



State Participants at Aajeevika India Food Court 2019



Flavours FROM RURAL HEARTLAND



Flavours

— FROM —
RURAL HEARTLAND



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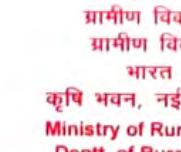
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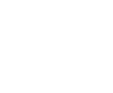




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Preface

The Aajeevika India Food Court 2019, held at India Gate in the national capital witnessed a grand success of women entrepreneurs from SHG network. As a platform, the Aajeevika India Food Court, offered a one time opportunity to the women coming from vulnerable and most marginalised background to take a step towards prosperity.

Developed as a concept by Kudumbashree, the Café Kudumbashree India Food Court, offers a learning platform to the SHG women in developing their 'cooking skills' into a business. The concept encourages women from different states to share a range of culinary experience to a larger audience from different backgrounds. More than seven such food festivals have been organised under the umbrella brand Café Kudumbashree, which has now become a 'proof of concept' for the first generation entrepreneurs to take up food service as means of business.

'Ethnicity' as a theme is core to the concept of Cafe Kudumbashree India Food Court. The idea is to share and preserve the diverse ethnicity of India through food. The 14 day Aajeevika India Food Court 2019 witnessed participation of more than 120 first generation entrepreneurs from 19 states. The food court gathered eyes of the urban Delhi masses, Government officials, Media agencies and tourists who enjoyed varied flavours of earthly spices, sweet and savoury.

To remember the experience and to relive it, we have attempted to combine a recipe book titled "*Flavours from the rural heartland*" featuring 25 best selling dishes from 19 states. I would like to thank all the entrepreneurs for sharing their knowledge and team of professionals from Kudumbashree NRO for taking up this initiative.

Hope this book will be used by the urban masses to experience the diverse ethnicity of India with an indeed #indiaonyourplate.

Shri. S. Harikishore, IAS
Kudumbashree
Government of Kerala



The national level Saras Aajeevika Mela 2019 organised from 10-23 October at India Gate, New Delhi is an initiative taken by the Ministry of Rural Development under Deendayal Antyodaya Yojana- National Rural Livelihood Mission (DAY-NRLM) programme with the objective of promoting rural artisans from SHG network and enhancing their income.

The fourteen day mela, was a platform for SHG entrepreneurs to exhibit handicraft, handloom and hand made food products. The mela was complimented by a food fest known as *Aajeevika India Food Court*. The event was conducted under the leadership of Ministry of Rural Development as well as DAY-NRLM in collaboration with Kudumbashree National Resource Organisation (the national resource wing of Kudumbashree). The event brought together more than 120 SHG entrepreneurs from 19 states who shared their traditional food culture. The entrepreneurs supported by respective State Rural Livelihood Missions displayed a range of ethnic and eclectic tastes from all regions of India.

The concept of India Food Court has been pioneered by Kudumbashree, the State Poverty Eradication Mission, Government of Kerala. The concept aims at providing a platform to budding entrepreneurs to explore their cooking skills in area of food service. I would like to extend my gratitude to Shri. S. Harikishore, IAS, Executive Director, Kudumbashree and his team of professionals for undertaking the responsibility to curate Aajeevika India Food Court and to bring out this book on traditional recipes.

I would like to recognise efforts of our SHG entrepreneurs from the community network who are an inspiration for their people. I would like to congratulate all the 19 SRLMs for their efforts in identifying and training the women. I would like to thank all the senior officers at NRLM and MoRD for their support. I am humbled by the participation of senior Government officials at Saras Mela and Aajeevika India Food Court. I would like to acknowledge all the media agencies who supported us in providing large publicity to the event. The response towards this initiative has been overwhelming and I would like to thank everyone for taking small steps in contributing to the lives of our women.

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Ethnic Cuisine and Women Entrepreneurship

Converting diversity in food into business opportunities for rural women

"Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It's inseparable from those from the get-go." - Anthony Bourdain

Indian food perhaps has the distinction of being one of the most rich and culturally diverse cuisines of the world. For food lovers, Indian cuisine offers wide variety of flavours for the taste buds, be it sweet, savoury, spicy or sour. Its diversity is also reflected in the dishes prepared in the different regions of the country – Punjabi, Marathi, Sikkimese, Assamese, Bengali, south Indian and so on. Food has always been one of the most enterprising areas and the industry is also expected to grow by leaps and bounds in the coming years. The food industry comes with its own trends and fashion in ethnic food, known for its traditional flavours and cooking practices, the industry has been creating its own niche market in the recent times. People have been increasingly realising the benefits of eating healthy, nutritional and hygienic food. Ethnic food is often characterised by dishes that are made at home using indigenous spices, which are rich in flavour, made using traditional cooking techniques with zero use of additives.

What connects the preservation of ethnic food practices with modern day cooking and eating habits is the need to remain attached to age old flavours at the same time bringing in innovations in them keeping in view of the changing times. In India, where women are the key runners of the kitchen in their families, they have been gifted with the knowledge and skill of cooking, nurtured by being attached to food traditions and taking part in daily routine of meal preparation over the years. The knowledge and skill of these women has vast potential and can be cultivated into entrepreneurship, thereby providing livelihood opportunities to them.

Entrepreneurship which is considered to be one of the most important drivers in bringing about socio-economic change, is vital for creating long lasting developmental impact. In this regard, women are slowly being recognised as

a dynamic force in developing the pool of first generation entrepreneurs. They are becoming more aware of their strengths and are slowly entering different fields of business. According to one of the reports, "Micro Enterprises in India: A Multidimensional Analysis" published in October 2019 by Global Alliance for Mass Entrepreneurship and Azim Premji University, in the year 2015 women owned firms accounted for 20% of all enterprises, 16 % of all workers, and 9% of aggregate value-added in the non-farm microenterprise sector. However, inspite of this, there are some sectors where women entrepreneurs are under-represented - one being foodservice (14.9%). The food industry is still dominated by male members who are widely preferred for jobs when it comes to food production and servicing.

With more than 5 crore women under the NRLM network, the scope for building a strong force of women entrepreneurs in the area of foodservice sector is something that needs to be aimed at. Platforms like food courts will help women in improving the skills and prepare them for being prospective entrepreneurs. It is a vast untapped area where women can play an important role as "Foodpreneurs" and revolutionalise the food industry by mainstreaming ethnic cuisine.

The potential of these women who are gatekeepers of traditional food knowledge and processes should be transformed into business opportunities for them so that they can bring about economic prosperity for themselves as well as for the rural communities. The foodservice industry offers unique form of entertainment due to the basic human need to eat and the diversity it has to offer to suit the palate of diverse food lovers. In this process, the support provided to them will be vital in nurturing their entrepreneurship that includes creation of knowledge, financial and technical ecosystem for them to grow and bring about new innovations in the food service industry. It will also inculcate capacities in the rural women having limited educational and entrepreneurial knowledge and develop them into independent and confident entrepreneurs.



MAKKI DI ROTI WITH SARSON KA SAAG

A classic Punjabi fare, rotis made of maize flour (not to be confused with the white-coloured corn flour) and served with a dish of spiced mustard greens is a must-try during winters. Topping the roti with a dash of ghee or butter is highly recommended.

