

Uttar Pradesh Famous Cuisines						Uttar Pradesh Famous Cuisines							
(Vegetarian)						(Vegetarian)							
Sr no.	Region	Food item	Ingredients	Nutrients	Description	Source	Video Link	Views	Likes	Comments	Youtube Stats	Unresponsive Audience	Video Length(in Sec)
1	Urban areas like Lucknow and Kanpur	Roomali Roti	Wheat flour, all-purpose flour, salt, oil, and water.	Carbohydrates: High (due to refined flour) Protein: Moderate Calcium: Low Vitamins: B-complex (from wheat flour) Iron: Low Protein: High (plant-based protein source) Fiber: High (good for digestion)	A soft, thin, and large flatbread. "Roomali" translates to "handkerchief," reflecting its delicate texture. It's traditionally cooked on the convex side of a tawa (griddle) and pairs well with rich gravies and kebabs.	https://www.subbakitchen.com/roomali-roti-recipe-urumali-roti-recipe/	https://youtu.be/M9Ymbu5NaM7aI=22ydlfV_X6NYH9z7	14000000	33000	3808	36808	13963192	639
2	Common throughout Uttar Pradesh.	Arhar ki Dal	Pigeon peas (arhar dal), tomatoes, turmeric, cumin seeds ,garlic, ginger, green chilies, and ghee.	Calcium: Moderate Vitamins: B-complex, Vitamin C (from tomatoes) Iron: High Protein: Moderate (from dal) Fiber: High Calcium: Moderate Vitamins: B-complex (from lentils), Vitamin C Iron: High	A staple lentil dish, this dal is cooked until soft and tempered with spices in ghee, resulting in a comforting and nutritious accompaniment to rice or roti.	https://www.whiskaffair.com/400-dal-recipe/	https://youtu.be/Dz2R86j1GJ8?si=J77-xGkZyA5aQ9Yor	32000000	168000	3406	171406	31828594	538
3	Predominantly from the eastern parts of Uttar Pradesh.	Fara	Rice flour or wheat flour, chana dal (split chickpeas), cumin seeds ,ginger, green chilies, and coriander leaves.	Protein: High (from dal) Fiber: High Calcium: Moderate Vitamins: B-complex (from lentils), Vitamin C Iron: High Protein: Moderate (from peas) Fiber: High Calcium: Low Vitamins: A, C, K (from peas and coriander) Iron: Moderate	Steamed dumplings made from a dough filled with spiced lentil mix. Fara is a healthy snack or breakfast option, often enjoyed with chutney.	https://www.archanasakitchen.com/dal-fara-recipe-india-n-stuffed-lentil-dumplings	https://youtu.be/sQThd_LUuF0?si=0TwpWQsZ5oP8Rpui	6300000	73000	4314	77314	6222686	639
4	Especially popular in the Awadh region,including Lucknow.	Matar Ka Nimaona	Green peas, potatoes, tomatoes, cumin seeds, ginger, garlic, green chilies, and fresh coriander.	Protein: Moderate Fiber: High Calcium: Low Vitamins: A, C, K (from peas and coriander) Iron: Moderate	A winter delicacy, this is a spiced curry made from mashed green peas, offering rich and hearty flavor, typically enjoyed with rice or roti.	https://cookingwithshapana.com/matar-ka-nimaona/	https://youtu.be/DrfYv6T5H1Uv?si=hVdV7Q9BEC6vYa_	2200000	N/A	2085	2085	2197915	1099
5	Widely consumed in Uttar Pradesh, notably in Mathura and Vrindavan.	Bedmi Puri and Aloo Sabzi	For Bedmi Puri: wheat flour, urad dal (black gram), fennel seeds, and spices. For Aloo Sabzi: potatoes, tomatoes, turmeric, cumin seeds, and asafoetida.	Protein: Moderate Fiber: Low (in puri), moderate (in aloo sabzi) Vitamins: B-complex, Vitamin C Iron: Moderate	Bedmi Puri are deep-fried breads stuffed with a spiced urad dal mixture, served with a tangy and spicy potato curry, making for a hearty breakfast or brunch.	https://www.vegrecipesofindia.com/bedmi-puri-recipe/	https://youtu.be/y8H3j3Jxz3?si=Ybmdbpnp0k8xR8V	4600000	59000	1569	60569	4539431	1044
