

EQUIPMENTS (Quantity Food Production)

Types of equipments required in a kitchen vary with the activities carried out in a particular area of work. It ranges from simple pots and pans to sophisticated cooking ranges, steamers, ovens, grills and fryers.

The list can be endless and it all depends on what kind of cooking and the type of food to be prepared.

Quantity food equipments can be divided broadly into: -

- A. Heat producing equipment
- B. Cold producing equipment
- C. Processing equipment

These can be further divided into

- 1) Heavy equipment
- 2) Light equipment
- 3) Miscellaneous equipment

The types of kitchen equipment are

- 1) Food preparation equipment
- 2) Cooking equipment
- 3) Holding, service and clearing equipment
- 4) Washing and storing equipment

Selection of equipment

Some basic factors for selection of equipment are

1. Size and type of establishment: It is very important to select equipment keeping in mind what exactly is your requirement. The design of the equipment should be in harmony with the general plan.
2. Menu: Equipment also depends on the method of cooking. E.g. Menu consisting of fried snacks will require a fryer.
3. Usage: Every equipment selected must be able to fulfil a specific purpose, be it efficiency of production, profitability or customer satisfaction.
4. Price: The investment in equipment has to be made carefully. It is essential to judge whether the new equipment is improving production in both terms of quantity and quality and whether it has no operation and maintenance cost. Selection is also guided by the funds available to the buyer over a period of time and resale.
5. Ease of installation, maintenance and operation: Equipment must be user friendly taking care of the existing skills of the catering staff. The equipment should also be very easy to clean and maintain. If the equipment is very sophisticated then instructions in the form of simple steps should be clearly displayed in the kitchen. Staff should be properly trained to handle the new equipment.

6. Safety: It is extremely important to select equipment that is guaranteed for safety. While in operation and when not in use guards and locks should be provided to avoid accidents.
7. Economy: The operating cost of a piece of equipment is an important consideration in its selection. In some places, electricity may be cheaper than gas or vice versa. Therefore, select equipment accordingly.
8. Ease of cleaning: Equipments should be non corrosive, non toxic and stable to heat moisture.
9. Appearance: Good looking equipment attracts workers attention and creates a desire for using and caring for it.
10. Source of supply: Equipments should be purchased from reputed suppliers so that it is backed by a guarantee and after sales service and maintenance contracts.

The following check list will act as a guide

1. Size of equipment, space in hand.
2. Does it serve the purpose for which it is bought?
3. Easy to use and clean.
4. Could it be used for more than one function?
5. Has it helped to save space, time and energy?
6. Will it save money in the long term?
7. Does the staff like it or are they forced to use it?
8. Is it safe to use?
9. Has the fuel bill gone up or down?
10. Does it need constant supervision?

Heat producing equipments

A) Heavy equipment

1. Ranges: Heated either by gas or electricity are common in today's food service. The menu dictates whether a heavy, medium or light weight model is necessary. It should be selected on the basis of its capacity, versatility and consistency of temperature, serviceability and dependability.
2. Griddles: Food services use either gas or electric griddles. They can be incorporated as part of the range or they may be stand alone on a platform.
3. Tilting pans or brat pans: One of the most versatile pieces of equipment in the kitchen is the tilting pan. It comes in various sizes. It can tilt up to 90 degrees.
4. Ovens:
There are different types of ovens to choose from conventional, mechanical, convectional, combo or microwave.

a) Convectional ovens: Atypical convectional oven is heated by a lower heat source and an overhead source as well in an enclosed chamber. Transfer of heat occurs both by convection (of hot air moving in the chamber) and conduction (when pans or other equipment in it comes in contact with the hot surfaces). The deck oven is the most common. It consists of a stack of ovens

built in decks or tiers one on top of another.

b) Mechanical Ovens: The mechanical oven evolved from the conventional one. It has a mechanically moving interior that

shifts food around to the different parts of the oven. One variety is the revolving tray or reel oven, which has trays that

rotate in a circle around the oven, which has trays that rotate in a circle around the oven interior. Another variety uses a

moving or travelling tray, which passes through a long oven, different temperature ranges are possible within the long area

travelled. Another type of mechanical oven is the conveyor oven. A moving belt or track carries an uncooked item through a

tunnel containing heating elements and the item emerges from the oven as a finished product. Food passes through as many as

three different temperature zones- for preheating, cooking and finishing. This oven is geared toward high volume operation that

has a peak demand.

c) Convection ovens: Many conventional ovens have stagnant heat areas where heat does not move. If heat is moved around by

forced convection, cooking is more rapid, less heat is needed. The convection oven is where heat is moved by a fan.

d) Combo ovens: The combo oven gets its name because it cooks with dry heat and steam heat. It is energy efficient and

can reduce food shrinkage in baking because moisture can be reintroduced. Fans circulate heat, which gives them the

same advantage that convectional ovens have. They use gas or electricity.

e) Microwave ovens: Microwaves are a form of electromagnetic energy intermediate in frequency and wavelength between

radio and infrared waves. When microwaves penetrate food, molecular activity or movement takes place within the food

creating friction that heats the food internally. Microwaves pass through glass and non-metallic materials, so these

materials are used to hold foods being cooked in a microwave oven. Microwave cooking has not replaced conventional cooking

in food service operations because they do not allow production of large volumes of food. When it is appropriately used, The

unit can bring food from a refrigerated or frozen state to a serviceable hot state in a few minutes thus allowing operations

to prepare foods on order.

Light equipment

1. Fryers: Deep fat fryers are used to cook food in a bath of hot fat, producing a nicely browned crisp outer coating and a completely cooked,

moist interior. In the conventional fryer, fat is used to conduct heat from the heat source to the food. The pressure fryer also cooks in deep fat

trapping moisture from the foods to generate steam, which increases pressure inside the fryer and reduces the cooking time, especially successful

for producing tender moist fried chicken. Both regular and pressure fryers may have automatic, semi automatic or hand operated features.

B) Cold producing equipments

1. Refrigerator: A refrigerator is a cooling appliance comprising of a thermally insulated compartment and a heat pump. Cooling is a popular food storage technique in developed countries and works by decreasing the

reproduction rate of bacteria. A device described as a refrigerator maintains a temperature a few degrees above the freezing point of water, a similar device which maintains a temperature below the freezing point of water is called a Freezer.

2. Freezer: Freezer units are used in households and in industry and commerce. Most freezers operate around 0°F (18°C). Domestic freezers can be included as a separate compartment in a refrigerator, or can be a separate appliance. Domestic freezers are generally upright units resembling refrigerators, or chests resembling upright units laid on their backs.

C) Processing equipment

1. Food mixers: Food mixers are available in different sizes and capacities. Various attachments are available to perform slicing, grating, grinding, preparing dough, cake batters, whipping cream, meringues and mayonnaise.

2. Food cutters: One type of food cutter known as the Buffalo chopper consists of a rotating bowl that move food into the path of a spinning blade. As the food passes repeatedly through the blades, it is chopped into smaller pieces. The longer the machine is allowed to run, the smaller the particles become. It is easy to clean and contains no cracks or crevices that could harbour bacteria. Attachments are available for cutting, slicing, grating, shredding and similar operations. Another cutter called the Qualheim cutter chops, dices, makes strips, etc. The unit should be used when there is a large quantity of work to be done since clean up and reassembly requires time. The vertical cutter and mixer (known as the VCM) chops cuts, mixes, blends, emulsifies, purees food in a matter of seconds. The operations may be completed in a short time. The cutter has few movable parts and is easy to clean. The VCM tilts to facilitate emptying of the bowl. It is available in various sizes.

3. Food slicer: The slicer is basically a circular knife on which items such as cheese, boneless meats, vegetables, breads can be sliced. A uniform clean straight slice of almost any reasonably firm product is possible with this piece of equipment. The item to be sliced glides back and forth on a carriage feeding into the knife. By adjusting the distance between the plate on which the product rests and the knife itself, the operator can adjust the thickness of the slice as desired. Slicers are available in different sizes depending on the size of the knife. One should avoid cross contamination in the use of the slicer. Proper cleaning of the slicer between uses must always be done as also thorough cleaning at the end of all tasks.

4. Vegetable peeler: This equipment is useful when a large quantity of hard root vegetables such as turnips, potatoes, carrots are peeled rapidly by an abrasive, lightweight disc that spins around, removing the skin. Water flowing into the chamber removes the waste as it accumulates.

5. Meat processing equipment: Includes meat saws, choppers, grinders, cubers and tenderizers.

6. Stone grinding machine for dosa batter.

7. Pulverizer used to pulverize gravies in large quantities.

D) Miscellaneous equipments

Miscellaneous equipments include can openers, knife, whisk, sauce pans, etc.

EQUIPMENTS USED IN QUANTITY KITCHEN

Equipments play a vital role in the kitchen either it is domestic kitchen or hotels quantity kitchen. One should keep knowledge about the use of kitchen equipments. The up keep and maintenance of the kitchen equipments are very important. If we do not clean the equipments, they may cause different kind of diseases. Usually we use two types of equipments:-

1. Heavy equipments: - refrigerator, dough mixer, gas range, walk-in, working table, potato peeler, griller, tandoor, oven, high and low pressure burners, masala grinder etc.
2. Light equipments: - bowl, ladles, pressure cooker, kadhai, colanders, mixer, chopper, frying spoon, etc.

Use and upkeep of equipments: -

MASALA GRINDER: -

- a. Switch off the plug.
- b. Remove wire, and scrub with soapy hot water solution.
- c. Remove out the stone from grinder.
- d. Wash grinder and stone separately.
- e. Keep stone in grinder, attach belt to it.
- f. Put on main switch of grinder and on the current.

DOUGH MIXER: -

- Switch off plug and remove wire.
- Wash bowl and dough kneading rod, or creamer or whisk with warm soapy water solution.
- Again wash all the equipments with warm water.
- Fix bowl on mixer, then attach rod or creamer as per requirement.
- Put ingredients in the bowl; lift up the bowl by turning handle anti-clockwise.
- Press green switch, improve speed by turning gear-handle clockwise.
- To reduce speed, press red switch lift-down the bowl by turning clockwise remove mixing rod and then remove the finished product.
- Check belt of the motor occasionally.
- Repeat the steps again.