Preparation time: 2 hours

Serve Size: 4

Ingredients:

Makke di roti:

- Maize flour – 4 large bowls
- Warm water – as required
- Salt – to taste

Sarson ka saag:

- Sarson ka saag – Two bunches
- Palak leaves – One bunch
- Methi leaves – One bunch
- Water – For boiling
- Maize flour
- Mustard oil – For frying
- Onions – Two, medium size
- Ginger – Small piece
- Garlic – 10 cloves
- Tomatoes – Three, medium size
- Green chillies – According to taste
- Salt – to taste

Cooking Method:

Makki di roti

- Prepare the dough for roti by slowly mixing warm water with maize flour; add a pinch of salt for taste. Warm water is used so to make the rotis soft.
- Set aside the dough for ten minutes.
- Coat your hands with water or oil; take small amount of dough and make round balls. Roll or pat them into circles, slightly thicker than a wheat roti (thinly rolled maize roti tends to get burnt).
- Spread some ghee or oil on a pan and place the roti.
- Flip when it turns slightly brown. The roti turns fluffy when the dough is well-kneaded.
- Flip the roti a few more times till it cooks well.

Sarson ka saag

- Finely chop sarson, methi, and palak leaves. The finer you chop the leaves, the better it gets in taste.
- Boil the leaves in water for 1-1.5 hours, to get the flavour better. Keep stirring the mixture so that it doesn't get stuck at the bottom.
- Once the leaves start cooking, the mixture starts thickening. Add a handful of maize flour to thicken further.
- Heat mustard oil in a pan; add long-chopped onions and fry.
- Once the onion turns light brown, add chopped ginger and garlic cloves and fry.
- Add chopped green chillies once the raw smell of ginger and garlic goes.
- Add tomatoes and stir after a few seconds.
- Once tomatoes turn mushy and the mixture starts leaving oil, add the spinach mixture and bring it to a boil.
- Add salt to taste and serve with makki di roti with a dollop of white butter on top.

Chef's tip: Our chef Rajvinder recommends to cook spinach for nothing less than an hour to enhance the taste of the recipe



CHAINSOO

Chainsoo (pronounced as ‘chaun-see’) is a lentil-based dish high in protein content, usually made during winters in the hilly areas of Uttarakhand and Himachal Pradesh. It goes well with rice and roti.



Preparation time: 1 hour
Serve Size: 4

Ingredients:

- Black Urad Dal – 150 grams
 - Salt – to taste
 - Chilly powder – to taste
 - Turmeric powder – a pinch
 - Garam masala – 1 teaspoon
 - Water – 150ml
- (This dal is a thick preparation; more may be added if a less thick dal is preferred)
- Chopped coriander leaves – to garnish

For tempering (quantities may differ according to individual preferences)

- Mustard oil or ghee – One tablespoon
- Cumin seeds – a small handful
- Lehsun – 10 cloves
- Faran grass
- Jakhiya seeds

Cooking method:

- Dry roast urad dal for a few minutes, till it gets aromatic. Grind the dal into a rough powder.
- For the tempering, add a tablespoon of ghee or mustard seeds in a vessel.
- Once heated, add cumin seeds, faran grass, and jakhiya seeds.
- After the cumin splutters, add chopped garlic cloves and fry.
- Add the powdered dal once the garlic turns slightly reddish.
- Add turmeric powder, chilly powder, and salt to the mixture; stir well and roast for a couple of minutes.
- Add water as required and bring the dal to a boil.
- Add a pinch of garam masala and chopped coriander leaves to garnish.
- Serve with boiled rice or roti.

Chef's tip: Chef Komal recommends that turmeric powder, chilly powder, and salt may be added to black urad dal and ground together, to get a better flavour.



LITTI CHOKHA

For all of those who have once in their life tried their hands in making the dish to satisfy their taste buds with its flavours, here is the authentic greamen recipe for you. Litti Chokha has been the heart of Bihar as it known to be the dish for everyone. It carries different emotions for the localities in Bihar. It has been known to meet the hunger of people as well as a dish presented with pride to guests from other state.

Preparation time: 30 minutes

Serve Size: 3

Ingredients: For 10 Littis

- Sattu- 250 grams
- Adrak- 50 grams
- Lehsun- 50 grams
- Salt- To taste
- Mangrella- Two teaspoons
- Javain- Two teaspoons
- Mustard Oil- One tablespoon
- Refined Oil- One tablespoon
- Lemon- One
- Flour- 500 grams
- Sweet Soda- One fourth of a tablespoon
- Brinjal- Four
- Potato- Four
- Tomato- Two
- Green Chillies- Three to Four
- Ginger garlic paste- One tablespoon
- Ghee- To dip the littis

Cooking Method:

- Take Sattu in a big bowl, add green chillies and ginger garlic paste to it.
- Add a pinch of salt, mangrella and javain to the paste and mix it well. Add lemon to the mixture.
- Add mustard oil in the mixture to bind the mixture together.
- Take flour in a bowl and add a pinch of salt, mangrella and javain to it.
- Add refined oil and sweet soda in the flour and prepare a soft dough.
- Take a small portion of dough and give it a form of circle. Make space in the centre and fill the sattu mixture in it.
- Seal the dough filled with sattu in a circular form and put it on tawa for 5-6 minutes. Cook it from both the sides.
- To prepare the chokha, roast brinjal and tomatoes on an open flame for three to five minutes till the outer skin turns slightly black. At the same time boil potatoes in a cooker till it turns soft.
- Peel the outer layer of brinjal, tomatoes and potato and mash it all together in a bowl.
- Add ginger garlic paste, green chilies and salt to taste in the Chokha
- Dip the Littis in Ghee and serve it with Chokha

Chef's tip: Our chef Asha says that it is important to balance the soda in the dish, for one kg sattu half a teaspoon of sweet soda should be used. She also said if the liitis are heated in coal it can add smoky flavour to the dish. She also suggested to break the littis in the plate and then put ghee on top so that it can go inside the filling properly and taste more delicious.





GALOUTI KABAB

A melt-in-your-mouth minced meat patty, the galouti kabab was supposedly discovered for a Lucknowi Nawab who was toothless. It is best served with rumali roti, with mint-coriander chutney and onions.

Preparation time: 1.5 hours

Serve Size: 4

Ingredients:

- Mutton/chicken – 500 grams
- Besan – 100 grams
- Raw papaya – 75 grams
- Salt – to taste
- Chilly powder – to taste
- Onion – One kilogram
- Watermelon seeds – 100 grams
- Cashew – 100 grams
- Ginger (finely chopped) – 1 tablespoon
- Garlic (finely chopped) – 1 tablespoon
- Green chillies (finely chopped) – Five
- Coriander (finely chopped) – 2 tablespoons
- Ghee to fry
- Coal (coated in ghee) – two-three sticks
- Kewra water – a few drops

Spice powder

- Ilaichi – Five pieces
- Jaiphal – Less than 1/4th of a piece
- Dalchini – 1/4th of a piece
- Javitri – One small petal
- Laung – Five pieces
- Jeera – One tablespoon
- Kaali mirch – Five pieces

Cooking Method:

- Grind raw papaya.
- Roast and grind the spice mix and set aside in a jar. It is best not to keep this spice mix for more than a week.
- Fry the onions till golden brown; grind three-quarters of the onion and save the rest for later.
- Grind cashews and watermelon seeds together.
- Add besan, ground raw papaya, salt, chilly powder, green chillies, and ginger-garlic paste to the minced meat, and mix. Let it set for half an hour.
- Once the meat mixture is set, add the spice mix, onions (both ground and whole fried), and the ground cashew and watermelon seeds mixture.
- Once the ingredients are added and mixed, make space in the middle of the curved utensil in which mixture is being prepared. Dip a few sticks of coal in ghee and heat it on fire.
- Add the spice mix once more, place the smoked coal in the utensil and cover the lid for a few minutes.
- Add a few drops of kewra water, mash the mixture well.
- Make patties and pan fry with ghee.
- Serve with mint-coriander chutney, onion, and lemon.