6	Predominantly from the eastern regions of Uttar Pradesh and parts of Bihar.	Baati Chokha	For Baati: whole wheat flour, ghee, and baking powder. For Chokha: roasted eggplant, tomatoes, potatoes, green chilies, and mustard oil.	Protein: Moderate Fiber: High (whole wheat and roasted brinjal) Calcium: Moderate Vitamins: B-complex, Vitamin C (from tomatoes) Iron: High Protein: Moderate Fiber: High (from okra) Calcium: Moderate Vitamins: A, C, K (from okra and spices) Iron: High	Baati are baked round wheat flour balls , often dipped in ghee. Chokha is a mashed mixture of roasted vegetables with spices. Together, they form a rustic and flavorful meal.	https://baatycooking.recipes/varanasi-ki-baati-chokha/	https://youtu.be/UJUmOns0M6?si=UJY60X4xW7BwDF8AH	25000000	177000	4899	181899	24818101	743
7	While "Salan" is more associated with Hyderabad cuisine, variations are enjoyed in Uttar Pradesh.	Bhindi ka Salan	Okra (bhindi), peanuts, sesame seeds, coconut, tamarind pulp, onions, and spices.	Protein: High (from paneer) Calcium: High (from okra) Vitamins: A, D, B12 (from dairy) Iron: Moderate	A tangy and spicy curry where okra is simmered in a rich, nutty gravy, typically served with rice or flatbreads.	https://www.vegrecipesofindia.com/bhindi-salan-recipe/	https://youtu.be/m1T9d4NhrU7?si=P7A6amCnCh3K4Q2_	165000	2000	83	2083	162917	238
8	A specialty of the Awadhi cuisine from Lucknow.	Paneer Kundan Kaliyan	Paneer (cottage cheese), yogurt, saffron, cashew nuts, poppy seeds, ginger, garlic, and aromatic spices.	Protein: High (from paneer) Calcium: High (from dairy) Vitamins: A, D, B12 (from dairy) Iron: Moderate	A royal dish featuring paneer cubes cooked in a luxurious saffron-infused gravy, offering a mildly sweet and rich flavor profile.	https://www.archanasakitchen.com/paneer-kundan-kaliyan-recipe/	https://youtu.be/mx0DUi9HwIgc?si=R26bTZAGPwR6RQ2a	28000	1200	107	1307	26693	405
9	Associated with Awadhi cuisine, especially in Lucknow.	Sheermal	All-purpose flour, milk, sugar, saffron, and ghee.	Protein: Low Calcium: Moderate (from milk) Vitamins: B-complex Iron: Low	A mildly sweet, saffron-flavored leavened bread, traditionally baked in a tandoor. It's often enjoyed with kebabs or rich gravies.	https://recipes.limesofindia.com/recipes/sheermal/r82304856.cms	https://youtu.be/9bUXGA-KwSU?si=IBdop7x2CMH5v&t	125000	1200	63	1263	123737	264
10	Popular in various parts of Uttar Pradesh, especially during festive occasions.	Zarda	Basmati rice, sugar, saffron, ghee, mixed nuts, and dried fruits.	Carbohydrates: High (from rice and sugar) Protein: Low Calcium: Low Vitamins: B-complex Iron: Low	A sweet rice dish where cooked rice is flavored with saffron and cardamom, enriched with ghee, and adorned with nuts and dried fruits, often served during celebrations.	https://www.vegrecipesofindia.com/zarda-pulao-recipe/	https://youtu.be/hp4lW4mZLUA?si=Ud4Ua7F3omyu0Ds	9600000	78000	720	78720	9521280	414
