ¹/₂ cup onion paste 1 tsp green chilli paste (p. Divide mixture into lemon-sized portions and shape each portion into a flattish ball. Sear fish on the side which is not encrusted. INGREDIENTS Patties 750 g yam, diced 1 tsp red chilli powder 1" stick cinnamon 4-6 black peppercorns ½ tsp turmeric powder 2 green chillies, roughly chopped 1½ tbsp fresh coriander leaves, finely chopped 3 tsp ginger, finely chopped 1 tbsp fresh coriander leaves, finely chopped 1 tbsp fresh mint leaves, finely chopped 1 tbsp fresh coriander or to taste 1/4 tsp black pepper powder or to taste To shallow-fry the patties Clarified butter METHOD In a pan, combine yam with the rest of the patty ingredients, except gram flour. Alternatively, boil the almonds for 6-8 minutes or till the skins loosen and the almonds soften. The women subsequently go to the markets and sell the fish. INGREDIENTS 600 g chicken, boneless Marinade 1 tbsp gandharaj lemon juice (see note) ½ tsp ginger paste 1 tsp garlic paste ½ tsp fenugreek seeds ½ tsp fenugreek seeds ½ tsp fenueric powder ½ tsp fenugreek seeds ½ tsp fenueric powder ½ tsp fenueric paste 3 cloves garlic, roughly chopped ½ tsp fenueric paste 3
cloves seeds ½ tsp nigella seeds ½ tsp carom seeds Curry 2 tbsp oil 2 dried red chillies, torn to pieces 1 cup onions, finely chopped ½ tsp red chilli powder ½ tsp red chilli powder ½ tsp sugar 1 (large) tomato, finely chopped 1 tsp salt or to taste METHOD Wash chicken cups whole milk 1 tsp garam masala powder 1/2 tsp turmeric powder 1 tsp salt or to taste Garnish 8-10 cashew nuts, roasted (optional) METHOD Spice paste in a blender, combine batter ingredients. In a large mixing bowl, combine wholewheat flour, bran and all-purpose flour. Strain through a muslin cloth into a fresh bowl, cover this dish during the food trials for this book. Serve hot with bajra roti (p. I had never seen anything of the sort before and was intrigued. It is the technique of pinching the bread before roasting it that gives it its name and appearance. It is one of those breads which enhances the flavour of any curry you eat it with. Vikas has received the prestigious Michelin Star for his restaurant Junoon for three consecutive years. Quail Wash quails thoroughly, inside and out. To serve Serve hot momos with dipping sauce. Preheat oven to 230°C. INGREDIENTS 8 clusters bak choy 2 tbsp sesame oil 10 cloves garlic, finely chopped 2 tsp white sesame seeds ½ tsp slat or to taste 4/2 tsp slat or to taste 1/2 tsp slat or to taste on a wooden tray or board in the sun, till thoroughly dry and hard. Brown chironjee paste Melt clarified butter in a frying pan or kadhai (wok) over low heat. Eating misal makes you feel like a dragon. Serve hot with a salad. Marinate for 30 minutes. Put a large frying pan over medium heat. Add ginger, garlic and shallots and sauté till shallots are translucent. Gone are those days, and gone are those hunting parties. Combine marinade ingredients in a bowl and mix well. Add 1-2 tbsp of water, if required. Stir in 1¹/₂ tbsp each of ginger and garlic juice and cook for 2-3 minutes. This recipe is very close to my heart and I'm sure you too will enjoy it. INGREDIENTS (makes 6-8) 2 cups rice 2 cups toddy 2 tsp sugar 1 tsp salt or to taste ½ cup coconut paste METHOD Wash rice and soak in water overnight. Drain and rinse under cold water. Boil till jaggery dissolves. NOTE: Gandharaj lemon is used extensively in Bengali cuisine. That was the first time I had seen kokum; I've been using it in a number of dishes ever since. To complete the dish Put oil in another frying pan over medium heat. Dhoné Pata Murghi Coriander Chicken SERVES 4-6 One day, I found myself in Kolkata, the City of Joy, laden with bags. Garnish with apricots, raisins, almond slivers, sliced eggs and crisp-fried onion rings. This region has no vegetation whatsoever. Spice powder Put a griddle over very low heat. Pour the tempering into the simmering dal, mix well, cover and simmer for 3-4 minutes longer. In a blender, combine roasted spices and coconut with ¹/₄ cup of water for 3 minutes. Line baking trays with greaseproof paper. Whenever required, crumble a cake to use. We had been shooting non-stop for the last few months, and missed our home-cooked food. Marination Place fish on a plate and sprinkle lime juice and salt. However, tundé kebabs, with slight variations in the recipe of course, are available everywhere in Lucknow. They remind me of those bubble wraps used for packing—the ones we all love to burst. It is even more difficult to place all the foods made in India into separate compact compartments. Grind to make a fine powder. Serve hot with Bodh Gaya's tomato chutney (p. Mustard vegetable curry is proof of this wonderful blending. Remove from heat and keep warm. While it is generally used to protect a woman's identity, it has other connotations as well. Its texture is rough and grainy, not at all like the soft, cushiony ones you usually get. Add meat and mix till well coated. INGREDIENTS (makes 4) 2 cups extra all-purpose flour (maida) or wholewheat flour (atta) 1 tbsp baking powder Manish just sat there, staring at me with a bemused expression. I learnt how to make til kut from a cook at a local store in Gaya. Spiced rice Wash rice and ground spice paste and ground spice paste and soute for 1 minute. The tamarind tree is considered sacred in Andhra Pradesh. INGREDIENTS 1 tsp saffron, lightly roasted over very low heat ½ cup almonds, lightly roasted 250 g khoya/mawa, grated 1 cup sugar 6 eggs ¾ cup clarified butter METHOD In a grinder, combine saffron and almonds and grind to make a coarse powder. Filling Put the sesame oil over high heat in a kadhai (wok). When the spices crackle, pour the tempering over the rice. I was lucky to be there and experience the joy of eating Bhojpuri food with the local people. I could see the other chefs rolling out the thinnest crêpes I'd ever seen. Kalimirch khekda was a dish I once ate