Chef's tip:

Chef Afsana recommends that the raw papaya needs to be ground with the skin. The skin is quite effective in cooking the meat; the milk-like substance which comes off while peeling the skin needs to be in place for the meat to cook well.



CHICKEN MOMO

Momo are delectable dumplings made of meat or vegetables, served with the spicy tomato-garlic chutney; originally a food item from Nepal, momo has its fan base in India as well.



Preparation time: 90 minutes

Serve Size: 4-6

Ingredients:

- Maida – 500 grams
- Chicken mince – 500 grams
- Onion – One medium size, finely chopped
- Ginger – One tablespoon, minced
- Garlic – One tablespoon, minced
- Cabbage – One fourth
- Chilly powder – to taste
- Salt – to taste
- Oil or butter – Two teaspoon

Cooking method:

- Add all ingredients except flour and oil in a bowl; mash well with your hands.
- Let the mixture rest for one hour.
- Make maida dough and roll them into small circles of around 6cm diameter. Make the dough thick enough so that it does not tear while steaming.
- Place small quantities of marinated chicken in each dough circle and seal it.
- Coat the three or four layered momo steamer with oil or butter, and place 4-6 dumplings in each layer.
- Add water to the steamer and cover the lid.
- Let the dumplings steam for 30-45 minutes. Keep checking if water is present at the bottom of the steamer, so that the dumplings do not get burnt.
- Serve with tomato-garlic chutney.

Chef's tip: Chef Dhanmaya recommends mashing the chicken mix for at least 10 minutes, so that the ingredients blend evenly and get cooked easily.

PITHA / RICE CAKE

Pitha/ rice cake is mainly made of rice flour which is popular in eastern states like Assam, Bihar, Jharkhand, Orissa, West Bengal and Kerala from South. This pitha recipe from Assam is a part of an experiment with mushroom which gained popularity during the food court.

Preparation time: 10 minutes.

Serve Size: 2

Ingredients:

- Rice flour- Three cups
- Grated coconut- One cup
- Mushroom Murabba- Half cup
- Sugar: to taste
- Regular sized paper tea cup- 2 pieces

Preparation:

- To prepare murabba, cut the mushrooms into very small pieces, fry the chopped mushrooms on a low flame with very little oil. Once the mushrooms turn brown put some jaggery and stir on a low flame. Once dried, remove from heat and cool it down. These can be stored for 1-2 months in a glass jar.
- Make a circular hole under one paper cup so that it can be placed over the vent pipe of the pressure cooker.

Cooking method:

- Take the rice flour in a bowl, add freshly grated coconut, murabba, sugar and mix the ingredients evenly.
- Boil water in a covered pressure cooker on high flame and take out the whistle
- Poke a hole in a paper cup and pour the mixture in the cup. Fill the cup till the top and remove the excess mixture. Avoid press the mixture after placing in the cup.
- Place the filled cup over the vent pipe instead of the whistle.
- Cover the cup with the other cup upside down.
- Let the steam pass through the mixture for 40-45 seconds.
- Use a spoon to check whether the rice is cooked and take out the cup from the vent pipe
- Place the cup up-side down and shake it a little, the cup shaped rice cake will come out.
- Your Pitha/ rice cake is ready to be served.
- Repeat the steps for making desired number of cakes.
- As Rice Pitha is a sweet dish, one can have taste it as it is, or compliment it with some thin date-palm jaggery also.

Chef's tip:

Our Chef Deepjyoti suggests to ensure that the dish is served hot.





AWAAN BWTHAI

Awaan Bwthai is a traditional rice dish of the Tripuri cooked in a Lairu leaf cone. Jamatai tribes of Tripura cook this dish during Poush Sangkranti festival.



Preparation time: 1 hour

Serve Size: Seven

Ingredients:

- Beni rice or any sticky rice: 500 grams
- Ginger: 50 grams
- Cashew nuts: 75 grams
- Raisins: 75 grams.
- Lairu leaves: 7 whole leaves. (Banana leaves can also be used).
- Sugar: To taste
- Salt: To taste
- Other dry fruits can also be used
- Oil/ ghee (optional)

Preparation:

- Wash the rice once or twice and soak it for at least two to three hours before cooking.
 - Wash and soak the cashew nuts and raisins for an hour.
 - Wash the Lairu leaves gently and the canes.
- Cooking Method:
- Drain the water properly so that no excess water is retained in the rice.
 - Take the soaked rice into a container and add finely chopped ginger, soaked raisins, cashew nuts, sugar and salt to taste.
 - Mix it thoroughly so that the mixture is uniform. If required add one and a half tablespoons of oil or ghee.
 - Fold the Lairu leaf into a plate size cone and add one seventh of the mixture.
 - Keep adequate space in the leaf cone so that after filling it with the mixture the cone can be closed by folding the opening.
 - Tie the folded end with the cane so that the mixture does not come out or water does not enter into the cone when dipped in the water for cooking.
 - Take a large container and place the 7 cones.
 - Pour water in the container so the all the cones are submerged and cover the container.
 - Bring it to a boil and then cook for 30- 45 minutes on a medium flame, till the rice is cooked.
 - Drain the water and open the leaves to serve hot Awaan Bwthai.

Chef's tip:

Our Chef Bijaylaxmi suggests that one can roast the Awaan Bwthai after cooking it in water in amber of wood or coal to enhance the flavour. People using gas oven can also place it on a Tawa and toast the cone till it turns brown.

BHAPA ILISH

Though Hilsa is a national fish of east Bengal i.e. Bangladesh, it is equally famous in west Bengal.
Bhapa Ilish or steamed Hilsa is a quick and easy to cook recipe.

Preparation time: 40 minutes

Serve: 5

Ingredients:

- Ilish/ Hilsa -10 pieces
- Poppy seeds- 25grams
- Mustard seeds- 50 grams
- Onion: 3 medium sized
- Green chilli- 14
- Mustard oil- 50grams
- Chilli powder- 1 teaspoon
- Sugar- to taste
- Salt- to taste
- Water- depending upon the thickness of the gravy

Preparation:

- Take 10 thick pieces of freshly cut hilsa and remove the scales.
- Grind the poppy seeds, mustard seeds and 5-8 green chillies to a fine paste and keep aside.
- Chop the chillies vertically into long pieces

Cooking method:

- Place Kadhai on a medium flame and heat 35gm of mustard oil
- Once the oil is heated lower the flame, put the onion and cook it till the onion turns transparent.
- Now add the paste of poppy and mustard seeds.
- Stir and cook the mixture on low flame for two to three minutes
- Add some salt and sugar according to your taste and bring the flame from low to medium
- Once the ingredients are mixed properly pour water.
- After sometime add pieces of hilsa to the boiling curry.
- Cover it with lid and let it cook for 25-30 minutes on a medium to low flame.
- Lower the flame and open the cover and add lengthways sliced green chillies. Add the 15 gm of mustard oil evenly spread along the edges.
- Bhapa Ilish/ Steamed hilsa is ready to be served with steamed rice.