POTATO PEELER:-

- Wash peeler from inside tightly close the door.
- Put potatoes from top, start main switch as well as water supply.
- After peeling open door of the peeler.
- Let all the peeled potatoes come out of the peeler.
- Switch off the main plug.
- Remove all the potato peels from it; scrub thoroughly with scrubber and dry completely.
- Wash with clean & warm water.
- Attach all the parts again for reuse.

MINCER: -

- Switch off the plug and remove wire.
- Remove all the attachment of the mincer; soak in warm water for 10-15 minutes.
- Remove and wash with soapy water. Wipe with clean duster.
- Keep all the attachment in one cupboard.
- Always keep mincer dry.
- Grease/oil the mincer once in a week.

CONVECTION OVEN:-

- The oven should be switched off.
- The oven should be allowed to cool until warm.
- Remove all removable shelves or rack for separate cleaning.
- Using a clean cloth soaked in hot soap solution, wipe the oven. Rinse the cloth as necessary.
- The racks and shelves should be cleaned in the same way.

GRILLER HOT PLATE: -

- Switch off the plug and remove wire.
- Wait to cool and wash with soapy solution.
- Use scrubber to rinse and clean thoroughly.
- Remove the grill bars from side; rinse and wash them properly.
- Scrap all the greasing parts from the corner and upside of the hot plate.
- Wash properly and dry.

DEEP FAT FRYER: -

- Switch off the fryer and allow for cooling.
- Drain all the oil in normal way.
- Remove all debris from fryer.
- Fill the entire compartment with soap solution.
- Brush inside using a bristle brush (never use steel wool).
- Flush with clean water to which vinegar has been added. Dry with cloth.

TILTING PAN: -

- The equipment should be cleaned thoroughly after use. Normally washing with hot soapy water and rinsing with clean will be sufficient.
- Wire scourers or scouring powders are not recommended for models with on all the stainless steel finish.
- If the pan has been used for frying, care should be taken to remove all oil film build up.

HIGH PRESSURE BURNERS RANGE: -

- Turn of the main tunnel of the gas range and the secondary tunnel of the same. If removable, remove the supporting rods (square size).
- Wash and rinse them with soapy water solution with the help of scrubber. Wash them with plain water and dry them.
- To keep range top clean: - immediately wipe up all the spilling and boil over. Remove dust and tarnish, food particles etc on it.
- If during cooking periods, spilling are left to bake and harden on hot surface. The cooling becomes much more difficult.
- An inspection should be made after each cooking cycle when the equipment has been turned off and is in the cooling after obvious grease and other matter should be cleaned off immediately.

NOTE: - All the light equipments should be rinsed and washed with first, soapy water and then fresh water, wipe out with a clean duster after every use.

MENU PLANNING

The difference between small and mass food production is very difficult to define. Most food standards, principles and large number of techniques are the same. Some define quantity food production (for volume feeding) as the production of 25 or more portions. A report compiled by the National Restaurants Association, lists food service units under two major groupings

Commercial or those establishments which are open to the public, are operated for profit and which may operate facilities and / or supply mela service on a regular basis for others.

Non-commercial (as employee feeding in schools, industrial and non-commercial organizations), education, government of institutional organizations which run their own food service operations. Food services in schools and universities, hospitals and other transportation armed services, industrial plants and correctional units are in the second group and may not show a profit or even balance out financially at the break even point.

SALIENT FEATURES

To serve hygienically prepared wholesome food.

Food is primarily as a service to complement their other activities and contribute to the fulfilment of the objectives of the institute.

Cyclic menus

Not profit oriented

Educational experience for those who are involved as they happen to experience different regional cuisine through the cyclic menus. As a result, the food habits become more flexible.

Quantity control quantity control and portion control are very important. A good quality standard, should cover essential characteristics that indicate quality in a product. Quality control programmes make it possible to serve as a consistent standard. Employee evaluation, taste panel, scoring customer reaction and other menus can be used to evaluate quality.

Good purchase specifications and finding the right product to suit the production need can do much to raise and maintain the quality standards.

Proper forecasting of quantities needed in production and controlling portion size are two essentials of good quality controls. Portion size varies according to food, type of meal and patron, cost of the food, appearance. Adults, teenagers and small children consume different quantities and portion sizes vary from them. Men eat more than women, an individual doing hard work eats more than other doing sedentary tasks.

Giving liberal quantities of less costly foods and smaller ones of the more expensive foods can be practised. The portion appearance is affected by the portion size and shape of the dish, decoration and width of the rim, dish colour and food arrangement.

QUALITY OF A GOOD PARTY CATERER :- The success of any catering service depends upon the person behind the venture. He must have good contact with the people who will be most likely to make use of his services. He must be able to perform these services satisfactorily and must employ suitable, efficient and capable staff. Most important he must be able to serve tasty, eye appealing food deliver it to its destination on time at right temperature.

COMPLEXITIES OF PARTY CATERING :- Party catering like other skilled technical jobs is highly specialised job. While profit is an interesting part of the catering industry, the multitude of activities throwing a challenge to the caterer, is the difficult side of the coin. If careful consideration is given to certain small details and the people concerned take active participation. It will increase turnover, improve profits and generally enhance the reputation of the caterer. There are no get standard procedures and formula for a successful caterer. Procedures and techniques vary from job to job to place and according to the requirement of the occasion. The facilities available and the cost factor also plays an important role.

PLANNING OF THE MENU :- The arrangement of a suitable menu, perfect from all points of view necessary for any successful party catering. The caterer must be an individualist full of novel ideas and must be able to pressure them profitable for the company and attractively for the client. The dishes chosen should be faultless in quality tasty in and attractive in appearance. Equally important is the cost of the dishes.

Nothing could be more disappointing and irritating to the guest as being served a dish smaller in portion size than he was told at the time of booking the party. This could be avoided if the price of an item is given along with its portion size. Every party, whether for 20 or for 2000 must be a speciality and different from anything that has gone before. Clients seldom come to the caterer and ask him to arrange a party like the one they have had before, usually suggestions are wanted to make the party different, something that is unique and will be talked about. The following points will help in thoughtful planning of the menu.

Planning well in advance will ensure minimum amount of repetition of the dishes.

Planning a menu for a definite cycle of time have been found to be different.

Variation must be produced by serving different vegetables and meats having a colour contrast.

Seasonal availability is very important as parties are booked in advance.

Nutritional balance must be ensured.

It must fit within the budget of the customer and to his satisfaction.

Equipment and personal must be adequate for the party.

The menu must adhere to the established standards of service and must ensure quality and variety of the food.

It helps to procure stores in advance.

The occasion for which the catering is done is an important factor and so the pattern of food will change accordingly.

To be successful, the menu must reflect the eating habits and expectations of the restaurant market.

The tastes of customers are complex and varied and change from day to day and time to time.

EQUIPMENT :- These may include an assortment of good china, for special occasions such as weddings

and anniversaries, good hollow ware and flatware, attractive glass and silverware, serving dishes of all kinds and sizes, good quality linen and all kinds and types of buffet service equipment. These are the items that the guest see and by which they judge and catering establishment. For storage and transportation of these equipment, it is important to have special boxes where the equipment will fit. There are many kinds and types of kitchen equipment, such as insulated carriers for soup, coffee and other beverages. There are containers to carry ice cubes, portable hot cases to keep food warm and also portable griddles. Caterers could also hire out tables, chairs and other accessories on a contract basis.

CHECK LIST :- Various check list help the caterers in smooth and systematic functioning of the parties. Server should be informed before service on the size of the portion by weight, Volume or count. The dish in which they are served, the serving tool etc.

The use of standard recipe offers a sound basis for controlled portioning and the achievement of a uniform product.

In almost all organisations where they have to cater to a large group of people, the kitchen as well as the service areas will be well equipped. The personnel handling the food will also be educated in the field of food production, nutrition, hygiene and service.

MENU PLANNING IN VOLUME CATERING

In volume catering units, the main factors influencing the planning of menus are as follows :

1. **Cost :-** This is one of the main considerations in menu planning. The cost of the menu should be within the budgeted allowance of any unit to be economically viable, whether it is run on a profit or non profit basis.
2. **Ease of preparation :-** Since mass catering units provide for large numbers, ease of preparation of any dish must be considered. Elaborate preparation is time consuming and may result in delays in service of prepared foods leading to bad customer relations and appearance of inefficiency.
3. **Incorporation of leftovers :-** Menus for mass catering should be planned in such a way that any leftovers from one meal can be incorporated in the next meal so as to avoid abnormal wastage, reduce food cost.
4. **Cyclic menus :-** Menus should be planned in sets for a fortnight or for a month. This is then repeated all over again for ease in operations. Menus can be changed after such periods and seasonal foods can be incorporated. This will help provide variety economically.

Indenting

The basic fundamental of a food operation is to turn a raw food item into an edible product by applying or extracting heat from it. The success of any food service operation is dependent on how the raw ingredients are procured, processed, cooked, and then served to the customer to generate profit. If there is a flaw in any one of the steps, it will affect the profit margin of any organization. Also, for volume catering establishments the principles of indenting would be based on the number of people an establishment is catering to. In volume cooking, one has to look at the menu in totality and only then can he/she write a detailed product list that needs to be prepared.

Indent is a document stating the requirements of goods with the quantity required along with its specification. It is sent to the store department, which in turn procures the items, and dispatches the same to the department on the day specified.

Major factors effecting Indenting

- 1) Yield of a product The yield of a particular commodity has a huge impact on the indenting for volumes. All the recipes should be updated with the yields, as we need to indent for the net weight in a recipe and not for the usable weight. Similarly, when a product is ordered for a particular recipe, the cuts listed in the recipe must be strictly followed to adhere to the costs and quality. The cheapest item might prove to be expensive if the end yield of the product is low. Some suppliers now even sell pre-portioned meat so that the buyer gets an advantage and there is a consistency in the product quality and cost.
- 2) Type of event The type of event for which the food is required also plays a major role in the indenting of food. A wedding function would have a huge range of menu catering to up to 1,000 people or sometimes even more. When the variety is more, the quantities consumed will be comparatively less as most of the guests would like to taste most of the varieties.
- 3) Regional influence Regional food also plays an important role in deciding the indenting for a particular item. People from Bengal would love to eat seafood, while people from north India would prefer chicken. The type of dish (dry or gravy) also plays an important part in deciding the quantity to be produced.
- 4) Service style The style of service, whether buffet or a la carte, also determines the indenting and portion size of a dish. It is easy to predict the quantities for a fixed portion size, but the challenge arises when food is laid out on a buffet for self-service. In many institutional caterings a buffet is controlled by the catering managers and strict portion control is exercised over expensive food items, but in hotels, the food on a buffet cannot be controlled.