11	Ubiquitous across Uttar Pradesh, with Varanasi and Lucknow being famous for their unique versions.	Chaat	Varies by type but commonly include potatoes, chickpeas, yogurt, tamarind chutney, green chutney, sev, and spices.	Protein: Moderate (includes curd or chickpeas) Fiber: Moderate (from vegetables and chickpeas) Vitamins: C Iron: Moderate	A broad category of savory snacks characterized by a medley of flavors and textures, combining sweet, sour, tangy, and spicy elements, making it a beloved street food.	https://www.indianvegrecipes.com/indian-chaat-recipes/	https://youtu.be/Z6Kv5pbaM7ai=ud3ORJou2vFA5G6	6000000	640000	11328	651328	5348672	320
12	Varanasi (Banaras).	Banarasi Paan	Betel leaves, areca nut, slaked lime, catechu, and various sweet or savory fillings like gulkand (rose petal preserve), coconut shavings, and various sweet or tobacco-based fillings (optional).	Calcium: Moderate (from betel leaves) Fiber: Low Vitamins: A, C (from betel leaves) Iron: Low	A symbol of Banarasi 'rich cultural heritage , Banarasi Paan is a traditional betel leaf preparation that can be sweet or zesty. It is often chewed as a mouth fresher or digestive after meals.	https://banarasipaanrecipe.com/recipe-of-banarasi-paan/	https://youtu.be/CN6FDYpK1E7?si=eg_Tln2KW0UJzAAOn	747	11	8	19	728	65
13	Popular in Lucknow, Kanpur, and Allahabad	Kulcha	All-purpose flour (maida), yogurt, baking soda, salt, sugar, milk, butter or ghee, and nigella seeds (kalonji).	Carbohydrates: High (from refined flour) Protein: Low Calcium: Low Vitamins: B-complex Iron: Low	A soft and slightly chewy leavened bread, kulcha is baked in a tandoor and served with rich curries like chole (chickpea curry/keema (minced meat). It is a popular breakfast or street food item in UP.	https://www.vegrecipesofindia.com/kulcha/	https://youtu.be/lhJ3pzcQSeQ0?si=s6-sepbJ4mV5GQ6C	35000000	233000	8953	241953	34758047	433
14	Primarily from the Awadhi cuisine of Lucknow	Paneer Pasanda	Paneer (cottage cheese), cashews, almonds, yogurt, cream, tomatoes, onions, ginger, garlic, cardamom, garam masala, and saffron.	Protein: High (from paneer and nuts) Calcium: High (from chana dal) Vitamins: A, D, B12 (from paneer) Iron: Moderate (from nuts and spices)	A luxurious dish where paneer slices are stuffed with a rich nut-based filling and cooked in a creamy, spiced tomato gravy. It is often enjoyed with naan or roomali roti and is a favorite in Mughlai and Awadhi cuisine.	https://www.vegrecipesofindia.com/paneer-pasanda-recipe-restaurant-style/	https://youtu.be/SRVyuQH5-qQ?si=9_mSoUW0w6Wp1PWl	970000	16000	573	16573	953427	554
(Non-Vegetarian)													
15	Predominantly associated with the Awadhi cuisine of Lucknow.	Shami Kabab	Minced meat (usually lamb or mutton), chana dal (split chickpeas), onions, green chilies, ginger, garlic, garam masala, and fresh herbs.	Protein: High (from meat and lentils) Iron: High (from red meat) Fiber: Moderate (from chana dal) Vitamins: B-complex vitamins (from meat)	These are pan-fried patties made from minced meat and chana dal, seasoned with aromatic spices. They are known for their soft texture and are often served with mint chutney.	https://food.ndtv.com/life/10-best-recipes-from-uttar-pradesh-841737	https://youtu.be/4iFf_IPon_a8?si=Z_h7AM867N6suC4	12000000	131000	2774	133774	11866226	432
16	Originated from the town of Kakori near Lucknow.	Kakori Kabab	Finely minced lamb, raw papaya paste (as a tenderizer), cloves, cinnamon, black pepper, and other spices.	Protein: High Iron: High Vitamins: B-complex vitamins	Known for their exceptional tenderness, these kebabs are made with finely minced meat and a blend of spices, then grilled on skewers.	https://food.ndtv.com/life/10-best-recipes-from-uttar-pradesh-6941737	https://youtu.be/yd4JTHTYVM7si=NX6-JSalpLS8kL	40000	916	93	1009	38991	474