Chef's tip (Taramoni Mondal):

Our chef Taramoni didi suggests to be cautious while making the mustard paste as it can easily turn bitter and might ruin the taste. Therefore, try to make the paste of mustard seeds in one go, along with salt and green chillies. And taste the paste before adding it in the dish.





HYDERABADI DUM BIRYANI

A must try, Hyderabadi Biryani is a world famous dish native to Hyderabad. Loaded with flavours of spices this authentic dish is a delicate balance of chicken and basmati rice. This dish is liked by tourists and locals alike and is a meal in itself.



Preparation time: 1 $\frac{1}{2}$ hours to 2 hours

Serve Size: 1kg biryani, serves 5

Ingredients

- Fine Basmati Rice – 500 grams
- Chicken - 1 kilogram
- Lemon (medium sized) – 2
- Green chillies – 5
- Onion - 250 grams
- Curd – 250 grams
- Milk – 1 cup, 80-100 ml
- Ghee – 50 grams
- Oil – 50 grams
- Garam Masala – 1 teaspoon
- Red Chilli Powder – Three to Four tablespoons
- Ginger garlic paste – Two big tablespoons
- Biryani Leaves – Two to Three leaves
- Kothimira – To garnish
- Pudina – To garnish
- Kasoori Methi – To garnish
- Elaichi – One to Two
- Sajira – 10 grams
- Lavanga - One to Two cloves
- Kunkumam– Three to Five grams
- Dough – to seal for dum

Cooking method

- Heat 50 grams of oil, 50 grams of ghee in a frying pan. Add finely chopped onion and deep fry. Set aside.
- In a bowl, mix ginger garlic paste, juice squeezed from one lemon, garam masala, curd, Red chilli powder, 2 biryani leaves, salt to taste, two spoon of oil (use the oil used for frying onions). Marinate chicken in the mixture for 30- 40 minutes.
- Lightly wash the basmati rice and soak in water for 40-50 minutes. Boil the soaked rice on high flame. For accuracy of quantity, add water equal to the amount of rice. Add a pinch of black cumin seeds, one biryani leaf, two to three cloves, one to two cardamom. Lower the flame when the water starts boiling and remove from heat when water is completely evaporated. Ensure that the rice is only semi cooked and not overdone.
- In a heavy container with a lid, arrange the marinated chicken as a layer on the bottom. Above it, spread the semi cooked rice in a layer. Pour 1 cup of warm saffron soaked milk and juice of one lemon over the rice. Add remaining amount of ghee and oil from before. Sprinkle the deep fried onion evenly over the rice. Repeat layers if necessary.
- Cover the container and seal it shut with dough. Cook on high flame for 10 minutes, medium flame for 10 minutes and low flame for another 10 minutes. Remove from heat and crack the dough to open the container.
- Garnish with coriander, kasoori methi and pudina leaves and serve hot with a side serving of raita (curd). Make sure the serving has all the layers for a complete Dum Biryani experience.

Chef's tip: For extra juicy chicken, Chef Navaneetha suggests to marinate and refrigerate the chicken overnight.



SHAHI RICE FARĀ

Shahi Rice Fara is the first sweet dish that is made in Chhattisgarh after harvesting of wheat and rice. Prepared on the occasion of Diwali and Holi, this sweet dish is first offered to goddess Laxmi.

Preparation Time: 30-40 minutes

Serve Size: 4

Ingredients:

- Wheat Rice- 250 grams
- Milk- One and a half litres
- Sugar- 500 grams
- Suji- One small cup
- Amul Cream- Two tablespoons
- Cashew- 50 grams
- Almond- 50 grams
- Papaya- One
- Apple- One
- Pineapple- One
- Orange- One
- Banana- Two
- Pomegranate- To garnish
- Pista- To taste
- Chironji- To taste

Cooking method:

- Make a dough of wheat rice using milk.
- Add crushed cashews, almond, pista, chironji, suji while preparing the dough. After that add milk cream to make the dough soft.
- Make cylindrical tikkis from the dough and steam it for 10-12 minutes till it turns soft
- Take one litre milk in a pan and put it on medium flame for 15-20 minutes till it boils and acquires a creamy texture.
- Add sugar in the milk and mix well.
- Add the tikkis in the milk and keep them on medium flame for 5-8 minutes.
- Blend Papaya, Apple, Pineapple and Orange in the mixer and make a thick fruit paste.
- Take the rice fara in a bowl add fruit paste, cashews, almonds, pista and pomegranate on top and serve hot.

Chef's tip: Our chef Kesaribai suggests to add khoa in the milk if it is toned to balance the creamy taste. She also says if you want to preserve the dish for 3-4 days in the fridge you should avoid putting raisins while making the dough. She also adds you can use different fruit flavours like chocolate, mango or any other of your choice to add more flavours to the dish.



RAGI MOMOS

Momo is a popular dumpling, found across Indian subcontinent. Usually one of its main ingredients is white-flour. Many health conscious people do not like white-flour. Keeping this in mind Entrepreneurs from Jharkhand came up with Ragi-momos replacing the white flour.

Preparation time: 30-45 minutes

Serve Size: 5-6

Ingredients:

- Ragi/ Finger millet - 250 grams
- Cabbage: One fourth of a small cabbage
- Onion: One small
- Ginger: Half tablespoon
- Carrot: Half medium size carrot.
- Salt: to taste
- Coriander leaves: Half cup
- Refined Oil: 50 grams

Preparation:

- Wash the vegetables and finely chop the cabbage, onions, carrots, and coriander leaves in a bowl.
- Grind fresh ginger and green chillies into a fine paste.
- If using ragi grains, grind it into fine flour.

Cooking Procedure:

- Chop the vegetables and add salt to taste. Mash the vegetables with hand.
- Drain all the water after mashing the vegetables properly so that the stuffing is dry.
- Add ginger paste and green chilli paste to the chopped vegetables and mix it properly.
- Take the Ragi powder, add salt to taste, and prepare a firm dough with water.
- Once the dough is ready, divide the dough into 15-20 balls.
- Flatten the balls with hand or roll it into 5-7 cm diameter circle.
- Place the vegetable stuffing in between and fold the Ragi sheet into desirable shape.
- Grease some oil on the steamer so that the momos do not stick and place the momos in a steamer.
- Cover the momos and steam for 30-40 minutes on a medium flame.
- Switch off the flame and keep the steamer covered for 10 minutes and serve it hot with chilli chutney.

Chef's Tip:

Our Chef Maya recommends to make thick Ragi sheets compared to all-purpose flour momos as Ragi is not as elastic as flour and therefore can break when stuffed with vegetables.



POTHAREKULU

Crispy rice wafer rolls made exclusively on earthen pots, this Andhra delicacy is indigenous to the state.