Other factors

- 5) The number of persons to feed; the larger number of people the lesser the indent quantity becomes.
- 6) Number of items on the menu
- 7) Choice provided on the menu
- 8) Number of non-veg items on the menu and its vegetarian alternatives
- 9) Number of vegetarians
- 10) Beef, mutton, chicken eaters
- 11) Whether or not Indian bread is there or only rice is included
- 12) Choice of desserts provided
- 13) Selling price of the menu
- 14) Mise-en-place to be maintained
- 15) Par stock and closing stock

PAX: _____ Menu -----	INDENT SHEET	Date- _____
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S.No	Ingredients	1	2	3	4	5	Total
I	Non-veg items like fish, chicken, mutton etc.	Qty for dish no 1	Qty for dish no 2	Qty for dish no 3	Qty for dish no 4	Qty for dish no 5	Total of all the rows
II	Dairy products like milk, curd, ghee, paneer, butter, cream, khoya and eggs.						
III	Perishables -vegetables and fruits						
IV	Non-perishables (flour, lentil, rice, oil, spices-whole and powdered)						
V	Any tinned products						
VI	Misc. -Sugar, dry fruits etc.						

Practical difficulties while indenting for volume feeding

- The perishability of produce Food, whether raw or cooked, is a perishable commodity and has a limited life. The caterer, therefore, has to ensure that he/she buys produce in correct quality and quantity in relation to estimated demand, and that it is correctly stored and processed.
- The unpredictability of the volume of business Sales instability is typical of most catering establishments. This causes basic problems with regard to the quantities of commodities to be purchased and prepared as well as to the staffing required.
- The unpredictability of the menu mix To add to the caterer's problems is the fact that in order to be competitive and to satisfy a particular market, it is often necessary to offer a wide choice of menu items to the customer.
- The short cycle of catering operations** The speed at which catering operations take place, relative to many other industries, allows little time for many control tasks.
- Departmentalization** Many catering establishments have several production and service departments, offering different products and operating under different policies. The coordination between such departments becomes a challenge in itself.
- Uneven Yield** The yield of many ingredients varies considerably during preparation and production of food in different occasions.
- Non availability of some ingredients in the market, leads to pressure on other food items in the menu.
- It is very difficult to predict with 100% accuracy about the number of people, their likes and dislikes, eating habits, diet, etc.
- People eat in varied proportions.
- A large number of people have to be fed in a limited time
- Chef has to work within tight budgets and yet has to meet the high expectations of consumers.

Portion sizes of various items for different types of volume feeding

A proper forecasting of quantities needed in production and controlling portion size are two essentials of good quality food control. Portion size varies according to the type of meal, type of customer, cost of food, flavour and portion appearance. An individual doing hard work eats more than another doing sedentary task. Giving liberal quantities of less costly foods and small one of expensive foods can be practiced.

The use of standard recipes offers a sound basis for controlled portioning and achieving a uniform product. For a healthy adult person the following portion sizes can be used (Ready to Eat – RTE portion).

One KG of Salad - 15-20 portions
Lamb /mutton/fish fillet -6-8 portions (dry), 8-10 portion (curry/gravy)
Chicken 5 portion for curry, 4 portion for butter chicken
Vegetable 6-8 portions (dry), 8-10 portion (gravy)
Paneer 10 portion
Paneer + vegetables – 15-18 portion
Dal 25-30 portion
Rice 8-10 portion
Rice with bread 20 portion
Curd for raita 15-20 por

Dough made with one kg of flour gives

Phulka 30 no.
Tandoori roti 12-14 no.
Paratha 12-14 no.
Malabari paratha /Roomali roti/naan 10 no.
Puri (Loochi) 55-60 no.

Dessert made with one litre of milk

Rabdi 4 por
Kesari kheer 4-6 por
Doodh pak 6 por
Payesh 8 por
Payasam- 8-10 por
Phirni 5 por

Soups 4-5 portion per litre
Sauces 40-50 ml per portion

009 -THE MENU & MENU PLANNING

Definition

The menu or ‘bill of fare,’ as it is popularly known, is a list of food and beverage that can be served by an establishment to a guest at a price.

The History

The word ‘Menu,’ probably dates back to a story about a person of nobility, the Duke of Brunswick, in 1541, who while attending a banquet, was found referring to a long list. Upon being asked he said he is referring to the list of items that are being served and he is accordingly reserving his appetite for the forthcoming dishes.

Nevertheless, in earlier times, the menu which was termed as the ‘écriteau,’ was written in ceremonial meals and was displayed on the wall to enable the kitchen staff to follow the order in which the dishes were served. It is noted in the history that in the olden times, menus were like a large dictionary with sections covering variety of dishes that were to be served. During the reign of Louis XIV, the variety and number of dishes served was unbelievable and the guests tasted only few of the dishes served. The menu was very long and it was placed at the end of the table to inform the guests of what is being served.

As the time went by the menus became smaller and the number of dishes were divided into sections. In the early 19th Century, guests in Parisian restaurants were given a small, handy reproduction of the menu displayed at the entrance.

The Functions of Menu

A menu of an eatery serves multipurpose functions.

Judging from various angles- individually being evaluated from customers’, the service staffs’, the production staffs’, or the managements’ viewpoints, each would have something else to offer.

A Menu from customers’ viewpoint it serves him as a

- a) Tool to know what dishes are being available
- b) To choose dishes according to his budget.

From the point of view of service staff it helps them to

- a) Make the inventory of the catering equipments.
- b) Decide upon the type of service required.
- c) To deduce the number and skill of service staff that would be necessary
- d) Make the mise-en-place of the restaurant by laying the specific crockery and cutleries required as per the dishes that are being served.
- e) Take the order of the dishes.
- f) Pick up and serve dishes in accordance to the order given and according to the sequence of the menu structure.
- g) To present correct check to the guest.

Considering from the viewpoint of production staff and the chef it helps as a guide to

- a) Deduce the requirement of production staff and their individual skill accordingly.
- b) Helps to deduce the type of production equipments required.
- c) To order raw materials.
- d) To prepare the dishes.

The management by the menu comes to

- a) Analyse the cost and evaluate the utility of the dish.
- b) Predict trends and to plan the future course of action for the outlet.
- c) Know the recovery in terms of currency from each dish through the cashier who in turn can make the bill correctly.

009 -THE MENU & MENU PLANNING

POINTS TO BE CONSIDERED WHILE PLANNING A MENU

Introduction

Menu Planning is an art. The menu is considered as a link between the establishment and the customer, and therefore its presentation should be distinctive so as to leave an impression on the guest. The presentation not only means the get-up but it emphasizes too on the list of dishes that one caters to the guests. Great care should be taken while planning it so that the dishes served are acceptable to the diners.

With the change in eating habits among the people no menu should be regarded as last and the final. The old ideas of partaking food may be with all respect be revered and such menus may be classified as the “Classical,” but may not be continued if they are no longer be acceptable by the people if one wants to stay ahead with the business. Hence menus need constant market probe, evaluations, re-search and updating according to market trends.

Some of the points a caterer must consider while planning a menu are:

a)Type of Establishment

Consider the type of establishment for which the menu is made. For example:-

- i) A menu for the restaurant of a 5-star hotel,
- ii) Menu for coffee shop, menu for a departmental store restaurant,
- iii) Menu for school children, or industrial canteen, or hospitals.

b)Type of Customer

The menu should be appropriate with the type of customer for whom it has been designed. The type of customer may include an individual's age, the person's social status, the locality, etc. This has more significance while arranging private parties. For example:-

- i) Senior citizens meet.
- ii) Banquet given by Prime Minister to honour the winning cricket team
- iii) Visiting overseas students at Mayor's high tea.

c) Religious Rules

As and where applicable the religious rules must be strictly adhered to. Lack of knowledge or understanding may easily lead innocently giving offence. For example the food habits of the:-

- i) Jews, which are guided by the principle of Kosher Meals.
- ii) Muslims, restricted to a particular type of slaughtering animals.

d)Average spending capacity

It refers to the spending capacity of the customer who would visit the establishment. This is compliment to the other factors as type of establishment, the type of customer, the locality, accessibility to the establishment etc.

e) The Price Range

The dishes on the menu should be priced in relation to certain factors like the type of dishes they are, how fast they move and their popularity, the way they are served, the type of catering equipments in use and the ambience of the establishment etc. and vice-versa the acceptability of such dishes by the customers and the revenue expected through customers' throughput.

f) Time of the Year

This includes

- 1) **The Climatic Condition:** The prevailing temperature should be considered as certain dishes in cold weather may not be acceptable during hot summer months.
- 2) **Seasonal Foods:** The food available during season not only tastes the best but also makes it economically viable. As for example a dessert made from mango in summer months.
- 3) **Festival Dishes:** Catering of specials dishes on certain days or at certain time of the year. As for example Roast Turkey or Christmas Pudding in Christmas Season.

009 -THE MENU & MENU PLANNING

- g) *Time of the Day*** It means considering when the menu is to be served during the day, i.e., whether the menu is for breakfast, brunch, lunch, etc.
- h) *Supplies*** The local market should always be given the priority. The endeavour should be always to procure materials locally whichever is available. This not only reduces the cost but also ensures the availability of the raw materials.
- i) *Type of Production Area*** Always assess the type of kitchen and the staff available in relation to its number and skill.
- j) *Type of Food Service Area*** Assess the type of food service area and the staff available in relation to
- The number of staff available
 - Their skill.
 - Availability of chinaware, glassware and silver ware.
 - The space available for service.
 - Number of covers to be served within a set period of time.
- k) *Providing a Balanced Meal*** Balance the meal through
- Making it in such a way that it begins with light dishes reaching the heavy ones and then concluding back to light.
 - Vary the sequence of preparation- boiled, fired, roasted, steamed, etc.
 - Vary the seasonings, flavourings and presentations from course to course.
 - Harmonise garnishes with the main dish.
 - Vary usage of commodities; never repeat base commodities.
 - Vary the texture of the food- hard, soft, or crisp.
 - Vary the foundation ingredient of sauces, e.g. reduced stock, demi-glaze, veloute, cream, yoghurt, mayonnaise, etc.
- l) *Language & Menu Presentation*** The following should be borne in mind as far as language of the menu is concerned:
- The language when specially used to describe a dish it should be simple and easy to understand.
 - It should be framed in such a way so as to give a wrong notion.
 - There should not be any spelling errors.
 - When writing the name of any ethnic dish it should be written the way it is pronounced or termed locally like “Beijing Duck” and not “Peking Duck.”
 - Spelling errors should at all times be discouraged.
 - When written in any local language the entire menu should be in that local language, and never mixed up.
- The presentation of the menu highlights the standard of the establishment and therefore
- Judicious use of font style and font size along with bold, italics or plain script should be used bearing in mind which area needs to be highlighted or emphasised.
 - Picture communication, laying out the historical background of the dish or the menu style, highlighting cultural background, giving biography of the chef who invented the dish and subtle but catchy descriptions are some of the tools that can make the menu much impressive.