17	A staple of Awadhi cuisine from Lucknow.	Awadhi Gosht Korma	Mutton, yogurt, onions, garlic, ginger, almonds or cashews, saffron, and a blend of spices.	Protein: High Calcium: Moderate (from yogurt and nuts) Vitamins: B-complex vitamins, Vitamin E	A rich and creamy curry where mutton is slow-cooked in a yogurt-based gravy infused with spices and nuts, resulting in a flavorful and aromatic dish.	https://www.whiskaffair.com/category/recipes/indian/uttar-pradesh-recipes/7	https://youtu.be/1A5E9c9-mR0?si=9VQMPL2fM2sgsvVW	1700000	N/A	1156	1156	1698844	814
18	While Uttar Pradesh is landlocked, prawn dishes are enjoyed, especially in regions.	Prawn Curry	Prawns, tomatoes, onions, garlic, ginger, coconut milk, and spices like turmeric and cumin.	Protein: High Omega-3 Fatty Acids: High Vitamins: B12, E Minerals: Zinc, Selenium	A flavorful curry where prawns are simmered in a spiced tomato and coconut milk base, offering a rich and creamy taste.	https://dishcovery.in/recipe/uttar-pradesh-7	https://youtu.be/13QlSTEM_Ma7?si=wU_-qhk3E36M8GwV	6400000	64000	2137	66137	6333863	639
19	Popular across Uttar Pradesh,in Mughal-influenced areas.	Murgh Do Pyaza	Chicken, onions (used in two stages), tomatoes, yogurt, garlic, ginger, and spices.	Protein: High Vitamins: B6, C Minerals: Phosphorus, Selenium	A semi-dry chicken curry characterized by the use of onions added at two different stages of cooking, giving it a distinct sweet and savory flavor.	https://www.whiskaffair.com/category/recipes/indian/uttar-pradesh-recipe/7	https://youtu.be/xk4gu5QJH1?si=yZTsqMRd1TqJdQ	2300000	40000	1233	41233	2258767	457
20	A signature of Lucknow's Awadhi cuisine.	Galouti Kebab	Finely minced meat (traditionally lamb), unripe papaya (as a tenderizer) , a blend of over 100 spices, and ghee.	Protein: High Iron: High Vitamins: B-complex vitamins	These melt-in-the-mouth kebabs were originally made for a toothless Nawab. The meat is finely minced and marinated with spices and tenderizers, then shallow-fried to perfection.	https://food.ndtv.com/life/10-best-recipes-from-uttar-pradesh-6941737	https://youtu.be/pMTyivCuU6?si=E741Um5T98L9vZ	1400000	24000	837	24837	1375163	323
21	Associated with the Awadhi culinary traditions of Lucknow.	Gulnaar Kababs	Minced meat, pomegranate seeds, almonds, spices, and ghee.	Protein: High Antioxidants: High (from pomegranate seeds) Vitamins: B-complex vitamins, E	A unique kabab that incorporates pomegranate seeds, giving it a slightly sweet and tangy flavor, complemented by the richness of almonds and spices.	https://en.wikipedia.org/wiki/Awadhi_cuisine?	https://youtu.be/32vZ2NnGGuS?si=h7IPaEZF5uRat_1j	241	28	8	36	205	424

22	A traditional breakfast dish in Lucknow and other parts of Uttar Pradesh.	Nihari Khaas	Beef or mutton shanks, bone marrow, ginger, garlic, yogurt, and a blend of spices.	Protein: High (from mutton/beef) Iron: High (from red meat and bone marrow) Collagen & Minerals: High (from bone marrow) Vitamins: B12, B6	A slow-cooked stew, Nihari is a rich and flavorful dish that was traditionally eaten by Mughal emperors before dawn. It is slow-cooked overnight to allow the flavors to develop fully.	https://harpalassokhi.com/cuisine/uttar-pradesh/?	https://youtu.be/oy6V8mzmQd8?si=W-3qHY7d4nTG4t7	1100000	157000	5223	162223	10837777	769