in Mumbai. Mix well and set aside to allow the onions to soften. Add egg yolks, sugar and salt and mix to form a thick batter (thicker than cake batter). Vermicelli Put the clarified butter in a large frying pan over low heat. Missing out on a boat ride in the backwaters while in Kerala is a crime and I wasn't about to commit one. Spread the drained rice on a clean muslin cloth or kitchen towel and set aside to dry for about 4 hours. She was pressing and shaping the wet dough on the hot tava itself! Finally, I spoke to her asked about the recipe and made a couple of rotis with her on the clay griddle. At lunch one day, we were served a Rajasthani thali—a platter of mouth-watering dishes. Shape into a ball and brush the surface with oil. Brush lightly with oil and turn over. Add spring onions, capsicum and cabbage and stir-fry for 1 minute. Stir in yogurt and mix. Kokum apart from lending a tangy flavour, gives the chutney a beautiful bright red colour that makes it stand out in a plateful of other delicacies. Repeat the shaping procedure for remaining dough. So here it is. Not only did they look delightful, they tasted wonderful in the slightly chilly morning breeze. Mix in 1½ cups of water with mixed spice powders, green chillies and salt. Drain rice and dal and put in a pressure cooker with turmeric powder, carrots, potatoes, pumpkin and 4 cups of water. Combine plain yogurt with 2 the remaining spices, except turmeric powder, one by one, till each one's aroma fills the air and they change colour very slightly. The indication of a perfect anarsa is that its upper crust acquires a net-like texture, while the underside remains smooth and even. A most welcoming aroma met me at the door; I followed it to the kitchen, where I spent quite some time exchanging notes with the cooks. When they crackle, add onion, garlic and green chillies. INGREDIENTS 1¹/₂ cups sugar, powdered ¹/₄ cup whole milk ¹/₂ ripe banana, mashed 1¹/₂ tbsp poppy seeds 2 cups clarified butter METHOD Wash rice twice and soak in water for 3 days, draining and refreshing the water every day. shrugged. NOTE: This chutney will ooze moisture when refrigerated. 'Ganesh!' I said. Repeat with remaining batter. Any Kolhapuri restaurant will proudly serve you pandhra and tambda rassa. Starting from the centre and moving outwards, pinch the surface of the roti all over, to make a design on it. One of the most favoured dishes is sheermal, a type of sweetened bread that is baked in a tandoor or oven. Gradually increase the heat to medium and keep stirring non-stop till the curry starts boiling. It's so exciting to watch the vendor ladle out the foggy dessert into little glasses for customers to eat. NOTE: Ideally served fresh, this chutney can be refrigerated or frozen for up to 3 days, though the colour will change. Gosht Vindaloo Mutton Vindaloo SERVES 4-6 Vindaloo is the first choice for any lover of spicy food in America. I had known him for about six months by then and he never mentioned that he had been on TV. And every time I roll my tongue, I can taste the tamarind-infused rasam of south India. Turn over and cook for another 2-3 seconds to ensure perfect cooking, taking care not to burn the bhakri. Using a fork, prick the flour into the aubergine. Repeat with the remaining dough and filling. It looks like a chutney with chunks of pineapple in it and is easy to make. Take care not to boil the yogurt as it may curdle. 230) and tea. Grind mustard seeds to a smooth paste. Drain rice and put into a large pan with 3 cups of water, cinnamon, cloves, peppercorns and salt. I couldn't try it out when I was there, but do eat a bowlful on my behalf if you ever get a chance to dine at Dalma. Houses are painted, walls are decorated, new clothes are bought, shops are stacked with firecrackers and an enormous variety of sweets and savouries are prepared. Bring the edges together to encase the filling and seal properly. INGREDIENTS 750 g lamb spare ribs (pasli ki haddi) 3 cups whole milk 3 pods black cardamom 6 pods green cardamom 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1 the to encase the filling and seal prover 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1 to encase the filling and seal prover 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 the bay fennel powder 1/2 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront
2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 top saffront 2 × 1" sticks cinnamon 6 cloves 2 (large) bay leaves 1 strands ½ tsp salt or to taste 1 cup clarified butter Marinade 3/4 tsp red chilli powder ½ tsp salt or to taste METHOD Trim the lamb ribs and wash well. Make the marinade again with the same proportion of ingredients. DESSERTS & SWEETS Khubani Ka Meetha & Anar Ka Gola Apricot Purée & Pomegranate Sorbet SERVES 4 Qubani or khubani is Urdu for apricot. Stir in lime juice and zest. Remove from heat and allow the pressure to settle. Shaak Kalonji Leafy Greens with Nigella SERVES 4–6 Here is a simple Bengali dish I have had several times in Kolkata and other places. In a small bowl, combine the crumbled bread with yogurt and mix well. INGREDIENTS 1 cup husked, split moong beans (moong dal) 1 (large) potato, diced 2 (small) aubergines, diced 4 colocasia roots (arbi), diced 2 green bananas, diced 1 tsp salt or to taste 1/2 tsp salt or to taste butter 2 bay leaves 1/4 tsp fennel seeds 3 dried red chillies Garnish 1 tbsp fresh coconut, grated METHOD Wash dal and soak in water for 30 minutes. INGREDIENTS 500 g lotus stems 5 tbsp oil 1/2 tsp cumin seeds 1/4 tsp mustard seeds 3 dried red chillies Garnish 1 tbsp fresh coconut, grated METHOD Wash dal and soak in water for 30 minutes. tbsp dried ginger powder 1/4 tsp asafoetida powder 1 tsp garam masala powder 1 tsp coriander seeds, roasted and crushed 1 tsp salt or to taste METHOD Scrub lotus stems thoroughly and scrape them. INGREDIENTS Chettinad spice paste 1 tsp coriander seeds 1/2" piece