INSTITUTIONAL AND INDUSTRIAL CATERING

INSTITUTIONAL AND INDUSTRIAL CATERING

I. TYPES

- Profit oriented - commercial canteens, restaurants, café, etc. within the premises catering to all the people (students, staff, visitors, etc.)
- Running on break even - industrial canteens, college canteens catering to staff requirements only.
- Subsidized - serving meals as a part of employee/ student welfare schemes.
- Mostly Institutional and industrial catering are non-profit oriented.

II. MENU CONSIDERATIONS

- Cyclic menu for regular meals and limited choice in canteens.
- Nutritional requirements are kept in mind while planning menu.
- Reasonable prices consistent with service offered.
- Menus are relatively simple, which can be prepared by limited kitchen staff in limited time.
- Special menus are prepared for special occasion like on festivals, functions and parties.

III. PROBLEMS ASSOCIATED

- Menu fatigue
- Blending nutritional aspect with taste is little difficult. E.g. porridge is a healthy food but most of the people do not like it.
- Portion control
- People eat in varied proportions, for example men eat more than women, people doing physical labour eat more than those doing office work.
- Staff serving food finds it difficult to meet the expectations of consumers. E.g.- everyone cannot be given a leg piece of chicken etc.
- Also a large number people are to be fed in a limited time.
- Arranging adequate facilities and managing them is a challenge, like space of dinning hall, seating arrangements, food and water service, etc.
- Chef has work within tight budgets and yet has to meet the high expectations of consumers.

VOLUME FEEDING IN INDIA

The difference between small and mass food production is very difficult to define. Most food standards, principles and large number of techniques are the same. Some define quantity food production (for volume feeding) as the production of 25 or more portions. A report compiled by the National Restaurants Association, lists food service units under two major groupings

1. Commercial or those establishments which are open to the public, are operated for profit and which may operate facilities and / or supply mela service on a regular basis for others.

2. Non-commercial (as employee feeding in schools, industrial and non-commercial organisations), education, government of institutional organisations which run their own food service operations. Food services in schools and universities, hospitals and other transportation armed services, industrial plants and correctional units are in the second group and may not show a profit or even balance out financially at the break even point.

SALIENT FEATURES

1. To serve hygienically prepared wholesome food.
2. Food is primarily as a service to complement their other activities and contribute to the fulfillment of the objectives of the institute.
3. Cyclic menus
4. Not profit oriented
5. Educational experience for those who are involved as they happen to experience different regional cuisine through the cyclic menus. As a result, the food habits become more flexible.

Quantity control quantity control and portion control are very important. A good quality standard, should cover essential characteristics that indicate quality in a product. Quality control programmes make it possible to serve as a consistent standard. Employee evaluation, taste panel, scoring customer reaction and other menus can be used to evaluate quality.

Good purchase specifications and finding the right product to suit the production need can do much to raise and maintain the quality standards. Proper forecasting of quantities needed in production and controlling portion size are two essentials of good quality controls. Portion size varies according to food, type of meal and patron, cost of the food, appearance. Adults, teenagers and small children consume different quantities and portion sizes vary from them. Men eat more than women, an individual doing hard work eats more than other doing sedentary tasks.

Giving liberal quantities of less costly foods and smaller ones of the more expensive foods can be practised. The portion appearance is affected by the portion size and shape of the dish, decoration and width of the rim, dish colour and food arrangement.

OFF PREMISES CATERING :- Off premises catering has always been a specialised business. It is the service of meals in offices, clubs, canteens and also in individual homes. In this reference, premises means the area where food is planned and prepared. Its growth has been tremendous and there is a vast improvement of the equipment used. It covers everything from take home meals to the most elaborate meals at weddings.

QUALITY OF A GOOD PARTY CATERER :- The success of any catering service depends upon the person behind the venture. He must have good contact with the people who will be most likely to make use of his services. He must be able to perform these services satisfactorily and must employ suitable, efficient and

capable staff. Most important he must be able to serve tasty, eye appealing food deliver it to its destination on time at right temperature.

COMPLEXITIES OF PARTY CATERING :- Party catering like other skilled technical jobs is highly specialised job. While profit is an interesting part of the catering industry, the multitude of activities throwing a challenge to the caterer, is the difficult side of the coin. If careful consideration is given to certain small details and the people concerned take active participation. It will increase turnover, improve profits and generally enhance the reputation of the caterer. There are no get standard procedures and formula for a successful caterer. Procedures and techniques vary from job to job to place and according to the requirement of the occasion. The facilities available and the cost factor also plays an important role.

PLANNING OF THE MENU :- The arrangement of a suitable menu, perfect from all points of view necessary for any successful party catering. The caterer must be an individualist full of novel ideas and must be able to pressure them profitable for the company and attractively for the client. The dishes chosen should be faultless in quality tasty in and attractive in appearance. Equally important is the cost of the dishes.

Nothing could be more disappointing and irritating to the guest as being served a dish smaller in portion size than he was told at the time of booking the party. This could be avoided if the price of an item is given along with its portion size. Every party, whether for 20 or for 2000 must be a speciality and different from anything that has gone before. Clients seldom come to the caterer and ask him to arrange a party like the one they have had before, usually suggestions are wanted to make the party different, something that is unique and will be talked about. The following points will help in thoughtful planning of the menu.

1. Planning well in advance will ensure minimum amount of repetition of the dishes.
2. Planning a menu for a definite cycle of time have been found to be different.
3. Variation must be produced by serving different vegetables and meats having a colour contrast.
4. Seasonal availability is very important as parties are booked in advance.
5. Nutritional balance must be ensured.
6. It must fit within the budget of the customer and to his satisfaction.
7. Equipment and personal must be adequate for the party.
8. The menu must adhere to the established standards of service and must ensure quality and variety of the food.
9. It helps to procure stores in advance.
10. The occasion for which the catering is done is an important factor and so the pattern of food will change accordingly.

To be successful, the menu must reflect the eating habits and expectations of the restaurant market. The tastes of customers are complex and varied and change from day to day and time to time.

EQUIPMENT : - These may include an assortment of good china, for special occasions such as weddings and anniversaries, good hollow ware and flatware, attractive glass and silverware, serving dishes of all kinds and sizes, good quality linen and all kinds and types of buffet service equipment. These are the items that the guest see and by which they judge and catering establishment. For storage and transportation of these equipment, it is important to have special boxes where the equipment will fit. There are many kinds and types of kitchen equipment, such as insulated carriers for soup, coffee and other beverages. There are containers to carry ice cubes, portable hot cases to keep food warm and also portable griddles. Caterers could also hire out tables, chairs and other accessories on a contract basis.

CHECKLIST :- Various checklist help the caterers in smooth and systematic functioning of the parties. Server should be informed before service on the size of the portion by weight, Volume or count. The dish in which they are served, the serving tool etc.

The use of standard recipe offers a sound basis for controlled portioning and the achievement of a uniform product.

In almost all organisations where they have to cater to a large group of people, the kitchen as well as the service areas will be well equipped. The personnel handling the food will also be educated in the field of food production, nutrition, hygiene and service.

MENU PLANNING IN VOLUME CATERING

In volume catering units, the main factors influencing the planning of menus are as follows :

1. **Cost** :- This is one of the main considerations in menu planning. The cost of the menu should be within the budgeted allowance of any unit to be economically viable, whether it is run on a profit or non profit basis.
2. **Ease of preparation** :- Since mass catering units provide for large numbers, ease of preparation of any dish must be considered. Elaborate preparation is time consuming and may result in delays in service of prepared foods leading to bad customer relations and appearance of inefficiency.
3. **Incorporation of leftovers** :- Menus for mass catering should be planned in such a way that any leftovers from one meal can be incorporated in the next meal so as to avoid abnormal wastage, reduce food cost.
4. **Cyclic menus** :- Menus should be planned in sets for a fortnight or for a month. This is then repeated all over again for ease in operations. Menus can be changed after such periods and seasonal foods can be incorporated. This will help provide variety economically.

HAM AND BACON

HAM

Definition:

The word ham means pork, which comes from the hind leg of a hog. Hams may be fresh, cured, or cured and smoked. The usual colour for cured ham is deep rose or pink. Fresh ham (which is not cured) has the pale pink, country hams and prosciutto (which are dry cured) range from pink to mahogany colour.

Facts:

Curing Solutions: Curing is the addition of salt, saltpetre and sometimes sugars and seasonings to pork for preservation, development of colour and flavour enhancement.

Dry Curing: This process is used to make country hams and prosciutto. Fresh meat is rubbed with a dry-cure mixture of salt and other ingredients. Dry-cured hams are usually aged for six months but may be shortened according to ageing temperature.

Wet Curing or Brine Cure: This is the most popular way of producing hams. It is a wet cure whereby fresh meat is injected with a curing solution before cooking.

Smoking and Smoke Flavouring: After curing, some hams are smoked. Smoking is a process by which ham is hung in a smokehouse and allowed to absorb smoke from smouldering fires. This gives added flavour and colour to meat and slows the development of rancidity.

Usage: Ham is served with fresh figs or slices of melon or is chopped finely and added to salads or cooked pasta. Alternatively, use the ham to wrap around meats prior to pan-frying or oven roasting, this not only adds flavour but also keeps the meat moist. Dry cured ham can be served with cheese, bread and fruit for a simple lunch. Ham slices are perfect for making sandwiches as the large slices of ham cover sliced bread well. Ham can also be served on Italian bread - ciabatta or focaccia and topped with sliced tomatoes and mozzarella.