Preparation time: 20 to 25 minutes

Serve Size: Two wafer rolls, serves 1

Ingredients:

- Rice Flour (Special Potharekulu rice from Raja mandary, Andhra Pradesh) – 75 grams
- Water - 100 millilitres
- Cashew – 100 grams
- Pistachio – 100 grams
- Badam (Almonds) -100 grams
- Jaggery – 100 grams
- Ghee – One tablespoon



Cooking method:

- Crush Badam, pistachios and cashew into coarse powder and set aside. Grate jaggery and save for later.
- Prepare batter by mixing rice flour and water in a bowl. Keep the batter light and the consistency thin.
- Heat an inverted earthen pot on a mud stove. Use only dried coconut leaves for fuel to keep the heat low.
- Soak a piece of white cotton cloth in the rice batter and run it over the inverted pot leaving a thin film of batter on the top.
- Leave the sheet on heat for 50 – 60 seconds and get crispy wafers done. Repeat to make 6 wafers.
- On a clean plate, lay down one sheet of rice wafer. Spread crushed dried fruits evenly. Lay down another layer of rice wafer above it. Sprinkle ghee. Add a layer of crushed jaggery. Complete with another layer of wafer. Use at least three layers for one roll to keep the Potharekulu crispy.
- Roll the layers and fold the edges to make tasty Potharekulu.
- Garnish with crushed dry fruits.

Chef's tip: For best results, our chef Sandhya suggests to smoothen the earthen pot by rubbing oil over it for 2-3 days before using it to prepare Potharekulu.





NANNARI MILK SHARBAT

Nannari is dried roots of the aromatic Indian Sarsaparilla herb which is traditionally used in the treatment of various ailments and is known for its numerous health benefits. The syrup extracted from the roots of this plant is a local sweetener in Kerala which replaces sugar in the state's favourite summer drinks. The popular West Asian drink of Sharbat was given a mesmerising twist by the Malayalees as they started using Nannari as a sweetener in it. And now we bring you the Nannari Milk Sharbat which is yet another loved drink with a touch of oriental mysticism from the God's Own Country!

Ingredients:

For Nannari Syrup preparation:

- Dried nannari root: 30 grams
- Water: One litre
- Sugar: 500 grams

Preparation time: 60 minutes

For Sharbat preparation:

- Cold/Frozen Milk: 500 millilitres
- Nannari syrup
- Kash-kash

Preparation time: 2 minutes

Serve size: Serves two

Preparation Method for Nannari Syrup:

Add one litre of water to a tumbler and heat it on a stove.

- Add sugar to the water as it heats and stir it with a ladle until the sugar is completely dissolved in the water.
- Once the content reaches its boiling point, add nannari root to the solution and let the content boil for about 30 to 45 minutes without covering the vessel.
- Boil until the content turns as thick as honey. Once done, kill the flame and let the content cool.
- Once cooled, filter the content and transfer the syrup to a clean glass bottle. This syrup can be safely stored for up to six months.

Preparation Method for Nannari Milk Sharbat:

- Add milk to a blender and give it a thorough shake
- Now add four teaspoons of nannari syrup and two teaspoons of kash-kash and blend the content. Amount of syrup used can be adjusted as per one's preference
- Transfer the shake to a glass and top it with one teaspoon kash-kash

Chef's tips from Ms. Amrutha:

- "It is better to use home-made nannari syrup instead of purchasing it. Commercially produced nannari syrups may use synthetic flavours and hence may not possess the health benefits it is supposed to have."
- "Using frozen milk will give a thick and filling shake while cold milk gives a smooth and creamy texture."





KADHI PAKORA CHAWAL

Kadhi-Pakora chawal is a popular dish in many parts of northern India. Made of curd and deep-fried flour fritters, this one is a crowd favourite.

Preparation time: 30 minutes

Serve Size: 4

Ingredients:

- Curd – 400 grams
- Water – 100 millilitres
- Besan – 200 grams
- Salt – to taste
- Turmeric powder – a pinch
- Chilly powder – to taste
- Jeera – one teaspoon
- Ajwain – half teaspoon
- Oil – for deep frying

For tempering

- Oil – One tablespoon
- Hing – 10 grams
- Methi – 10 grams
- Red chillies – Four
- Onions – Three (medium size, long chopped)
- Ginger (One inch) and garlic (5 cloves) paste

Cooking method:

Pakoda

- Take the remaining gram flour in a bowl. Add salt, chilly powder, turmeric powder, $\frac{1}{2}$ teaspoon ajwain.
- Add the rest of the onions and mix thoroughly.
- Let it set for half an hour; mix the ingredients again.
- Add some water to make the mixture slightly moist.
- Heat oil in a pan; make small balls out of the mixture and deep fry.

Kadhi

- Blend curd and water to make lassi.
- Add half a gram flour to the lassi and mix well; there should not be any lumps in the mixture. Set aside.
- Add oil in a curved pan and heat. Add hing, methi, red chillies and let splutter;
- Add half the the chopped onions and fry; add ground ginger-garlic paste once the onions are cooked, and saute till the raw smell goes.
- Add the gram flour-lassi mixture.
- Add salt, turmeric powder, chilly powder, jeera and let simmer. Do not let the kadhi boil.
- Add finely chopped ginger and methi in the end.
- Serve with rice.

Chef's tip: Chef Manu recommends us to add chopped ginger and methi once the kadhi is ready, in order to bring in the extra flavour.

VANA SUNDARI

(Fat Free Traditional Tribal Herbal Chicken)

Attappadi's Vanasundari Chicken has become the showstopper in India Food Court venues. With its enchanting tingle and unique aroma of fresh local spices, this fat-free herbal chicken dish is a class apart. With a surprisingly short list of ingredients and the ease of preparation of this seemingly sophisticated dish, it undoubtedly is an embodiment of the beauty of tribal simplicities and minimalism.

Serve size: Serves four

Preparation time: Eight hours for soaking and 60 minutes for cooking and other preparations.

Ingredients:

- One whole Chicken
- Water: Half a cup (125 MI.)
- Fresh green pepper: 30 grams
- Kozhi Jeerakam Leaves: 30 grams
- Kanthari Chilli: 15
- Curry leaves: 10
- Mustard leaves: 10
- Ginger: 100 grams
- Garlic: 100 grams
- Spinach: 200 grams
- Lemon: One slice (Half a lemon)
- Salt to taste

Cooking Method:

- Boil the chicken in water. Drain the water once done to remove fat from the meat.
- Blend green pepper, kozhi jeerakam leaves, kanthari chillies, curry leaves, mustard leaves, ginger, garlic and spinach thoroughly in a mixer to obtain a marination of consistent texture.
- Squeeze the lemon into the mixture and add salt.
- Immerse the chicken pieces in the mixture and let it soak for eight hours. The soaking time may be lesser, but eight hours is recommended for the spices to seep deep into the meat.
- Heat a large non-stick frying pan or a dosa pan. A little cooking oil should be rubbed onto the pan.
- Once the pan is heated, remove the pieces from the mixture and place it on the pan without the pieces overlapping
- The meat would take approximately 20 minutes to cook. The meat has to be flipped thrice while it cooks and each time you flip, add more marination to it. Depending on preference of how spicy the dish should be, add marination accordingly. Make sure that the meat is mildly crushed with a cooking chisel while it cooks. This will soften the meat and the cuts hence formed will give the meat its desired flavouring.