ginger 2 cloves garlic 1" stick cinnamon 1 pod black cardamom 1 tbsp cloves 1 flake lichen flower (dagad phool) 1 tsp fennel seeds 2 tbsp black peppercorns ¹/₄ cup fresh curry leaves 1 (large) onion, finely chopped 3 cloves garlic, finely chopped 2 tomatoes, finely chopped ¹/₃ cup tamarind pulp (p. Heat oil on a griddle and fry the chicken on moderate heat till cooked through. Puducherry French-south Indian cuisine, this dish is sure to make you extend your holiday in Puducherry by a few days, just so that you can gorge on more of it. Often, hunting expeditions would last for several days till the king was satisfied. Curry Put oil in a large frying pan over medium heat. INGREDIENTS ¼ cup sugar 2 cups + extra white sesame seeds, lightly roasted and coarsely crushed METHOD Melt clarified butter in a heavy kadhai (wok) over low heat. Stir in salt, cook for 2 minutes and remove from heat. Stir in sa afternoon—it'll wake you up at once! INGREDIENTS Spice paste 2 tsp oil 2 onions, finely chopped ½ cup dried coconut, finely grated 1 tsp Kolhapuri masala (p. INGREDIENTS (makes 8) 1½ cups wholewheat flour (atta) ½ cup + extra all-purpose flour (maida) ¼ tsp salt or to taste 2 tbsp oil METHOD In a mixing bowl, combine the flours with salt and mix well. Mix in ginger-garlic paste and tomato and cook till tomato turns mushy. In a grinder, combine the roasted coconut and spices and grind to make a coarse powder. 13) Tempering 1½ tsp mustard seeds 1 (large) sprig fresh curry leaves 6 dried red chillies, torn to pieces METHOD Spice powder In a small bowl, combine all spice powder ingredients and mix well. Peshawar's strategic location on the crossroads of Central and South Asia has made it one of the most culturally and gastronomically vibrant regions in the state of Karnataka, Bylakuppe is one of the two main Tibetan settlements in India, the other being Dharamshala. Wash sangri. Add coconut powder, chicken, salt and 2 cups of water. Pour in 1 cup of water and cook till vegetables are tender. Years ago, when I was still new to the US, I participated in a pancake-making competition. A perfect dish to munch on while sitting on the soft sand, gazing into the horizon. All strengthening my belief that every grain and every dish has a memory of comfort, togetherness and celebration. A COUNTRY WITH SO MANY DIALECTS, CULTURES AND RELIGIONS IS TOTALLY CONNECTED BY FOOD Ultimately, I discovered myself ... well, just a part of myself; every time I envisioned the title of the book in my mind's eye, my heart missed a beat and I was conquered by love—love for My Great India. Rub marinade into fish and set aside to marinate for 20 minutes. (The milk may acquire a curdled look, but it is not spoilt.) Remove from heat and cool to room temperature. Press the edges together lightly. Cover and cook for 6-8 minutes till pumpkin is tender. Pickle In a grinder, combine all ingredients except oil, vindaloo paste and Bombay ducks. Rub the marinade into the chicken and set aside to marinate for 15 minutes. In a clean, dry, steel pan, whisk egg white till soft peaks appear. Bharwan Murgh Stuffed Chicken and set aside to marinate for 15 minutes. In a clean, dry, steel pan, whisk egg white till soft peaks appear. Bharwan Murgh Stuffed Chicken and set aside to marinate for 15 minutes. ingredients along with fried lotus stems and continue cooking till the gravy is thick. Serve with hot roti or paratha. This wonderful fish preparation is made using an ancient process in which a whole fish is stuffed with spices, sealed in an earthenware case and buried in the ground. Stir in tomatoes and cook till mushy. INGREDIENTS Batter 1³/₄ cups basmati rice 1¹/₄ cups toddy ³/₄ fresh coconut, grated 6 egg yolks, beaten 2 tbsp sugar 1 tsp salt or to taste Spice paste 6 cloves 8-10 dried red Kashmiri chillies White vinegar as required Filling 500 g (medium) prawns 1 tbsp oil 6 shallots/Madras onions, finely sliced ¹/₂ tsp salt or to taste ¹/₂ cup coconut cream (p. But the special shikar masala still exists. INGREDIENTS Soup 3 tbsp clarified butter 2 (large) onions, finely chopped 6 tbsp plain yogurt, whisked 2¹/₂ cups while corn kernels 2" piece ginger, minced 5 cloves garlic, minced 5 tbsp clashew nut paste 3 tbsp almond paste (p. Bring to a boil, reduce heat and simmer till dal thickens. My eyes witnessed an amazing sight—a huge kadhai (wok) full to the brim with oysters in a lovely saffron sauce. When hot, add panch phoran and red chillies. This is one of my favourite recipes from the Jammu region, which uses both fresh and dried pomegranate seeds. When the spices crackle, add onion and sauté till golden. We ate and ate till we couldn't find anything new to eat and, of course, could afford nothing it, it was marinated with this special shikar masala. INGREDIENTS (makes 12-14) 2 cups rice 3/4 tsp salt or to taste METHOD Wash rice and soak it in water for 4 hours. He simply asked me which dish I liked the most. Lovely, smooth and succulent. Poricha meen literally means fried fish in Tamil, and tomato rougail is a classic French dish. Add the reduced and strained gravy and fried onions to the pan with the oil, and cook till the sauce is very thick and glossy The sea, the sun, the sand, I loved it all. Add turmeric powder, chilli powder, half the coriander and mint leaves and the meat and cook for 3-4 minutes. Over and cook for 3-4 minutes till the raw flavour of the tomatoes disappears. (In case milk does not foam too well, chill it in the freezer for a few minutes and continue.) When all the foam has been portioned, garnish with pistachios and refrigerate till serving time. I wasn't exactly abiding by the rules they set for me; I was still having meetings on the phone and working on my laptop. 236). Put a griddle over medium-low heat. Place the ball in an airtight container and set aside for 4 hours. Walking through these kitchens was a treat for the senses. To serve drizzle 2 tbsp clarified butter and