Commonly used hams:

Aged Hams: These are heavily cured, smoked hams that have been hung to age from one to seven years. They are covered in a mould, which must be scraped and washed off prior to eating.

Brine-Cured: The meat is soaked in brine and then smoked.

Fresh ham: Raw/uncooked cut of meat from the hog's hind leg. It must be cooked prior to eating.

Gammon: Derived from a French word "Gambe" for hind-leg of the pig or ham.

Prosciutto: Italian ham. The meat is seasoned, salt-cured, and air-dried. It is not smoked.

Serrano ham: Sweet tasting, mature Serrano ham is produced in the mountainous regions of Spain. It is not cooked, but coated in sea salt and stored until the salt is absorbed. Its sweetness comes from the gentle curing and from the high temperatures during the last stages of maturation.

BACON

Definition:

Bacon is a cut of meat taken from the sides or back or belly of a pig, cured and possibly smoked. It is generally considered a breakfast dish, cut into thin slices before being fried, or grilled. It is commonly used as an ingredient in recipes, and is valued both as a source of fat and for its flavour.

Facts:

Smoking is used to impart more flavour into the bacon and also to speed up the curing process. Un-smoked bacon is sometimes known as *green bacon*. Allowing the cured meat to hang in a room over a bed of smoking wood chips traditionally produces smoked bacon. A side of un-sliced bacon is known as a *fitch*. An individual slice of bacon is called a *rasher*. Traditionally the skin is left on the cut and is known as *bacon rind*. Rind less bacon is also available as a healthier alternative.

Usage:

- Bacon goes well with most poultry, fish and shellfish, green vegetables, salads, pulses and is used as stuffing also.
- Most popularly served with break fast egg preparations.
- Small cubes of bacon are rendered and hence flavour a variety of dishes.
- The famous spaghetti carbonara uses strips of bacon in its recipe.
- Quiche Lorraine has bacon as one of its principle ingredients.
- Bacon is thinly sliced and wrapped around prunes or oysters and grilled to produce classical savoury dishes.

Commonly used bacon:

- **Back bacon:** Cut comes from the loin in the middle of the animal. It is a lean meaty cut of bacon, with relatively less fat compared to other cuts.
- **Collar bacon:** Is taken from the back of a pig near the head.
- **Streaky bacon:** Comes from the belly of a pig. It is very fatty with long veins of fat running parallel to the rind.
- **Pancetta:** Italian streaky bacon, smoked or green (un-smoked), with a strong flavour.

HOSPITAL CATERING

The hospital, today, is one of the most complex and fascinating organizations that mobilizes the skills and efforts of a number of widely divergent groups of professionals, semi-professionals and non-professionals to provide a highly personalized service to individual patients.

Today, the dietary department ranks as one of the major departments of the hospital, headed by a specialist, the dietitian. "The object of catering in hospitals is to assist the nursing staff to get the patient better as soon as possible. To do this, it is necessary to provide good quality food, to cook it with the minimum loss of nutrients and to provide it to the patients in an appetizing manner. If the food supplied to the patient is good plentiful, appetizing and nutritionally correct, then it plays a very great part towards the speedy recovery of the patient. - A part possibly as equally important as careful nursing and skilled medical attention.

Diet therapy is the use of food; as an agent in effecting recovery from illness. It is concerned with the nutrition of all patients-those receiving normal diets as well as those for whom modified diets have been prescribed.

The normal diet may be modified

- To provide change in consistency as in fluid and soft diets
- To increase or decrease energy levels
- To include greater or lesser amounts of one or more nutrients
egg, high protein, low sodium etc..
- To increase or decrease fiber content of diet

- To provide foods bland in flavor
- To include or exclude specific foods as' in allergic conditions.

DIFFERENT TYPES OF DIETS

Regular/Normal diet, soft diet, bland diet, high or low fibre diet high or low protein diet, high-or low, fat diet, sodium restricted diet.

Menus are generally planned and then formulated into 'Diet List1. These are made available to all attending medical staff.

General diets are those which are normally followed in the general wards. Menus are made four days to a week in advance. The dietitian plans menus for each separate meal, specifying the foods to be served in a suitable form. The nursing supervisors will keep the dietary department advised as to the number of patients of each type of diet.

Special diets are prepared for those who ate not medically capable or permitted to eat certain food items which are generally used in the making of the menu. These diets are prepared under the supervision of the dietitian or the food service supervisor

Kitchen: The hospital kitchen is planned with much consideration. The kitchen has a receiving area, proper storage facilities, pre-preparation room, preparation area or the main/hot kitchen. The hospital kitchen may also have a cold kitchen.

The kitchen may also be divided into various sections such as pre-preparation area, preparation area, grain cleaning area, tea and coffee section, roti preparation, service and trolley loading area, washing area,

stores. The pre-preparation and preparation area may be further divided into separate Indian and Continental areas. The location of storeroom in relation with the kitchen is very important to avoid contamination of the food material and also to prevent pilferage. Separate storage areas for perishable and non-perishable items are desired.

The work flow, sufficient spacing between work tables/platforms and the presence of various equipments must be considered when planning the kitchen.

Equipments commonly found in hospital, kitchens:

1. Gas ranges
11. Steamer
2. Refrigerators
12. Chapatti tava and puffer
3. Deep Freezers
13. Deep fat fryer
4. Walk-in Cooler
14. Pressure Cooker
5. Grinding stone
15. Ovens
6. Masala grinder
16. Salamander
7. Brat Pan
17. Weighing scale
8. Dough mixer
18. Toaster
9. Food processor
19. Bain Marie
10. Rice boiler

SERVICE

Food service for patients may be any one of the two general patterns –

Decentralised or centralised.

In decentralised, service all food is prepared in a central kitchen and sent

to the floors, where it is portioned out on trays and served to patients

In centralised service, food is prepared in a central kitchen, trays are set up and food is portioned out in a central serving unit and trays are sent to all patients' floor.

Menus in Govt. Hospitals:

In Govt. hospitals where only a small percentage of the patients can afford to pay for special service, it is unwise to burden either the individual patient or the hospital with unnecessary expenses. The general menu is:

EMT

Breakfast:

One cup of milk

Two slices of bread

Lunch & Dinner:

Rice

Chapatti

Dal

One vegetable.

Menu in private hospital (First class):

EMT

Breakfast:

Two slices of bread

One bowl of cereal

Egg (any style)

Vegetarian snack

Mid morning:

Fresh fruit juice

Lunch:

Soup

Chapatti

Rice

Vegetable (choice of two vegs)

Pulse

Curd

Fruits

E/Tea - Milk, Biscuits

Dinner:

Same as Lunch

DIFFERENCE BETWEEN ON-PREMISES AND OFF-PREMISES CATERING?

Whether you're planning a corporate event, a fundraiser or your wedding day, if you're looking for a caterer chances are you have a very specific vision of what you want. Caterers are responsible for many different aspects of an event beyond just preparing the food, and can be a crucial part of the plan for your occasion. But many people don't realize that there are different types of caterers and that they will offer different services and do things quite differently.

Although there are many specialized catering companies focusing on specific kinds of events, the big distinction in the catering industry is between on-premises caterers and off-premises caterers. On-premises caterers are typically attached to the venue. Their home kitchen is located in the building and they will do all the prep and cooking on the site. Off-premises caterers cook the food and bring it to the site, meaning they serve many different venues.

There are companies that offer both, but the two kinds of service are distinctly different and have their own pros and cons. So which one is right for you? Here's our recommendation.

On-Premises

On-premises caterers have a lot of advantages. They work in the same space every day and they're able to walk directly from their kitchen to the venue floor where your event is being held. This means it's easy to make last-minute changes or corrections if needed.

But the main thing setting apart on-premise caterers is that they typically offer a lot more than food. Since they are attached to the venue, they have access to its supply of tables, tablecloths, stemware, dishes, and décor which allows them to manage many aspects of the event presentation. They are also likely to provide the bar service if needed.

However, on-premise catering can be expensive. As the official venue caterer, they can charge a premium, potentially far more than you would pay for the same food from someone else.

Off-Premises

Off-premises caterers are essentially food delivery and service personnel. Since their kitchen is removed from the venue, they will arrive at the set time with everything you ordered, but making last minute changes may be harder. Many off-premise caterers offer full waiter service, and once they bring the food to your event site they can set up to begin table service. In general, your guests will never know the difference; all they see is that hot, delicious food arrives at their table.

Because they don't control the venue, off-premise caterers will likely not provide all the tables and flatware needed, though some may be able to or may have a vendor they recommend. The advantage is that off-premise caterers are highly competitive. You can get a better price and, often, they will work harder to help you plan your menu far ahead of time and make sure everything is what you want.

Mobile catering

Mobile catering is the business of selling prepared food from some sort of [vehicle](#). It is a feature of [urban culture](#) in many countries.^[1] Mobile catering can be performed using [food trucks](#), trailers, carts and food stands. Many types of foods may be prepared. Mobile catering is also used to provide food to people during times of emergency.



A gyro truck in Athens, Ohio.

A food cart is a motorless [trailer](#) that can be hauled by [automobile](#), [bicycle](#), or hand to the [point of sale](#), often a public [sidewalk](#) or [park](#). Carts typically have an onboard [heating](#) and/or [refrigeration](#) system to keep the food ready for consumption. Foods and beverages often served from carts include

- [Hot dogs](#) and other [sausages](#) in the United States (see [hot dog stand](#))
- [Tacos](#), [burritos](#) and other Mexican-style food that can be held in the hand, thus lending the name *taco truck* or, in Spanish, "*lonchera*"
- [Halal](#) food such as lamb or chicken over rice, or in a gyro
- [Ice cream](#) and other frozen treats
- [Coffee](#), [bagels](#), [donuts](#), [egg sandwiches](#), e.g., bacon, egg, and cheese, and other breakfast items
- [Pig roast](#) often served in a bread bun or baguette with apple sauce or sage & onion stuffing.
- [BBQ](#) popular food items include burgers, sausages and chicken.



