

PRACTICAL NO:06

THE TASTE OF 7 STATES

Bihar: Litti Chowkha



Litti Chowkha is baked from wheat flour dough, stuffed with a mixture of roasted gram flour, spices and lemon juice, and served with chokha (baked and pulped vegetables).

Telangana: Biryani



Biryani more famously the Hyderabadi version, is prepared in the form of kachay gosht ki Biryani and dum ki Biryani. This all time classic needs no explanation.

Assam: Papaya Khar



The perfect Papaya Khar

Khar is a completely off beat dish prepared out of the unusual combination of red rice, beaten pulses and raw papaya along with traditional Assamese spices. Khar (alkali) is synonymous with Assamese cuisine. Essentially, it is an exotic liquid strained from sun-dried banana skin and cooked with a seasonal vegetable like papaya(omita), water gourd (pani lau)or mustard greens (lai haak).

Kashmir: Rogan Josh



Flavor rich Rogan Josh

Rogan Josh is an aromatic lamb dish with flavors of browned onions, various spices and yoghurt. It is usually served with steamed rice and consists of pieces of lamb or mutton braised with gravy flavored with garlic, ginger and aromatic spices (cloves, bay leaves, cardamom, and cinnamon).

Gujarat: Dhokla



Fresh Dhokla

Dhokla is a vegetarian dish made from a fermented batter of rice and split chickpeas. It is served with tangy chutneys and can be eaten for breakfast, as a main course, as a side dish, or as a snack.

Punjab: Makki Di Roti & Sarson Da Saag



Traditional Makki di Roti and Sarso da Saag

Makki di Roti is a corn meal Indian bread that tastes fabulous with ‘Sarson saag’ – mustard green and a glass of lassi. The dish is regarded as the traditional way to prepare saag and is usually served with makki di roti literally (unleavened cornbread). It can be topped with either Makkhan (unprocessed white butter or processed yellow butter) or more traditionally with ghee.

Maharashtra: Misal Pav



Famous Mumbai misal pav

Misal pav is a popular street food in Maharashtra. A great breakfast recipe that includes a curry made of sprouts, topped with finely chopped onions, tomatoes and ‘farsan’(fried savory mixture) and lime juice served pav, heated on the pan with a hint of butter.