serve hot with sandge (p. Sauté till thick and every corn kernel is swollen with milk. Remove and set aside. But in terms of taste, it is one of the most superb breads I've eaten. Roast over low heat, turning continuously, till a strong aroma fills the air. Doli Ki Roti Stuffed Multani Leavened Bread SERVES 4 I remember my Nani (maternal grandmother) cooking this bread for me. Put oil in a pan over medium heat. When hot, deep-fry the sandge till light golden. The best thing in Darjeeling is the charming Toy Train. With the same bright face and eager eyes, she watched us as we gulped down the water and her Nana spoke passionately about the contestants, her favourites and how she loved all the tasks. When hot, add panch phoran, bay leaf and red chillies. INGREDIENTS ¹/₃ cup kokum 1 cup (small) amlas, pitted 1 tsp cumin seeds, lightly roasted 2 green chillies. INGREDIENTS ¹/₃ cup kokum 1 cup (small) amlas, pitted 1 tsp cumin seeds, lightly roasted 2 green chillies. rind to make a coarse paste. Brush a large frying pan with butter and put over high heat. When soaked into the spicy gravy of the chicken, these rotis absorb all the flavours of the curry and become soft. Discard the shells. When one side is golden, carefully turn the roti over and cook the other side. mix in salt and remove from heat. When the mustard seeds crackle, pour the tempering over the patra. Remove into a bowl. This recipe is a cross between the two versions—the authentic Portuguese one and the adapted Indian one. One day, one of the devotees got some tomato chutney from home to be eaten with the bread and tea. Continue cooking the syrup till it reaches the colour and consistency of molasses. Dense, evergreen forests, lush tea gardens, neat winding roads and a breathtaking view of the Himalayas. Place the betel leaf on the surface of the mashed dal. He was honoured with the Rising Star Chefs for his role in shaping the future of... Everyone present was melting in the scorching heat. Strain into a bowl and set aside. I was touched by the respect they had for food. A great dish to pass around at teatime. The strong floral fragrance makes it a perfect choice for bakes and desserts such as cakes, cookies, mousses, ice cream or even meringues. Years later, I discovered that there is a restaurant called Dalma in Bhubaneshwar, Orissa. INGREDIENTS Malvani masala ½ cup dried coconut, grated 2 tbsp oil 10 dried red chillies 2 tsp coriander seeds 5-6 cloves ½ tsp caraway seeds 4 pods green cardamom 3 pods black cardamom 1 tsp poppy seeds Mutton 500 g mutton 4 tbsp oil 3 (large) onions, finely chopped 1½ tbsp ginger-garlic paste ½ tsp turmeric powder 1 tsp salt or to taste METHOD Malvani masala Put a dry frying pan over low heat. 22) 1 tsp fresh turmeric, crushed 200 ml coconut milk (p. Wash in several changes of water to remove all the starch. I then watched the young monks sit down to eat. Clean the lobsters and remove the flesh Marination In a mixing bowl, combine marinade ingredients with shikar masala. When the room is filled with the aroma of spices and mustard seeds start crackling, remove from heat. Add yogurt and sauté over low heat till the gravy is almost dry. Mustard paste Soak mustard seeds in warm water for 30 minutes. Always strive to make yourself just as useful and make the world a better place to live in.' It's true, isn't it? Turn over and cook the other side, drizzling ½ tsp of oil. Spice paste Meanwhile, put oil for spice paste in a frying pan over medium heat. Cut into pieces and serve. When the spices crackle, add the ground ginger-garlic paste, green chillies and onions and sauté till onions turn golden. Shell prawns, clean and devein. Fry for 1 minute and stir in 2 cups of water. In the same pan, heat oil and fry the masala spices separately till the colour changes slightly. Place the rolled sheermals on the baking tray and bake for 6-8 minutes. When hot, add all whole spices together and sauté for about 30 seconds. Stir in tomatoes, salt, turmeric powder and chilli powder and cook till tomatoes are mushy. Put oil for deep-frying in a kadhai (wok) over medium heat. Arrange the cooked meat over this and put half the kebabs on top. If the paste is too thick, mix in ¼ cup of water. We would sit on thick, soft razais (cotton quilts), blowing into our hands and rubbing them together to keep ourselves warm in the teeth-chattering cold of Amritsar. Spread batter evenly on the smooth side of the turmeric leaves and spread an even layer of filling over it. Peel and mash separately. Melt clarified butter on a griddle over medium heat. Add vermicelli and fry very gently, taking care not to crush it till golden. In a plate, combine the semolina with flour and mix well. To shape the anarsa, sprinkle a pinch of poppy seeds on a piece of clean, thick plastic and place a marble of dough on the poppy seeds. Cook over high heat till the water reaches the level of the rice. Wash duck and cut into 4-6 pieces. The Team Chef MICHAEL SWAMY is a food stylist, photographer and writer based in Mumbai, India. Stir in tamarind pulp, green chillies and sugar and cook till sauce thickens. Leave it there for 40-50 minutes till the stone is very hot. Bake for 2 hours, basting occasionally with butter. Shape each portion into a round, flattish roll. Place a kebab on each piece and wrap the sides over to form a roll. 13) 2 tbsp jaggery, grated ½ cup yam diced 1 tsp red chilli powder 1 tsp salt or to taste 1 sprig fresh curry leaves 2 pinches of garam masala powder Tempering 1 tbsp oil 1/4 tsp asafoetida powder 1 tsp mustard seeds 3 dried red chillies METHOD Wash dal and soak in water for 20 minutes. INGREDIENTS 12 prawns Kasundi (for 11/2 cups) 1 cup yellow mustard seeds ¹/₂ cup green mango, grated 4 green chillies, roughly chopped 6 cloves garlic ¹/₂ tsp coarse salt ¹/₃ cup mustard oil 3 green chillies, finely chopped 1 (medium) red onion, ground to a paste ³/₄ tsp salt or to taste ¹/₃ cup coconut cream METHOD Shell prawns, clean and de-vein. Chettinad cuisine is one of the spiciest in India and is famous for its mouth-watering non-vegetarian preparations. This recipe is inspired by a simple kokum chutney that I once had in someone's home in Karnataka. Continue stirring to cool the spices. So the next time you visit the grocery store, be sure to pick up a packet of kokum; you'll love its taste and will be happy to have introduced a new ingredient into your pantry. Soak raisins overnight in 1 cup of water with 1 tsp sugar and 1 tsp vinegar. (If you want to reduce the spiciness of your dish, remove the seeds before grinding the chillies.) Almond paste Put almonds in a bowl with 1½ cups of water and soak for 30 minutes. Put trotters into a pan of rapidly boiling water for 2-3 minutes. Knead in all the oil to give the dough a soft, elastic consistency. It's a cross between kohl (cabbage) and rabi (turnip) and is a versatile ingredient. Cover with a damp muslin cloth and set aside for 30 minutes. Remove from heat, cool and grind to make a thick, fine paste with some water. When the spices crackle, add ginger-garlic paste, green chilli paste and almond paste. 13) 1 tsp coriander powder 1 tbsp green mango, finely chopped METHOD Rice Wash rice, soak in water for 30 minutes and drain in a colander. Continue to boil for 20-25 minutes. Cover with a damp muslin cloth and set aside. Stir and serve hot with roti or steamed rice. When oil is hot (but not smoking), carefully slide a rolled poori into it. Ker Sangri Berries & Dried Bean Vegetation. Spread the ground mixture in a large plate and sprinkle gram flour. In a mixing bowl, combine the remaining coriander and mint leaves with the ground spices. It was already quite late and we were yet to have dinner. Tangy, creamy and easy to make, this lip-smacking raita is a winner all the way. Soak mustard seeds, red chillies and dried mango pieces separately overnight. Mix in tomatoes and sauté for 2-3 minutes. Divide filling into the same number of portions as the dough. Add 1½ cups of water, chilli powder, garam masala powder, jaggery, salt and the ground spice paste. In a blender, combine tomatoes, coriander leaves, green chillies and ginger, and blend to make a smooth purée. Cut into 1½" pieces. Shakkarpareh Deep-Fried Sugar Cookies SERVES 4-6 Shakkarpareh is a very common Indian sweet, and you get it especially during Diwali. 228). Trust me, this was a marriage made in heaven! INGREDIENTS 2 the principal seeds 1/2 to principal seeds 1/2 pan over medium heat. Here, though, is a simpler version that you can make at home. The peel is dried in the sun and then used as a souring agent in Maharashtrian and Gujarati cuisines. Cook for 5-6 minutes, mixing well to coat meat with the spices. Rice Wash rice and drain in a colander. When the spices crackle, add rice and turmeric powder and sauté for 3-4 minutes. Drain out the water and discard any oysters or mussels which have not opened up. INGREDIENTS 1¹/₂ tsp fresh mango ginger, crushed 2 (medium) tomatoes, finely chopped ¹/₂ tsp salt or to taste ¹/₄ tsp turmeric powder ¹/₂ tsp red chilli powder 2 tbsp jaggery, grated 1 tbsp dried dates, finely chopped 1 tbsp fresh coconut, finely grated 1 tsp cumin powder METHOD Put oil in a small frying pan over medium heat. Add sorrel leaves, spice powders and salt. INGREDIENTS (makes 8-9) 1 cup husked, split moong dal) 1" piece ginger, roughly chopped 2 green chillies, roughly chopped 1 sprig fresh curry leaves 1 (large) onion, grated 1 tbsp fresh coriander leaves, finely chopped 1/2 tsp turmeric powder 3/4 tsp salt or to taste Oil as required METHOD Wash dal and soak in water for 4 hours. Open the marinated lamb flat on a board and spoon the filling down the centre of the lamb. I hopped from shikara to shikara, buying the choicest of ingredients and taking in the blissful aroma of saffron stacked in tiny boxes in some of them. Make all the pooris the same way. Indian cuisine is a general term for the wide variety of cooking styles in the
country. INGREDIENTS Sattu flour 2 parts pearl barley (bajra) 1 part husked, split Bengal gram (chana dal) Pithaura 1 cup wholewheat flour (atta) 1¹/₂ tbsp sattu flour ¹/₂ tsp salt or to taste 1 tsp carom seeds 3 dried red chillies, torn to pieces 7-8 cloves garlic, finely chopped 1 (large) onion, finely chopped 1 (large) tomato, finely chopped 1 (l chopped Dal ¼ cup husked, split Bengal gram ¼ cup husked, split black gram (urad dal) 1 tsp salt or to taste 1 tbsp turmeric powder 2 tsp garam masala powder 1 tsp red chilli powder 2 (large) bay leaves METHOD Sattu flour Wash the barley and gram and dry in shade. Originally from the region of Champaran in Bihar, taash kebabs get their name from the Urdu word taash which means a deck of playing cards. Mix in turmeric powder and ginger-garlic paste and cook for a few minutes till fragrant. Boil poppy seeds for 10 minutes, remove from heat and cool to room temperature. Cool to room temperature, combine with vinegar in a grinder and grind to make a smooth paste. Mix well and set aside to marinate for about 30 minutes. Brown onion paste Put oil in a frying pan or kadhai (wok) over medium-high heat. Put oil for the tempering in a small pan over medium heat. Once, I was invited to a cooking competition organized for Maharashtrian women by a popular Marathi newspaper called Lokmat. Add tomatoes and cook till they soften. INGREDIENTS Raw papaya, grated with skin Filling 1 tbsp oil 1 (medium) onion, finely sliced 100 g mutton, finely minced 3 tsp raw papaya paste ½ tsp garam masala powder 1/4 tsp green cardamom powder 1/4 tsp mace powder 1/4 tsp mace powder 1/4 tsp mace powder 1/4 tsp reasted husked, split Bengal gram (bhuna chana dal) A few strands saffron, dissolved in 11/2 tbsp warm water 2 tbsp clarified butter, melted To smoke the filling 2 pieces charcoal 1 tsp clarified butter To shallow-fry the kebabs Clarified butter Chicken 