Mobile catering for Indian railways

A catering truck enables a vendor to sell a larger volume than a cart and to reach a larger market. The service is similar; the truck carries a stock of prepared foods that customers can buy. [Ice cream vans](#) are a familiar example of a catering truck in Canada, the United States and [United Kingdom](#).

A [food truck](#) or mobile kitchen is a modified [van](#) with a built-in [barbecue grill](#), [deep fryer](#), or other cooking equipment. It offers more flexibility in the menu since the vendor can prepare food to order as well as fresh foods in advance. A vendor can choose to park the van in one place, as with a cart, or to broaden the business's reach by driving the van to several customer locations. Examples of mobile kitchens include [taco trucks](#) on the [west coast of the United States](#), especially [Southern California](#), and [fish and chips](#) vans in the [United Kingdom](#). These vehicles are sometimes [dysphemistically](#) called "[roach coaches](#)" or "[ptomaine wagons](#)".

A [concession trailer](#) has preparation equipment like a mobile kitchen, but it cannot move on its own. As such it is suited for events lasting several days, such as [travelling funfairs](#).

Uses^{[\[edit\]](#)}



People in Caruthersville, Missouri receiving food and supplies from a [Salvation Army disaster relief](#) truck in April 2006

In addition to being operated as private businesses, mobile catering vehicles are also used after [natural disasters](#) to feed people in areas with damaged [infrastructure](#). The [Salvation Army](#) has several mobile kitchens that it uses for this purpose.

Mobile catering vehicles have also provided a niche for advertisers to target the working population and general audience. With a wide variety of display options, lunch truck advertising has exploded into a successful marketing venture for many companies, including Outdoor Ad Systems, LLC and [Roaming Hunger](#).^{[\[2\]](#)}

Mobile catering is popular throughout [New York City](#), though sometimes can be unprofitable.^{[\[3\]](#)}

PRINCIPLES OF FOOD STORAGE

We will discuss about food storage principles and various related topic on dry food, freezer, refrigerator temperature, hot food handling, cleaning and sanitizing, dishwashing, kitchen utensils and equipment, rodent and insect control, temperature and humidity.

FOOD STORAGE

The following rules of food storage have two purposes:

To prevent contamination of foods.

To prevent growth of bacteria that may already be in foods.

Temperature control is an important part of food storage. Perishable foods must be kept out of the *Food Danger Zone* – 45oF to 140oF (7oC to 60oC) – as much as possible, because these temperatures support bacterial growth.

DRY FOOD STORAGE

Dry food storage pertains to those foods not likely to support bacterial growth in their normal state. These food include

- Flour
 - Sugar and Salt
 - Cereals, Rice and Other Grains
 - Dried Beans and Peas
 - Ready-Prepared Cereals
 - Breads and Crackers
 - Oils and Shortenings
 - Canned and bottled foods (unopened)
1. Store dry foods in a cool, dry place, off the floor, away from the wall, and not under a sewer line.
 2. Keep all containers tightly closed to protect from insects, rodents, and dust. Dry foods can be contaminated, even if they don't need refrigeration.

FREEZER AND FOOD STORAGE

- 1. Keep frozen foods at 0oF (-18oC) or lower.**
- 2. Keep all frozen foods tightly wrapped or packaged to prevent freezer burn.**
- 3. Label and date all items.**
- 4. Thaw frozen foods properly. These methods may be used:**
 - In refrigerator.**
 - Under cold running water.**
 - In microwave oven, if the item is to be cooked or served immediately.**

Do not thaw at room temperature because the surface temperature will go above 45oF (7oC) before the inside is thawed, resulting in bacterial growth.

REFRIGERATOR TEMPERATURE

- 1. Keep all perishable foods below 45oF (7oC).**
- 2. Do not overcrowd refrigerators. Leave space between items so that cold air can circulate.**
- 3. Keep refrigerator doors shut except when removing or putting in foods.**
- 4. Keep shelves and interiors of refrigerators clean.**
- 5. Store raw and cooked items separately if possible.**
- 6. If raw and cooked foods must be kept in the same refrigerator, keep cooked foods above raw foods. If cooked foods are kept below raw foods, they can become contaminated by drips and spills. Then, if they are not to be cooked again before serving, they can be hazardous.**
- 7. Keep refrigerator foods wrapped or covered and in sanitary containers.**
- 8. Do not let any unsanitary surface, such as the bottoms of other containers touch any food.**
- 9. Chill foods as quickly as possible over ice or in a cold water bath before placing in refrigerator. A gallon of stock placed in a refrigerator hot off the stove may take 10 hours to go below 45oF, giving bacteria plenty of time to grow.**
- 10. When holding foods such as protein salads in a cold bain marie or refrigerated table for service, do not heap the food above the level of the container. The food above this level will not stay cold enough.**

HOT FOOD HANDLING

- 1. To keep foods hot for service, use steam tables or other equipment that will keep all parts above 140oF (60oC) at all times.**
- 2. Keep foods covered.**
- 3. Bring foods to holding temperature as quickly as possible by using ovens, steamers, range-top pots and pans, or other cooking equipment. Do not warm up cold foods by placing them directly in the steam table. They will take too long to heat and bacteria will have time to grow.**
- 4. Do not let ready-to-eat foods come in contact with any contaminated surface.**

FOOD HANDLING AND PREPARATION

We face two major sanitation problems when handling and preparing food. The first is cross-contamination, which is the transfer of bacteria to food from another food or from equipment or work surfaces.

The second problem is that, while we are working on it, food is usually at a temperature between 45oF and 140oF, or the Food Danger Zone. The lag phase of bacteria growth helps us a little, but to be safe we must keep foods out of the danger zone whenever possible.

- 1. Start with clean, wholesome foods from reputable purveyors. Whenever applicable, buy government-inspected meats, poultry, fish, dairy, and egg products.**
- 2. Handle foods as little as possible. Use tongs, spatulas, or other utensils instead of hands when practicable.**
- 3. Use clean, sanitized equipment and worktables.**
- 4. Clean and sanitize cutting surfaces and equipments after handling raw poultry, meat, fish, or eggs and before working on another food.**
- 5. Clean as you go. Don't wait until the end of the workday.**
- 6. Wash raw fruits and vegetables thoroughly.**
- 7. When bringing foods out of the refrigeration, do not bring out more than you can process in an hour.**
- 8. Keep foods covered whenever possible unless in immediate use.**
- 9. Do not let any perishable foods remain in the temperature danger zone for more than 1 hour.**

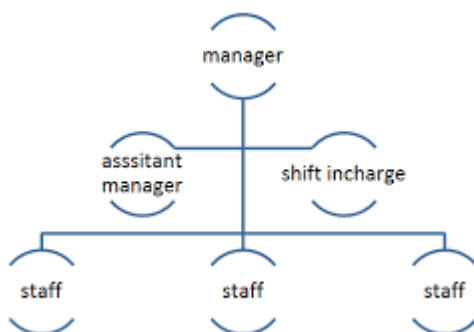
10. Boil leftover gravies, sauces, soups, and vegetables before serving.
11. Don't mix leftovers with freshly prepared foods.
12. Chill all ingredients for protein salads and potato salads before combining.
13. Chill custards, cream fillings, and other hazardous foods as quickly as possible by pouring them into shallow, sanitized pans, covering them, and refrigerating. Do not stack the pans.
14. Cook all pork products to an internal temperature of at least 150°F (65°C).

FOODS > TEMP. RANGE > GENERAL REMARKS

- Frozen foods > -10°C to -20°C > maximum temperature
- Fish and sea food > -5°C to -1.1°C > for all perishable foods
- Meat and poultry > 0.6°C to 3.3°C > is between 7.2°C to 10°C.
- Milk and milk products > 3.3°C to 7.8°C > Bananas are best stored
- Fruits and vegetables > 5.1°C to 7.2°C > at 20°C to 25°C or normal
- Eggs > 7.2°C to 10°C > room temperature
- General products > 21.1°C
- All dry stores like flour, sugar, condiments > 15°C to 22°C

Most perishables should be kept at temperatures below 10°C, semi or non-perishables at 10°C-20°C to arrest microbial growth.

STAFF HIERARCHY



Hotel Stores Management and Operations



For continuous [hotel operations](#), hotel store operations and management should follow the quality standard procedures and processes to attain a better stock monitoring and maintenance. The need of sufficient stock of goods and equipment is crucial in providing the demands of staffs and users such as Food and Beverage supplies, utensils, toiletries, and uniforms. The challenge would be the implementation of an effective stock control procedures to avoid malpractice and fraud, in which it may lead to hotel financial losses.

The Store Manager Role and Job Description

- **Handles the overall ordering, receiving, issuing and maintenance of stocks required by hotel departments**
- **Manage the overall hotel inventory items like secure storage in a timely manner**
- **Making sure that scheduled orders are followed and delivered according to the vendors requirements and specifications, also includes internal item delivery on every hotel division.**

- **Effectively undertake logistics management on all hotel items**
- **Professionally communicate with the purchasing department for the order and item execution**
- **Segregation of duties to staff members under Store Division such as ordering stocks, receiving and issuing goods, and stocktaking**
- **Monitors and communicate with the pick-up times for all hotel divisions**

Physical Security

Storage Division needs a personnel that takes care of security account for all the items in the store room especially the high valued ones to prevent theft and pilfering.

Independent Team of staff for Stock Checking

Independent stock checker regularly conduct periodic check-listing inventory items, while the supervisor regularly check for overall stock inventory.

Disposal of Stores

Disposal procedures and writing-off stock should be followed. Prior to item disposal it will be approved by the authorized person and should be audited.

Storage and Issuing in Hotels

After items are received and verified, they should be immediately moved to locked storage. The hotel employees should move the items. If the receiving personnel are not available to move the items, the appropriate storage room supervisor should move the materials into storage.

The supplier's delivery person should not be allowed to enter the property's storage areas. A copy of the receiving document should be given to the store room staff for further verification before the items are stored.

Storerooms may contain several thousand dollars' worth of a property's assets. Clearly, they must be secured. There are a number of security procedures which, when implemented, help protect stored assets.

Eg: the locking system for storage areas should be different from that for the guestrooms and public areas. This keeps employees who use master or section master keys in their normal duties (for example, room attendants) from having access to storerooms that they are not authorised to enter.

A policy of limited access allows only authorized personnel to enter storage areas, which should be locked when not in use. An important element in storeroom control is the use of effective inventory procedures.