Chef's tips from Ms. Sujamol:

- "Using boiled meat after draining away the water helps in making the dish fat free. Though the meat is fat free, oil cannot be entirely avoided from the dish. Little oil is rubbed on the heated pan to avoid the meat and marination from burning and sticking on to the pan. Coconut oil is used in authentic Vana Sundari preparation"
- "Kozhi Jeerakam and Kanthari Chillies are hardly available outside Kerala. If not available, Kozhi Jeerakam leaves can be replaced with Coriander or Pudina as per one's preference and Kanthari Chillies can be replaced with Green Chillies."





KAPPA-FISH CURRY

During late 19th century the erstwhile Travancore kingdom saw one of the worst famines in its history leading to a huge shortage of rice, the staple crop, during the reign of Ayilyam Thirunal Rama Varma. After much diligence, the King decided to introduce a tuber crop – Tapioca – from Brazil which had much resistance to the adverse conditions which lead to the famine in Travancore. Thus began the inseparable bond between Malayalees and Kappa (Tapioca) as it instantly found a liking among the masses and soon became a staple crop of Kerala alongside rice. Today, Kappa is usually mistaken for a traditional dish and is widely consumed with fish or meat, hence leading to numerous classic combinations. Fish, an indispensable part of Malayalee diet is the most popular side-dish for Kappa.

Serve size: Five

Preparation time: 30 minutes

Ingredients for Fish Curry:

- Fish: 1 Kilogram
- Dried Malabar Tamarind: 3 pieces (30 grams approx.)
- Coconut oil: 25 grams
- Fenugreek powder: One pinch
- Chilli powder: 100 gram
- Turmeric powder: Five grams
- Ginger-garlic paste: 20 grams
- Curry leaves: Three bunches
- Water
- Salt to taste

Preparation Method for Fish Curry:

- Wash the tamarind thoroughly and soak it in 100 millilitres of water for ten minutes
- Mix chilli powder in 5 grams of coconut oil and water in which tamarind is soaked to make a loose paste
- Cut the fish into pieces of size as per your preference and keep it ready. However the recommended weight of each piece is 75 grams.
- Heat a pan on a medium flame and add 15 grams of coconut oil to it. Add ginger garlic paste and curry leaves and saute it well. Add chilli powder paste to the pan and saute the content well until the raw smell of chilli powder gives way to the aroma.

- Drain the soaked tamarind and add it to the pan. Sauté well. Add salt as per your requirement.
- Add required amount of water to the pan and bring it to a boil.
- Add fish pieces to the gravy, turn the stove to low flame and cook for 10 minutes. Please ensure to stick to the timeframe to avoid overcooking the fish.
- Once done, sprinkle the fenugreek powder on the curry, evenly pour the remaining oil over it and sprinkle the curry leaves and keep the container closed for 10 minutes.

Ingredients for Kappa:

- Tapioca (Kappa): One kilogram
- Turmeric powder: 10 grams
- Salt: 10 grams
- Shallots: 10
- Bird's eye ball pepper (Kanthari Chilli): 10
- Garlic: 10 grams (peeled)
- Cumin seeds: 10 grams
- Mustard seeds: 10 grams
- Curry leaves: two bunches
- Red chillies: Five large ones
- Water: 500 millilitres

Preparation time: 60 Minutes

Cooking Method:

- Skin the kappa and chop it into small pieces.
- Use a pressure cooker or tumbler and add water, kappa, turmeric powder and salt. Cook until kappa turns soft and drain excess water and keep aside.
- Blend shallots, bird's eye ball pepper, garlic and cumin seeds in a blender and make paste.
- Heat oil in a pan and pop mustard seeds in it. Once done, add red chillies, curry leaves and sauté well. Now add the paste to the pan, sauté well and kill the flame.
- Add the sizzling content of the pan to cooked kappa and mix well with a ladle. Thorough mixing means mashing the content well. Serve with fish curry.

Chef's tips from Ms. Jaya K. R.:

- “Though this preparation suits any sea or fresh water fish, I personally recommend using King Fish or Tuna.”
- “Fish curry made in Malabar Tamarind can be safely preserved for up to a week without refrigeration. We traditionally store it in clay pots which is properly covered. With each passing day the aroma and taste of this curry increases.”
- “Bird's eye ball pepper, if not available, can be replaced with green chillies in kappa preparation.”



MULAYARI PAYASAM

(Bamboo Rice/Seed Kheer)

Bamboo shoots are popular but Bamboo Rice is a lesser known gem. Highly nutritious and with numerous medicinal properties, tribal communities had discovered this jungle treasure long back. But, this magic ingredient had stayed hidden and unsung for centuries. Bamboos take decades to bloom and they die out soon after. And when they do, they shed their flowers and fruits spreading a huge quantity of seeds in its vicinity.

Mulayari Pasayam is a tribal delicacy from Attappady, Kerala which is gaining huge popularity among the health conscious masses as a healthy alternative to conventional sweet dishes. The tribal community in Attappady undertakes large scale bamboo afforestation under MGNREGA and in turn, the bamboo provides them a high value forest produce and a reliable source of income.



Preparation time: 45 minutes

Serve Size: Ten

Ingredients:

- Bamboo Rice: One kilogram
- Coconut milk: From Four Coconuts
- Jaggery: 750 grams
- Powdered Cardamom: 50 grams
- Ghee: Two teaspoon scoops
- Cashew Nut: 50 grams
- Raisin: 100 grams
- Peanut: 50 grams
- Water: One cup (250 millilitres.)

Cooking Method:

- Use a pressure cooker to thoroughly cook the seeds (atleast 3 whistles recommended for the desired texture of the kheer). Let the content cool down
- In the meanwhile, heat jaggery in water to make jaggery syrup.
- Transfer the cooked seeds to a tumbler and heat it on a low flame and pour the jaggery syrup and mix it well with a ladle.
- Add half of the coconut milk prepared and mix well. Ensure that the content does not come to a boil and kill the flame just before boiling.
- Mildly roast the powdered cardamom in a frying pan and add it to the kheer. Mix well with a ladle.
- Heat ghee in a frying pan and roast cashew nuts, raisins and peanut until they turn golden in colour. Now empty the pan into the kheer, cover the tumbler and keep it aside for 10 minutes.
- Mix the kheer well with a ladle and the dish is ready to serve

Chef's tips from Ms. Maridhi:

- “The rice should be thoroughly cooked and never add jaggery syrup until then” (Jaggery prevents the rice from being cooked)
- “Ensure that the content does not come to a boil after adding coconut milk. This will curdle the milk and spoil the kheer”

MASOPPU

Served best with Ragi Mudde (Steamed Ragi Balls) or white rice, Masoppu is a Mysorean dish made from leafy greens, dal, coconut and onion. This healthy dish with a tangy spicy flavor is definitely a treat for your soul.