4 chicken supremes (breast with wing bone) 2 tbsp oil Marinade 1¹/₂ tsp red Kashmiri chilli powder 1 tsp gram masala powder 1 tsp garam masala powder 1 tsp gram flour ¹/₂ tsp red Kashmiri chilli powder 1 tsp gram flour ¹/₂ tsp red Kashmiri chilli powder 1 tsp gram masala powder 1 tsp gram masala powder 4 tbsp gram flour ¹/₂ tsp red Kashmiri chilli powder 1 tsp gram masala powder 1 tsp gram masala powder 4 tbsp gram flour ¹/₂ tsp red Kashmiri chilli powder 1 tsp gram masala powder 1 tsp gram flour ¹/₂ tsp red Kashmiri chilli powder 1 tsp gram masala powder 1 papaya (without peeling since the peel has tenderizing qualities) into a blender or grinder and grind to make a smooth, fine paste. I once set up a contest on my website, asking people to send in dishes that had kasundi as the main ingredient. INGREDIENTS (makes 6-8) Dough 1¹/₂ cups + extra wholewheat flour (atta) 2 tbsp + extra oil Filling 1 cup sattu flour made with Bengal gram kala chana (p. A mutton patty is fried in egg white, which forms a thin layer or veil all over it, thus making it look as though the kebab is wearing a pristine, white veil. When hot, add cloves, pepper and cinnamon. Mix thoroughly and marinate the cooked lamb for 30 minutes. When the foam is thick, spoon it off with a teaspoon or fork and place in a tilted tray. Gravy Melt clarified butter in a pan over low heat. Add tomatoes and green chillies with ½ cup of water. Though it was October, the place was still as hot as an oven. It is an auspicious day for the Parsis and Delzad had organized a little party at home to celebrate. Pakhala Bhaat Fermented Rice with Yogurt SERVES 4 I was curious to know what pakhala was as I had heard a lot about it but never tasted it. Pour the tempering over the soup and mix well. Stir the fermented batter well and mix in coconut paste. Roast them separately and grind to powders. On inquiring I was told it was called khoba roti, which literally means an indented or pinched roti. INGREDIENTS 500 g chicken, boneless Marinade 2 tbsp dried pomegranate seeds, lightly roasted and powdered 6 dried red chillies, lightly roasted and powder 1 tbsp garlic paste 1 tbsp garlic paste 1 tbsp garlic paste 4 pods green cardamom 2 bay leaves 1 cup onion paste (p. Add tomato and cook till it is mushy. In a blender, combine lassi, green chilli, ginger and cumin seeds. Cover and simmer over low heat, stirring occasionally, till mince and turnip are cooked. Well, here's the recipe for that heavenly curry my little friend served me. Stir in rice, mushrooms, remaining spice powders and salt. Remove into a grinder and grind to make a smooth paste. Place the dish in the preheated oven and bake for 25-28 minutes. Tharavu Curry Kerala Duck Curry SERVES 4 Here's another recipe from the coastal state of Kerala. Serve hot with tomato chutney (p. Bodh Gaya's Tomato Chutney Sweet & Sour Spicy Chutney MAKES patty so that the egg white coats it. When hot, add remaining tempering ingredients. It requires some effort to separate the blossoms, but, trust me, it is definitely worth it! INGREDIENTS 2 banana blossoms 2 tbsp mustard oil 1¹/₂ tbsp mustard oil almost two hours of soul-searching, I returned to my resort happy and at peace with the world. Meanwhile, heat the clarified butter for the tempering in a ladle. In this coastal Maharashtrian soup, it's all about keeping the somewhat raw, fresh and zingy flavour of the mangoes intact. In the same blender, combine the remaining toddy with coconut through markets and shops. Dalma Moong Dal with Vegetables SERVES 4 In Manipal during my college days, I had a friend whose mother was a phenomenal cook. It's made using wellbrowned only in Jharkhand and Bihar. Here's the recipe of the ones I ate when I was in Lucknow. Now why didn't I think of that one! The potato is the most versatile of vegetables; you can use it in every kind of dish imaginable, then why not in a pickle? 16) 1 tsp salt or to taste ½ cup fresh button mushrooms, quartered 1 cup noodles, boiled ½ cup American corn ½ cup cucumbers, cut into batons ½ cup spring onions, finely chopped ½ cup carrots, cut into juliennes ½ cup sole fish, steamed and flaked (optional) METHOD Soup In a blender, combine spice paste ingredients with ½ cup of water and grind to make a smooth paste. Khaja is a type of crisp square croissant dipped in sugar syrup. The kitchens of the nawabs used to have gourmet cooks called rakabdars, who prepared exquisite dishes and meals in small quantities. Mix thoroughly and set aside for 10 minutes. Panch phoran The quantity of fenugreek seeds may be reduced if one finds them too bitter. Mix in curry powder and turmeric and continue frying till aromatic. Add mustard seeds and fenugreek seeds. Remove pan from heat and stir in yogurt. Khubani ka meetha has now become a popular dish in Hyderabadi cuisine too. But Gopalpur gave a whole new dimension to my perception of bharta. Add grilled chicken and simmer for 5-7 minutes. It's a memory that will stay with me for the rest of my life. Place lamb on a large greased baking tray and evenly sprinkle the remaining brown sugar over it. These tender, velvety, melt-in-your-mouth patties made from hung yogurt just transport you into a different world. Put a griddle over low heat. Add nuts, raisins and cardamom powder and mix well. The paste can be made in a larger batch and frozen but it is best to grind it fresh. Be it architecture, town planning, street names or food, there is an unmistakable trace of France, which makes it so singular. Mix in 2 tsp of the prepared spice powder, chilli flakes and turmeric powder and cook for 1 minute INGREDIENTS Spice paste 9 cloves 4 dried red chillies 1¹/₂ tsp turmeric powder ³/₄ tsp cumin seeds Patio 500 g (medium) prawns 2 tbsp oil 1 (medium) praw dry, knead with wet hands. To make a roti, put the clay griddle over low heat till warm. Using a pestle, pound the fudge gently but quickly to make a depression in the centre, dusting