Perpetual inventory (which involves writing down all items as they are received for storage and issued from storage) could be kept for high value items.

Physical inventory (which involves actually counting the items in a storage area) should be conducted from time to time. The perpetual inventory will reveal what should be in the storeroom. The physical inventory will reveal what actually is in the storeroom. Discrepancies may indicate a security problem.

In addition to departmental inventories, the accounting department should also conduct inventories at a frequency determined by management. Such inventories may vary from a weekly inventory of floor supplies and room set-ups in housekeeping to an annual inventory of furniture and equipment. These inventories should be conducted by a team of personnel from accounting or a department other than the one being inventoried.

Nothing should be issued from storage without a requisition bearing an authorised signature. After-hour entrance to a storeroom should require a manager, supervisor, or security officer to accompany the employee needing to enter the locked storage facility. The key should be obtained from the front desk and should be logged.

The individuals entering the storage area and the reason for entry should also be logged. An authorised requisition for the materials taken should be completed and left at the desk of the storeroom manager.

Economic order quantity

In inventory management, economic order quantity (EOQ) is the order quantity that minimizes the total holding costs and ordering costs. It is one of the oldest

classical production scheduling models. The model was developed by Ford W. Harris in 1913, Formula: $EOQ = \sqrt{2AB/C}$ but R. H. Wilson, a consultant who applied it extensively, and K. Andler are given credit for their in-depth analysis

Stock Reorder Level, Purpose & Formula:

Stock reorder level indicates to the stock controller when it is necessary to reorder certain raw materials or components.

The purpose of using this stock reorder level is to enable management to ensure there is sufficient stocks to meet demands from the production department.

Formula=Maximum usage x Maximum lead time

Illustrated Example on how to compute Reorder Stock Level

Company X which is a manufacturer has a maximum usage of 5,000 units of component TX1 per week. The supplier of this component has a maximum lead time of 5 weeks.

Required: Compute the reorder level for component TX1.

Suggested Solution:

Reorder level=Maximum usage x Maximum lead time

= 5,000 x 5= 25,000 units.

MAXIMUM Stock Level

- **To avoid cash being tied up in holding unnecessary high levels of stocks, some businesses set up MAXIMUM level of stocks to be held at any one time. The formula to determine the maximum level of stocks to be held is:**

Formula=Reorder level-{Minimum usage x Minimum lead time} + reorder quantity.

Illustrated Example on how to compute MAXIMUM level of stock

Continued from above-reorder stock level is 25,000 units. Say the business has a minimum usage of 1,000 units per week. The minimum lead time is 3 weeks. The reorder quantity is 12,000

Required: Compute the maximum level of stocks of TX1 to be held at any one time.

Suggested answer:

Maximum level of stock to be held

=Reorder level –{minimum usage x minimum lead time} + reorder quantity

$$=25,000 - \{1,000 \times 3\} + 12,000 = 34,000 \text{ units of TX1}$$

MINIMUM Stock Level

Purpose of keeping minimum stock level is to enable the stock controller to avoid running out stock.

Formula=Reorder level-{average usage x average lead time}

Illustrated Example on how to compute MINIMUM level of stock

Continued from above-reorder stock level is 25,000 units. Say the business has an average usage of 1,200 units per week. The average lead time is 4 weeks.

Minimum level of stock to be held

$$= \text{Reorder level} - \{\text{average usage} \times \text{average lead time}\}$$

$$= 25,000 - (1,200 \times 4) = 20,200 \text{ units of TX1}$$

SAFETY Stock level

Purpose to ensure that the business NEVER runs out of stock, a safety stock level should be maintained. Safety stocks are also known as BUFFER stock.

Above example, assuming the business required a buffer stock of 2,800 units, then the minimum level stocks to be held would increase to 23,000 units of TX1.

Indian cuisine

Indian cuisine is characterized by the use of various spices, herbs and other vegetables and sometimes fruits grown in India and also for the widespread practice of vegetarianism across many sections of its society. Each family of Indian cuisine is characterized by a wide assortment of dishes and cooking techniques. As a consequence, it varies from region to region, reflecting the varied demographics of the ethnically diverse Indian subcontinent.

India's religious beliefs and culture have played an influential role in the evolution of its cuisine. However, cuisine across India also evolved due to the subcontinent's large-scale cultural interactions with ancient Greece, Persia, Mongols and West Asia, making it a unique blend of various cuisines across Asia. The spice trade between India and Europe is often cited as the main catalyst for Europe's *Age of Discovery*. The colonial period introduced European cooking styles to India adding to the flexibility and diversity of Indian cuisine. Indian cuisine has had a remarkable influence on cuisines across the world, especially those from Southeast Asia.



A typical assortment of spices and herbs used in Indian cuisine

The staples of Indian cuisine are rice, *atta* (whole wheat flour), and a variety of pulses, the most important of which are *masoor* (most often red lentil), *channa* (bengal gram), *toor* (pigeon pea or yellow gram), *urad* (black gram) and *mung* (green gram). *Pulses* may be used whole, dehusked, for example dhuli moong or dhuli urad, or split. Pulses are used extensively in the form of dal (split). Some of the pulses like *channa* and "Mung" are also processed into flour (*besan*).

Most Indian curries are cooked in vegetable oil. In North and West India, peanut oil has traditionally been most popular for cooking, while in Eastern India, mustard oil is more commonly used. Coconut oil is used widely along the western coast and South India, Gingelly oil is common in the South as well. In recent decades, sunflower oil and soybean oil have gained popularity all over India. Hydrogenated vegetable oil, known as Vanaspati ghee, is also a popular cooking medium that replaces Desi ghee, clarified butter (the milk solids have been removed).

The most important or frequently used spices in Indian cuisine are chilli pepper, black mustard seed (*rai*), cumin (jeera), turmeric (haldi, manjal), fenugreek (methi), asafoetida (*hing*,

perungayam), ginger (adrak, inji), coriander (dhania), and garlic (lassan, poondu). Popular spice mixes are garam masala, which is usually a powder of five or more dried spices, commonly including cardamom, cinnamon, and clove. Each region, and sometimes each individual chef, has a distinctive blend of garam masala. Goda masala is a popular sweet spice mix in Maharashtra. Some leaves are commonly used like tejpat, coriander leaf, fenugreek leaf and mint leaf. The common use of curry leaves, curry roots is typical of all South Indian cuisine. In sweet dishes, cardamom, saffron, nutmeg, and rose petal essences are seasoned.

Geographical varieties

Northern

See also: Punjabi cuisine, Cuisine of Kashmir, Awadhi cuisine, Cuisine of Uttar Pradesh, Rajasthani cuisine, Bhojpuri cuisine, Bihari cuisine, and Sindhi cuisine

North Indian cuisine is distinguished by the proportionally high use of dairy products; milk, using the "tawa" (griddle) for baking flat breads like roti and paratha, and kulcha, main courses like tandoori chicken also cook in the tandoor. Other breads like puri and bhatoora, which are deep fried in oil, are also common. Goat and lamb meats are favored ingredients of many northern Indian recipes.

The [samosa] is a popular North Indian snack, and now commonly found in other parts of India, Central Asia, North America, Britain, Africa and the Middle East. A common variety is filled with boiled, fried, or mashed potato. Other fillings include minced meat, cheese (*paneer*), mushroom (*khumbi*), and chick pea.


The staple food of most of North India is a variety of lentils(dahl), vegetables, and roti (wheat based bread). The varieties used and the method of preparation can vary from place to place. Popular snacks, side-dishes and drinks include pakoda, bhujia, chaat, kachori, imarti, several types of pickles (known as achar), murabba, sharbat, aam panna and aam papad. Popular sweets are known as *mithai* (means sweetmeat in Hindi), such as gulab jamun, jalebi, peda, petha, rewadi, gajak, bal mithai, singori, kulfi, falooda, khaja, ras malai, gulkand, and several varieties of laddu, barfi and halwa.

Some common North Indian foods such as the various kebabs and most of the meat dishes originated with Muslims' incursions into the country. Considering their shared historic and cultural heritage, Pakistani cuisine and North Indian cuisine are very similar.

[edit] Eastern

See also: Assamese cuisine, Bengali cuisine, and Oriya cuisine



 Nollen Sandesh, a popular sweet from West Bengal, India.

East Indian cuisine is famous for its desserts,^[*citation needed*] especially sweets such as rasagolla, chumchum, sandesh, rasabali, chhena poda, chhena gaja, chhena jalebi and kheeri. Many of the sweet dishes now popular in Northern India initially originated in the Bengal and Orissa regions. Apart from sweets, East India cuisine offers delights of posta (poppy seeds).


Traditional cuisines of Assam, Bengal and Orissa delicately spiced. General ingredients used in Assamese, Bengali, and Oriya curries are mustard seeds, cumin seeds, nigella, green chillies, cumin paste and the spice mix panch phoron or panch phutana. Mustard paste, curd, nuts, poppy seed paste and cashew paste are preferably cooked in mustard oil. Curries are classified into bata (paste), bhaja (fries), chochchoree (less spicy vapourized curries) and jhol (thin spicy curries). These are eaten with plain boiled rice or ghonto (spiced rice). Traditional breakfasts includes pantabhat or pakhaal, as well as cereals such as puffed rice or pressed rice, in milk, often with fruits. The cuisine of Bangladesh is very similar to eastern Indian cuisine, particularly that of West Bengal. Fish and shellfish are commonly consumed in the eastern part of India. The popular vegetable dishes of Orissa are Dalma and Santula. The most popular vegetable dish of Bengal is Sukto. Deep fried, shallow fried and mashed vegetables are also very popular. As in southern India, rice is the staple grain in Eastern India too. A regular meal consists of lentils, a primary non vegetarian side dish usually made of fish and a few other secondary side dishes made of vegetables.

