

# CookBook



## Uttarakhandi Dishes - Step by Step Guide

Here's a step-by-step guide for some of the Uttarakhandi dishes we mentioned:

### 1. Mandve Ki Roti (Buckwheat Flatbread):

#### Ingredients:

- 1 cup buckwheat flour (kuttu ka atta)
- 1/2 cup all-purpose flour (optional)
- 1/2 teaspoon salt
- Warm water for kneading

#### Instructions:

1. In a large bowl, combine buckwheat flour, all-purpose flour (if using), and salt.
2. Gradually add warm water and knead into a soft dough. The dough should be slightly sticky but not too wet.
3. Cover the dough with a damp cloth and let it rest for 15 minutes.
4. Divide the dough into small balls.
5. On a lightly floured surface, roll each ball into a thin circle.
6. Heat a griddle or tawa over medium heat.
7. Place the rolled dough on the griddle and cook for about 30 seconds to 1 minute per side, or until golden brown spots appear.
8. Serve hot with a lentil curry or chutney.

#### Tips:

- You can adjust the ratio of buckwheat flour to all-purpose flour depending on your preference. Buckwheat flour has a stronger flavor, so using some all-purpose flour can make the rotis milder.
- If the dough is too sticky, add a little more flour.
- You can use a rolling pin or a chapati press to roll out the dough.

### 2. Kumaoni Raita (Refreshing Yogurt Dip):

#### Ingredients:

- 2 cups plain yogurt
- 1/2 cucumber, chopped

- 1/4 red onion, finely chopped
- 1 green chili, chopped (optional)
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon cumin seeds, roasted and crushed
- Salt to taste

**Instructions:**

1. In a bowl, whisk together yogurt, cucumber, onion, green chili (if using), and cilantro.
2. Add cumin seeds and salt to taste.
3. Mix well and chill for at least 30 minutes before serving.

**Tips:**

- You can adjust the amount of chopped vegetables and spices according to your preference.
- For a thinner raita, add a little bit of water or milk.
- This raita goes well with any spicy dish.

**3. Gulgula (Sweet Fried Dumplings):****Ingredients:**

- 1 cup all-purpose flour
- 1/4 cup semolina (sooji)
- 1/4 cup powdered sugar
- 1/4 teaspoon cardamom powder
- 1/4 teaspoon fennel seeds, crushed
- Ghee or vegetable oil for frying
- Sugar syrup (optional)

**For the Sugar Syrup (optional):**

- 1 cup water
- 1/2 cup sugar
- Cardamom pod (optional)

**Instructions:**

1. In a bowl, combine flour, semolina, powdered sugar, cardamom powder, and fennel seeds.
2. Make a well in the center and add a little bit of water to make a soft dough.
3. Cover the dough and let it rest for 30 minutes.
4. Divide the dough into small balls.
5. Heat ghee or oil in a pan over medium heat.
6. Gently flatten the dough balls and make small holes in the center.

7. Deep fry the dumplings until golden brown.
8. Drain on paper towels.

**For the Sugar Syrup (optional):**

1. In a saucepan, combine water and sugar. Add cardamom pod if using.
2. Bring to a boil and simmer until the sugar dissolves.
3. Let the syrup cool slightly.
4. Dip the fried dumplings in the sugar syrup (optional).

**Tips:**

- You can adjust the amount of sugar in the dough and syrup according to your preference.
- Make sure the oil is not too hot, otherwise the dumplings will burn on the outside and remain raw inside.
- You can serve the gulgula plain or with the sugar syrup.

These are just a few examples, and there are many other delicious Uttarakhandi dishes to explore! Enjoy your culinary journey through the Himalayas!