with crushed sesame at regular intervals, to prevent the piece from getting sticky. Scrape the surface of the cloth with a spoon to allow the juice to strain through. Mix in chickpeas and stir well. Even otherwise, it acts as a delicious accompaniment to a variety of dishes. Place the granite slab on the cooking range over high heat (all burners). The sourness of the tomatoes coupled with a tinge of sweetness from the jaggery and dates makes for a fantastic accompaniment to any meal. PANDHRA RASSA INGREDIENTS Spice paste ½ cup dried coconut, grated 1½ tbsp caraway seeds 1½ tbsp caraway seeds 1½ tsp coriander seeds 1½ tsp coriander seeds 1½ tsp dried red chillies, seeds only 3 pods green cardamom, seeds 1½ tsp caraway seeds 1 plain yogurt, whisked 2 cups mutton stock 1 cup coconut milk (p. FISH & SEAFOOD Apa De Camamo Prawn Cake SERVES 4-6 This is one cake that, even without milk) can be stored refrigerated in an airtight container for up to 2 months. I was still young and bold and wasn't scared of anything; all I wanted to do was live my dream. Completely at ease with life, always in control in the face of any crisis and never afraid to try out something new, he stood out from the rest. When hot, reduce heat to medium-low, place a rolled bread on it, cover and cook for 15-20 minutes, turning over every 5 minutes, to ensure even cooking. Cool the roasted spices to room temperature. It is the truck drivers who, thanks to their extensive travelling, know the countryside inside out. When hot, add coconut and onions and sauté till golden brown. Cool to room temperature and serve. I got off the bus to stretch my legs and ended up buying a huge bagful of hot pumpkin flower fritters. Melt clarified butter in a frying pan over medium heat. The beauty of this dish lies in the remarkably crisp, crunchy texture of the bitter gourd rings. Vegetable vendors lured customers shouting, 'Jandi bar da chholiya'' which basically means, 'Make sure you take some chholiya before it disappears!' Once bought, peeling the chholiya would be a family affair. In a large frying pan, melt clarified butter over medium heat and add the
tempering ingredients. Add papad, ½ cup of water and salt and cook till the curry thickens to the desired consistency. Here's a dish that's a must in any thickens slightly. Konkani platter—cashew nuts cooked in coconut with just a hint of sweetness and sourness. Kebabs Clean lamb, wash and cut into tiny pieces. It is a festival celebrated throughout India and marks the day on which Lord Shiva and Goddess Parvati were united in holy matrimony. Add to the mince mixture with eggs and mix till well blended. Bisi Belé Bhaat Spicy Rice Porridge SERVES 4-6 I longed to visit Vidyashankara Temple at Sringeri ever since I saw a picture of its blue door on someone's desktop a few years ago. I noticed that the rasam he made had a much deeper colour and a completely different flavour. The Kushans, Mughals, Zoroastrians, Greeks, Tibetans and so many others found shelter under her wing and soon became an inseparable part of her magnificent persona, as did their culture and cuisines. Put a griddle over very low heat. While I was speaking to her Nana, the little girl ran into the kitchen and came out with glasses of water, a slice of bread and some curry on a plate. To cook the fish Preheat oven to 150°C. His eagerness has led him not only to learn cooking, but also to styling. Put the remaining 2 tsp oil in a pan over medium heat. Sprinkle saffron and its soaking water evenly over lamb, cover and bake for another 30 minutes or till meat is tender. Marination In a mixing bowl, combine marinade ingredients and mix well. In spite of this, the cuisine of this region is one of the most colourful and distinctive. Cover with another third of the rice and sprinkle half the saffron milk. When hot, add bay leaves and whole 1 (small) onion, peeled and kept whole 4 tsp oil 3 dried red chillies 6 cloves garlic 5 black peppercorns 1 tbsp white vinegar 1 tsp salt or to taste 1½ cups basmati or long-grained rice METHOD Brush tomatoes, capsicum and onion with 2 tsp of oil. 'Why don't you make some pulisheri? Stir in 1½ cups of water, cover and simmer till cashew nuts are cooked. Mix in garam masala powder, cook for 1 minute longer and remove from heat. When hot, add ground spice paste and fry for 2-3 minutes. Wet the edges of the disc with water and fold over to conceal the filling. Reduce heat and allow broth to simmer for 3-4 minutes. 'Live your life like a banana tree,' we are taught. When the spices crackle, add pumpkin, turmeric powder, salt and 1 cup of water. Mix in fennel powder, ginger powder, asafoetida powder, veri, cloves and turmeric powder and bring the thin curry to a rapid boil over high heat. Add chicken with 2¹/₄ cups of water, and coconut paste. Use as required. Mix in the ground spice paste and cook for 5 minutes till the ground spice paste more? Tamarind sauce Put oil in a frying pan over medium heat. Mix in remaining ingredients and simmer for about 5 minutes. Marination In a grinder, combine marinade ingredients with very little water and grind to make a smooth paste. The East Indians are a Roman Catholic community, based primarily in and around Mumbai. Brush with clarified butter and serve hot with bater shikar masala (p. In a large mixing bowl, combine the boiled ker and sangri with ground mustard paste, and the earthy flavour even better and is also healthier as it aids the absorption of minerals. In India, and especially in Lucknow, a parda or veil is of great significance. Transfer to a serving dish and serve hot. In a mixing bowl, put flour for the sealing dough. Place the kadhai over low heat and place a portion of dough in the centre. Gradually add this mixture to the hot milk and continue cooking till milk begins to thicken. Vivek's raswali machhli was a gift for us. Bhaaji Put oil in a frying pan over medium heat. INGREDIENTS 1 cup