23	Popular in Mughlai cuisine, especially in Lucknow and Agra.	Nargisi Kofta	Minced mutton/chicken,Hard-boiled eggs,Onions, garlic, ginger,Spices (cumin, coriander, garam masala), Tomato-based gravy	Protein: High (from eggs and meat) Iron: High Calcium: Moderate (from eggs) Vitamins: B12, B6	Nargisi Kofta is a dish where hard-boiled eggs are coated with minced meat, deep-fried, and then cooked in a rich, spicy gravy. It is similar to the Scotch egg but with an Indian twist.	https://food.ndtv.com/lists/10-best-recipes-from-uttar-pradesh-5941732	https://youtu.be/ZY5mpdPH6c28?si=gPOMXToEXMG8Kd_8	520000	4900	127	5027	514973	455
24	Lucknow, Uttar Pradesh	Patli Kabab	Minced mutton/chicken,Yogurt, Cardamom, cinnamon, cloves,Ghee	Protein: High Iron: High Healthy Fats: Moderate (from ghee) Vitamins: B-complex	Patli Kabab is cooked in a covered pot ('patil') , where the slow-cooked meat absorbs all the flavors of the spices and ghee, resulting in soft and flavorful kebabs.	https://en.wikipedia.org/wiki/Awadhi_cuisine?	https://youtu.be/1xy38Sf25nE7?si=mp1bLl_YMymRVQX	132000	1900	122	2022	129978	292
25	A traditional Kashmiri-influenced dish also popular in Uttar Pradesh.	Shab Deg	Mutton,Turnips,Onions, garlic, ginger ,Yogurt,Spices (cardamom, cinnamon, bay leaves)	Protein: High Iron: High Fiber: Moderate (from turnips) Vitamins: A, C, B-complex	Shab Deg is a slow-cooked meat and turnip stew that is simmered overnight, allowing the ingredients to infuse into a rich and aromatic dish.	https://www.whiskafair.com/category/recipes/indian/uttar-pradesh-recipes/?	https://youtu.be/c8v8e8Dhxeq?si=BJu18C8k8t8AQ2	418000	4600	511	5111	412889	809
26	A rare Awadhi delicacy, popular in Lucknow.	Zamin Doz	Whole mutton or fish,Yogurt-based marinade,Garlic, ginger,Whole spices	Protein: High Iron: High Healthy Fats: Moderate Vitamins: B12, B6	Zamin Doz is a unique dish where the whole marinated meat is buried underground and slow-cooked in a sealed pit. The slow cooking process imparts deep flavors, making it a special dish for feasts.	https://en.wikipedia.org/wiki/Awadhi_cuisine?	https://www.youtube.com/live/Z0lth18BVu0?si=oea2GdJcDUzJP4UJ	1600	50	8	58	1542	825
27	Common in Awadhi cuisine, particularly in Lucknow.	Boti Kabab	Yogurt Ginger-garlic paste Papaya (tenderizer) Spices (cumin, garam masala)	Protein: High Iron: High Healthy Fats: Moderate Vitamins: B12, B6	Boti Kebabs consist of succulent, marinated chunks of meat that are grilled or tandoor-cooked until they are tender and smoky in flavor.	https://food.ndtv.com/lists/10-best-recipes-from-uttar-pradesh-5941732	https://youtu.be/5ypA37RdC1q?si=C9m210wYNZ7ac3a5	2500000	32000	741	32741	2467259	440
28	A royal dish of Mughlai cuisine, widely eaten in Uttar Pradesh.	Murgh musallam	Whole chicken,Yogurt,Almonds, cashew ,Saffron,Onions,tomatoes,Spices (coriander, cumin, garam masala)	Protein: High Healthy Fats: Moderate (from nuts and ghee) Iron: High Vitamins: B6, B12, E	Murgh Musallam is a grand dish where a whole chicken is marinated with spices, stuffed with boiled eggs and nuts, and slow-cooked in a rich and aromatic gravy. It was a favorite dish in Mughal courts.	https://www.whiskafair.com/category/recipes/indian/uttar-pradesh-recipes/?	https://youtu.be/0fKcGMQdPE?si=R4QvznzQdMZQ_Yr	3200000	58000	1197	59197	3140803	510