Preparation Time: 30-40 Minutes

Serve Size: Two

Ingredients:

- Sabakki Soppu – 100 grams
- Palak– 100 grams
- Menthya Soppu -100 grams
- Dantu Soppu- 100 grams
- Keere Soppu -100 grams
- Kothambari Soppu-100 grams
- Curry leaves -Two to three stems
- Toor Dal -100 grams
- Tomatoes (medium sized) – Two
- Onion (medium sized) – Two
- Garlic - 12 to 15 cloves
- Green Chilly – Five
- Coconut (grated) – to granish
- Sambar Masala – Two teaspoon
- Salt – to taste

Cooking Method

- Wash Sabakki Soppu, Palak, Menthya Soppu, Dantu Soppu, Keere Soppu, Kothambari Soppu thoroughly and chop them into small pieces. Dice the tomatoes, one onion, garlic and green chilies.
- Pour 500ml of water in a pressure cooker, add the leafy greens, diced vegetables along with the Dal. Add two tablespoons of Sambar Masala and salt. Boil the mixture for approximately 18-20 minutes or about 4 pressure cooker whistles. Remove from heat and strain. Save the stock for later. Grind the mixture into paste in a mixer grinder.
- Heat oil in a frying pan. Add mustard and wait until it crackles. Add curry leaves and one finely chopped onion. Stir fry for two to three minutes. Add the prepared mixture along with the stock and boil for four to five minutes. Garnish with grated coconut.
- Serve hot with Ragi Mudde or White Rice.

Chef's tip:

Chef Shruthi's secret for extra aroma is to heat the grated coconut lightly before garnish.





PRAWN CURRY

In the land of sea food and coconuts, Goa, Prawn curry is the most loved dish by the localites and tourists. Being prepared in almost all the households the dish is best served with steamed rice for lunch or dinner.

Preparation time: 30-35 minutes

Serve Size: 4

Ingredients:

- Prawns- 500 grams
- Coconut- One whole
- Onions- Two big size
- Tomato- Three medium size
- Oil- Two tablespoons
- Chillies- According to taste
- Salt- To taste
- Haldi- One tablespoon
- Lal mirch- One tablespoon
- Coriander leaf- 250 grams

Cooking Method:

- Remove the black thread inside the prawns and its outside shells (if you want) and marinate it in salt for 15 minutes. Fry it in the oil till it turns golden.
- Blend coconut, one onion, two tomatoes and green chillies in the mixer till it becomes a paste.
- Take oil in the pan and add finely chopped onions and tomatoes to it. Fry it till it turns brown.
- Add the coconut paste and prawns to it.
- Add haldi, salt & mirchi powder (to taste) and mix it well.
- Add chopped green chillies (to taste) into it.
- Add water in the pan according to the consistency of the gravy you would want. Cook for eight to ten minutes and switch off the gas after two boils.
- Garnish it with coriander and serve hot.

Chef's tip: Our chef Urmila says it is important to balance the sour flavour in the dish. She suggests using one tomato for one whole coconut to balance the flavour. She also added using Kokum drops (1-2 drops) instead of tomatoes can do wonders to the dish before cooking.



BHUTTE KA KEES

A blend of sweet and spice from Madhya Pradesh's makkas paradise. The dish is served after lunch or dinner. It also qualifies to be served on special occasion like birthdays or pooja.



Preparation time: 30-45 minutes

Serve Size: 2

Ingredients:

- 500 grams of grated corn (Bhutta Kees)
- Ghee- Two tablespoons
- Jeera- Two teaspoons
- Haldi - One teaspoon
- Salt- To taste
- Hing- A pinch
- Milk- 250 millilitres
- Green Chillies- Five to Seven
- Sugar- One spoon
- Coriander leaves- To garnish
- Coconut- To garnish

Cooking method:

- Grate the corn using the grater (for the grated corn to be half kgs 15-18 corns will be required)
- Put the pan on high flame and add ghee into it. After the ghee is heated add Jeera in the pan. Add the grated corn (Bhutta Kees) to it. It should be mixed till the corn turns soft.
- After the corn is soft, add Haldi, salt (to taste) a pinch of hing and mix it well with the Bhutta Kees.
- After mixing the ingredients well, put the flame on medium and add milk to the pan.
- Cook the milk with Bhutta kees for 15 minutes till it gets the texture of a paste.
- Add green chillies, grated coconut, and coriander leaves on the top and serve it hot.

Chef's tip: Our star chef, Ganga Devi, suggests to take the fresh corn for the dish will preserve the flavour of it till the end and putting the gas on medium flame while mixing the milk in the corn makes it blends perfectly. Add an extra spoon of ghee to let it do magic to the dish.



PURAN POLI

Puran Poli is a delicious Maharashtrian variant of a sweet flatbread seen in many culinary cultures across India. Puran Poli is a must have sweet to make any special occasion complete in this part of India. This flavour rich mouthwatering dish made of atta, chana dal, ghee, etc. is also a nutritious option for all the sweet-tooths out there!

Serve size: serves 10

Preparation time: 120 minutes

Ingredients:

- Wheat flour: 300 grams.
- Chana Dal: 500 grams.
- Sugar: 500 grams
- Water: Two cups
- Ghee: 150 grams
- Cardamom powder: from 3 cardamoms
- Refined cooking oil
- Salt



Preparation Method:

- Knead the wheat flour well with water to make a stiff dough, cover it and keep it aside for one hour.
- Cook the chana dal in a pressure cooker with one cup water. Once done, drain off the excess water.
- Set a pan on low flame and add cooked chana dal to it. Add sugar and 50 grams ghee and stir the mixture well with a ladle. Continue stirring until the mixture becomes thick and sticky. Once done, keep the mixture aside and let it cool for 10 minutes, add cardamom powder and mix well.
- Take the dough, add little water and oil and knead well until it becomes soft.
- Take two lumps from the dough and a little larger lump from the chana dal mixture. Roll over the dough lumps and flatten the dal mixture with your palms. Sandwich the flattened dal mixture with the rolled dough and press the edges to seal it. Roll over until it gets the thickness of a slim chapati.
- Heat a teaspoon of ghee in a griddle and put the puran poli on it. Keep cooking and flipping the poli until well cooked and keep adding little ghee as you flip for consistency on both sides. Serve hot once done.

Chef's tips:

from Ms. Sheela Balu Nikam:

- “The cardamom powder should be added to the dal mixture only after it cools down for some time. This will ensure that the flavor remains intact.”
- “Jaggery can be a replacement for sugar to make the dish healthier.”







KER SANGRI KI SABJI

A dry preparation, served best alongside Bajra Roti (Millet) and Chaach (buttermilk), Ker Sangri ki sabji is a staple preparation from Marwad, Rajasthan. Local stories suggest these beans and berries were discovered ages ago by villagers when a great famine hit and all other natural vegetation withered away.

Preparation time: 20-25 minutes

Serve size: One

Ingredients:

- Ker Berries -100 grams
- Sangri Beans - 60 grams
- Kaachri - 50 grams
- Leswa/ Lasoda - 100 grams
- Kumti -50 grams
- Chilli Powder - One and half teaspoon
- Dhaniya Powder - Two teaspoon
- Haldi Powder – One teaspoon
- Aamchoor / Kaachri Powder/ Curd – 25 grams
- Jeera seeds – a pinch
- Mustard oil – Two tablespoons
- Salt – to taste

Cooking Method

- Soak Ker, Sangri, Kaachri, Leswa and Kumti overnight in water. Alternatively, boil them in water for 10 to 12 minutes, to cook immediately. Strain and drain out excess water.
- Mix the spices, aamchoor powder and salt well with little water to make a thick paste.
- In a frying pan, heat mustard oil. Add jeera and wait for 30-40 seconds. Add the masala paste and fry it for 2-3 minutes.
- Add the soaked Ker, Sangri, Kaachri, Leswa and Kumti and mix well. Stir fry until water evaporates completely and the Sabji is dry.