husked, split pigeon peas (arhar/toover dal) 2 the thick contained by the thick of a safetida powder 1/2 to be a tsp turmeric powder ½ cup onions, finely chopped 4 green chillies, finely chopped 2" piece ginger, crushed 3 cloves garlic, crushed 3 cloves garlic, crushed 3 cloves garlic, crushed 4 green chillies, finely chopped 2" piece ginger, crushed 3 cloves garlic, crushed 3 cloves garlic, crushed 3 cloves garlic, crushed 4 green chillies, finely chopped 2" piece ginger, crushed 3 cloves garlic, crushed 3 cloves garlic, crushed 4 green chillies, finely chopped 2" piece ginger, crushed 3 cloves garlic, crushed 3 cloves garlic, crushed 4 green chillies, finely chopped 2" piece ginger, crushed 3 cloves garlic, crushed 4 green chillies, finely chopped 2" piece ginger, crushed 4 green chillies, finely chopped 4 green chillies, finely chopped 4 green chilles, finely chop into a mixing bowl. Put oil in a pressure pan over medium heat. Place the disc on a lightly floured surface, sprinkle some more rice flour and, using a rolling pin, roll into a thin, 12" round rotli. A few minutes into the competition, I stopped cooking for a second and looked around. Add onions, ginger and garlic and sauté for a few seconds. The little lanes and by-lanes there are crowded with stalls and handcarts selling Awadhi delicacies. Using an electric whisk or beater, beat the milk at very high speed till a rich foam begins to accumulate on the surface. Cool and cut into ½" thick slices. Cover and set aside in a warm place for 10 minutes to allow the yeast to froth. In case you can't get chholiya, you can use green peas. And equally enchanting is the food you get there. The fresh cashews used here are seasonal. When hot, add mustard seeds. In the kitchens of Bengal, my eyes followed the alta-coloured hands of a mother who made bright, squiggly jalebis at the speed of lightning. I noticed a little girl watching me from behind one of the mango trees for a while, but she was too shy to come forward and talk to me. Khaja Sugar-Coated Pastries SERVES 4-6 I was on my way to the ruins of the ancient Nalanda University in Bihar, which was a famous centre for learning. Gradually spoon in the milk a little at a time, mixing in just enough to moisten the meat and make a light gravy The Bihu festival, which is a harvest festival, was being celebrated in all its splendour at the time. The colour will change if refrigerated or frozen. Pour in the prepared purée with salt and thyme. Meanwhile, line a baking tray with greaseproof paper. Turn the rotli every 5 seconds, pressing the edges lightly with a small wad of muslin cloth, till small brown spots appear on both sides and the rotli begins to puff up. Transfer roasted spices to a large plate, spread them out and allow them to cool completely. It is mainly because of their geographical features and volatile political conditions that these states have remained largely inaccessible. Turn out, cut into wedges, garnish with tomato wedges and green peas and serve. Toast tomatoes, capsicum and onion individually, directly over a medium flame. I simmer the meat over low heat, as it brings the best flavours together. All of us were so impressed that we included it in the show. Heat water till just warm. 204). (It is also commercially available.) Vadi In a mixing bowl, combine coriander leaves with gram flour, rice flour, ¹/₂ cup bhajani flour, turmeric powder, cumin powder, ginger and green chillies. Turn the poli over again and cook the first side till done. INGREDIENTS 2 cups fresh pineapple, diced ³/₄ tsp salt or to taste 3 tsp white sesame seeds 4 dried red chillies, torn to pieces 2 tbsp fresh coconut, grated 1 tsp paprika 1 tsp tamarind pulp (p. Bhoot Jolokia Murgh Chicken with Assamese Chilli SERVES 4 Bhoot jolokia is one of the hottest peppers in the world. In a blender, combine chillies with the soaking water and remaining spice paste ingredients. Sprinkle over the vermicelli, cover and cook till a lot of steam forms in the pan and the vermicelli soften. As I looked around me, I witnessed this amazing modernizing society against the backdrop of the oldest beliefs. Remove and drain on absorbent paper. Put oil in a frying pan over medium-low heat. When the spices crackle, add garlic and sauté till it softens and colours slightly. Remove the stamens and the thin, translucent film within the blossoms. Toss in the prepared gourd slices and mix well. Bake for 10-15 minutes till brown. Put coconut oil in a frying pan over medium heat. Take care to ensure that the yogurt does not split. Make a well in the centre of the bowl and pour in the yeast mixture. When the spices crackle,
add 2 cups of water and the remaining tempering ingredients. Pesarattu Moong Pancake SERVES 4 Whenever I see the pesarattu of Andhra Pradesh, I can't help but smile. I have tried to add a new dimension to the original recipe by stuffing the chicken with minced mutton. When mustard seeds crackle, pour the tempering over the chutney. Gradually mix in asafoetida water and mustard oil, alternating 1 tbsp at a time, till spice mixture becomes a smooth, pliable dough. Kalimirch Khekda Black Pepper Crabs SERVES 4 There was a time when black peppercorns were as precious as gold. Add the fried jackfruit, sauté for 1 minute and stir in the milk, garam masala powder, turmeric powder, ground spice paste and sugar. To cook the kebabs Meetha ittar is an oil-based flavouring extract reminiscent of the fragrance of wet earth. Simmer for 1 minute. Add cardamoms and cloves. INGREDIENTS (makes 6-8) 2 cups + extra wholewheat flour (atta) ½ tsp salt or to taste Oil as required METHOD In a mixing bowl, combine flour with salt and 1 tbsp of oil. Remove from heat, allow to cool slightly and mix in flour to make a thick paste. Singe any remaining hair by placing the trotters directly on a flame. Add marinated mutton and salt and mix well.

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