Chef's tip: The Sabji stays fresh 4-5 days without refrigeration. Our chef Chandubai suggests serving the sabji 6-8 hours after preparation for all the tanginess to settle well with the berries and beans.

SOLKADHI

Solkadhi is a refreshing drink originating from the coastal areas of Goa and Maharashtra. This is the ultimate summer drink that people use to beat the heat and humidity of the region. Made from the local favourite Kokum (*Garcinia indica*) syrup, coconut milk and spices, this sweet and sour drink is known for its revitalising properties.



Preparation time: 15 minutes

Serve size: serves four

Ingredients:

- Coconut milk: from two coconuts
- Kokum syrup: 80 millilitres
- Green chillies: 4
- Coriander leaves: One small bunch
- Ginger garlic paste: One teaspoon

Preparation Method:

- Extract milk from two coconuts and keep ready
- Add the listed ingredients to the milk
- Thoroughly mix the content using a mixer. Once mixed, filter the content and it is ready to serve.

Chef's tips: from Ms. Pranoti Padmakar Bhole:

“Sweetness and sourness of the drink depends on the amount of Kokum syrup used. It can be adjusted as per one's preference. To adjust spiciness the amount of chillies used can be adjusted. But never use ginger-garlic paste more than the recommended quantity as this will corrupt the authentic taste of the drink.”





GADADU KI CHAAT

Re-defining the categories of Chaats in India, Gadadu ki chaat is one of its kind from Madhya Pradesh. Gadadu also known as “Yam” or “Rataaloo,” is found widely in the state of Madhya Pradesh and is served as a finger licking snack.

Preparation time: 20-30 minutes

Serve Size: One

Ingredients:

- For 2 tikkis take 250 grams of Gadadu (Yam or Rataaloo)
- Arrarot - One teaspoon
- Dhaniya - One teaspoon
- Garam Masala- One teaspoon
- Salt- to taste
- Oil- To pan fry the tikkis
- Curd: To garnish
- Pudina chutney: To garnish
- Imli chutney: To garnish
- A pinch of Black salt, Jeera powder and Red chilli powder
- Chopped coriander leaves

Cooking method:

- Boil the Gadadu in a pressure cooker till it turns soft.
- To the mashed Gadadu, add arrarot, garam masala, dhaniya, salt and mix the mixture well.
- Make small round tikkis and heat oil in a pan sufficient enough to fry the tikkis.
- Pan fry the tikkis on a medium flame.
- Put the pan fried tikkis in the plate and add curd, pudina chutney, imli chutney on the top.
- Add a pinch of black salt, jeera powder, red chilli powder (optional), chopped coriander leaves and serve hot.

Chef's tip: Our chef Hina suggests to use home made garam masala for the chaat to add extra flavours to it. She says, “If the whole garam masala is roasted and then turned into powder form to use in the dish, it adds a lot of flavour to it.”



BAJRE KI KHICHDI

The main ingredient in this dish is bajra, a highly nutritious and fibre-rich alternative to rice and wheat. Bajre ki khichdi is a staple food in Haryana and Rajasthan, and goes well with chass (buttermilk) or curd.



Preparation time: 8 hours (for soaking ingredients),
30 minutes (to cook)

Serve Size: 4

Ingredients:

- Bajra – 100 grams
- Chana dal – 50 grams
- Water – for cooking ingredients
- Salt – to taste
- Turmeric powder – a pinch

For tempering:

- Ghee – one tablespoon
- Jeera – 1 teaspoon
- Onions – Two medium sized
- Green chillies – Four
- Salt (to taste)

Cooking method:

- Soak bajra and chana dal in water all night, as bajra is a dry crop; if the dish needs to be made soon, the bajra and chana dal may be ground and used.
- Transfer the soaked bajra and chana dal to a pressure cooker and add water and salt according to your requirements; pressure cook the ingredients for three whistles.
- Add ghee to a frying pan and heat.
- Add cumin seeds; when they splutter, add chopped onions and green chillies.
- Transfer the cooked bajra-chana dal mixture to the frying pan and add salt and turmeric powder.
- Bring the ingredients to a boil and serve.

Chef's tip: Chef Manu recommends that ghee may be used twice – during tempering and as a topping once cooked completely.

GLOSSARY

- Ajwain/javain – Caraway seeds
- Amchur powder – Mango spice powder
- Badam – Almonds
- Besan – Gram Flour
- Biriyani Leaves – Bay leaves
- Bajra – Pearl millet
- Chana dal – Split Bengal gram
- Chironji – Charoli seeds
- Dhaniya – Coriander seeds
- Dalchini – Cinnamon
- Faran - Flavouring agent used in hilly regions of North India
- Garam Masala – Blend of spices used in Indian cuisine
- Ghee – Clarified Butter
- Hing – Asafoetida
- Ilaichi/Elaichi – Cardamom
- Ilish/Hilsa – Fish species found in Bengal
- Jaiphal – Nutmeg
- Jakhiya – Spice used in hilly regions of North India
- Javitri – Mace
- Jeera/Zeera – Cumin seeds
- Kaali mirch – Black pepper
- Kanthari Chilli – Bird's Eye Chilli Pepper
- Kash-kash – Soaked basil seeds
- Kasoori Methi – Dried fenugreek leaves
- Kewra water – Pandanus leaf extract used as a flavouring agent
- Dhaniya patta/Kothimira – Coriander leaves
- Kozhi Jeerakam – A local cumin variety of Attappadi
- Kunkumam – Saffron
- Lasoda – Glue Berry
- Laung/Lavanga – Clove
- Kokum – Garcinia Indica fruit

- Maida – Refined flour
- Makki di roti – Roti made of maize flour
- Mangrella/Sajira – Black Cumin
- Methi – Refers to the leaves or seeds of the Fenugreek plant
- Murabba – Jam-like preserve
- Nannari – dried roots of the aromatic Indian Sarsaparilla herb
- Palak – Indian Spinach
- Pista – Pistachios
- Pudina – Mint leaves
- Ragi – Finger millet
- Roti – Flatbread
- Sarson ka saag – Mustard leaves
- Sattu – Roasted and ground Bengal gram
- Suji – Semolina
- Urad Dal – Gram seeds
- Kudampuli – Dried Malabar Tamarind
- Kappa - Tapioca
- Sabakki Soppu – Dill leaves
- Mentyha Soppu – Fenugreek Leaves
- Dantu Soppu – Amaranth leaves
- Keere Soppu – Red Amaranth leaves
- Kothambari Soppu – Coriander leaves
- Toor Dal – split pigeon peas
- Haldi – Turmeric powder
- Lal mirch – Red chilly powder
- Namak – Salt
- Gadadu – Yam
- Arrarot – Arrowroot
- Imli – Tamarind
- Pudina – Mint
- Lairu leaves – Lairu leaves belong to a particular species of tree found in Tripura