[edit] Southern

Main article: South Indian cuisine

See Also: Andhra cuisine, Cuisine of Kerala, Cuisine of Karnataka, Cuisine of Tamil Nadu, Cuisine of Goa



 Idlis with coconut chutney, a well-known dish from southern India

South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, the ubiquity of sambar and rasam (a dish in liquid form prepared with herbs and/or spices, tamarind paste, turmeric and/or tomato and/or dhaal, also called *chaaru/saaru* and *rasam*), a variety of pickles, and the liberal use of coconut and particularly coconut oil and curry leaves. Curries called Kozhambu are also popular and are typically vegetable stews cooked with spices, tamarind and other ingredients. The dosa, poori, idli, vada, bonda and bajji are typical South Indian favorites. These are generally consumed as part of breakfast. Other popular dishes include Kesaribath, Upma/Uppittu, Bisibele Bath, Rice Bath, Tomato Bath, Pongal, Poori & Saagu, Pulao, Puliogarai and Thengai Sadham. Hyderabad biryani, a popular type of biryani, reflects the diversity of south Indian cuisine. South Indian cuisine obtains its distinct flavours by the use of tamarind, coconut, lentils, and a variety of vegetables. Udupi cuisine is a popular cuisine of South India.

In south India, the usual lunch service is as follows: soup as an appetizer; a little rice with plain dhaal curry and ghee; rice mixed with a lean but spicy gravy for vegetarian meals or chicken/mutton/seafood gravy) or any variety rice; rice mixed with rasam; rice with curd (yoghurt); finally, fruit and betel leaves/nuts (beeda). Pappadams and pickles are served throughout.

Andhra, Chettinad, Tamil, Hyderabad, Mangalorean, and Kerala cuisines each have distinct tastes and methods of cooking. In fact each of the South Indian states has a different way of preparing sambar; a connoisseur of South Indian food will very easily tell the difference between sambar from Kerala, sambar from Tamil cuisine, Sambaru from Karnataka and *pappu chaaru* in Andhra cuisine. Some popular dishes include biryani, ghee rice with meat curry, seafood (prawns, mussels, mackerel) and paper thin pathiris from Malabar area.

Western


See also: Goan cuisine, Maharashtrian cuisine, Saraswat cuisine, and Gujarati cuisine



 Ragada in a pani puri, a popular snack from Mumbai.

Western Indian cuisine has three major regions: Gujarati, Maharashtrian and Goan. Maharashtrian cuisine has mainly two sections defined by the geographical sections. The coastal regions, geographically similar to Goa depend more on rice, coconut, and fish. The hilly regions of the Western Ghats and Deccan plateau regions use groundnut in place of coconut and depend more on jowar (sorghum) and bajra (millet) as staples. On various special occasions sweets like pooran poli, shrikhand, modak etc. are prepared. Maharashtrian fast food includes one of the most popular dishes called Pav Bhaji. For breakfast Maharashtrians eat various preparations of rice flakes called Pohe. It is becoming popular in Indian restaurants all around the world. Saraswat cuisine forms an important part of coastal Konkani Indian cuisine. Gujarati cuisine is predominantly vegetarian. Many Gujarati dishes have a hint of sweetness due to use of sugar or brown sugar or gur (also called as jaggery). Goan cuisine is influenced by the Portuguese colonization of Goa. Use of Kokum, *triphala* is a unique feature of Goan and Konkani cuisine.



 A vegetarian thali. Gujarati cuisine offers a wide range of vegetarian delicacies because Hinduism, practiced by majority of Gujarat's populace, encourages vegetarian diet.

[edit] North Eastern

See also: Naga cuisine, Sikkimese cuisine, and Tripuri cuisine

Assamese cooking is chiefly based on fish and rice.^[11] In Arunachal Pradesh, people here generally take non-vegetarian diets. *Apong* is famous local Arunachali drink made from rice and millet.^[11] *Uti* (lentil cooked with edible soda for flavor), *hawwai jar* (fermented soya beans), *otonga* (fermented fish), and *ngari* (dried fish) are some of the most popular delicacies in Manipuri cuisine. *Ushoi* (fresh bamboo shoots) is a unique fermented Manipuri dish. There is a variety of boiled and fermented type of dishes in Manipuri culture, although there is good variety

of fried dishes also. The *iromba* is another popular fermented dish made from fish, vegetables and bamboo shoots.^[11]

Jadoh — a spicy dish of rice and pork — is one of the most popular dishes in the Indian state of Meghalaya. *Kyat*, a local brew made from rice, is an integral part of most local Meghalayan celebrations.^{[11][12]} *Zu* is a popular tea-based drink from Meghalaya.^[11] Sikkimese specialties include the Tibetan *thupka* and *momos*.^[12]

[edit] Popularity and influence outside India



Chicken tikka, a well-known dish across the globe, reflects the amalgamation of Indian cooking styles with those from Central Asia

Indian cuisine is one of the most popular cuisines across the globe.^[13] The cuisine is popular not only among the large Indian diaspora but also among the mainstream population of North America and Europe.^[14] In 2003, there were as many as 10,000 restaurants serving Indian cuisine in England and Wales alone.^[15] A survey held in 2007 revealed that more than 1,200 Indian food products have been introduced in the United States since 2000.^[16] According to Britain's Food Standards Agency, the Indian food industry in the United Kingdom is worth £3.2 billion, accounts for two-thirds of all eating out and serves about 2.5 million British customers every week.^[17]



Butter Chicken, also known as *Murgh Makhani*, is a popular dish in Western countries and Arab world

Apart from Europe and North America, Indian cuisine is popular in South East Asia too because of its strong historical influence on the region's local cuisines. Indian cuisine has had

considerable influence on Malaysian cooking styles^[7] and also enjoys strong popularity in Singapore.^{[18][19]} Indian influence on Malay cuisine dates back to 19-century.^[20] Other cuisines which borrow Indian cooking styles include Vietnamese cuisine, Indonesian cuisine^[21] and Thai cuisine.^[22] The spread of vegetarianism in other parts of Asia is often credited to ancient Indian Buddhist practices.^[23] Indian cuisine is also fairly popular in the Arab world because of its similarity and influence on Arab cuisine.^[24]

The popularity of *curry*, which originated in India, across Asia has often led to the dish being labeled as the "pan-Asian" dish.^[25] *Curry's* international appeal has also been compared to that of pizza. Though the *tandoor* did not originate in India, Indian tandoori dishes, such as *chicken tikka* made with Indian ingredients, enjoy widespread popularity.^[27] Historically, Indian spices and herbs were one of the most sought after trade commodities. The spice trade between India and Europe led to the rise and dominance of Arab traders to such an extent that European explorers, such as Vasco da Gama and Christopher Columbus, set out to find new trade routes with India leading to the *Age of Discovery*.

Beverages



While masala tea (left) is a staple beverage across India, Indian filter coffee (right) is especially popular in southern India
See also: Indian wine

Tea is a staple beverage throughout India; the finest varieties are grown in Darjeeling and Assam. It is generally prepared as *masala chai*, wherein the tea leaves are boiled in a mix of water, spices such as cardamom, cloves, cinnamon, and ginger, and large quantities of milk to create a thick, sweet, milky concoction. Different varieties and flavors of tea are prepared to suit different tastes all over the country. Another popular beverage, coffee, is largely served in South India. One of the finest varieties of *Coffea arabica* is grown around Mysore, Karnataka, and is marketed under the trade name "Mysore Nuggets". Indian filter coffee, or *kafee*, is also especially popular in South India. Other beverages include *nimbu pani* (lemonade), *lassi*, *chaach*, *badam doodh* (almond milk with nuts and cardamom), *sharbat* and coconut water. In Southern India there is a beverage served cold known as Panner Soda or Gholi Soda which is a mixture of carbonated water, rose water, and sugar. Another beverage from the South is rose milk, which is served cold.

India also has many indigenous alcoholic beverages, including palm wine, fenny and Indian beer. There's also bhang, prepared using cannabis, and typically consumed, especially in North India, during Holi and Vaisakhi. However the practice of drinking a specific beverage with a meal, or wine and food matching, is not traditional or common in India.

Although the above listed beverages are popular, people often prefer to consume drinking water with their food, because drinking water is considered to not overshadow the taste of the food. In fact it is customary to offer drinking water to guests before serving any hot or cold drinks.

Eating Habits

A healthy **Breakfast or Nashta** is considered important to people in India. It is said that breakfast should be done like a 'king'. Indian people generally prefer to drink tea or coffee with the first meal of the day. North Indian people mostly prefer roti, parathas and a vegetable dish for their Nasta, accompanied by achar (pickles) and some curd, whereas people of western India mostly prefer dhokla and milk. South Indians mostly have idlis and dosas for their Nashta, generally accompanied by various chutneys.

Lunch in India usually consists of a main dish of rice in South and East and Roti's made of Whole Wheat in the North and Western parts of India, including two or three kinds of vegetables. Lunch may be accompanied by items such as roti, kulcha, nan or parathas. Curd is also included with 2 or 3 sweets in the main course.

Paan (betel leaves), which aid digestion, are often eaten after lunch in parts of India.

Indian families will gather for **Evening Breakfast** to talk, drink tea and eat snacks.

Dinner is considered the main meal of the day as the whole family gathers for the occasion. The dinner may occasionally be followed by dessert, ranging from fruit to traditional desserts like kheer, gulab jamun, gajraila, qulfi or ras malai.

Etiquette



Traditionally in southern India, a well-rinsed banana leaf is used as a plate for hygiene purposes and its visual impact

Main article: Etiquette of Indian Dining

Several customs are associated with the manner of food consumption. Traditionally, meals were eaten while seated either on the floor or on very low stools or cushions. Food is most often eaten without cutlery, using instead the fingers of the right hand. Often roti (general term for Indian flat breads) is used to scoop the curry without letting the curry touch the hands. Other etiquette include eating with one hand only preferably right hand and letting the food touch only the two phalanges of fingers.

Traditional serving styles vary from region to region in India. A universal aspect of presentation is the thali, a large plate with samplings of different regional dishes accompanied by raita, breads such as naan, puri, or roti, and rice. Most South Indian meals end with plain curd and rice. In South India, a cleaned banana leaf and other leaf plates, which can be disposed of after the meals, were traditionally used as an alternative to plates. Another aspect of using banana leaves is that when hot food is served on banana leaves it adds a peculiar aroma and taste to the food. Leaf plates are purposefully utilized for auspicious and festive occasions, but much less common otherwise.

However, these traditional ways of dining are being influenced by eating styles from other parts of the world. Amongst the middle class throughout India, spoons and forks are now commonly used, although knives are not.

Bonophool Banerjee

INDIAN GRAVIES AND BASIC PASTE

Curry as the word is used today in India, simply means a gravy. In the West gravy is a liquid sauce made with juice from the meat, thickened with flour and seasonings. Indian curry or gravy is made by cooking the meat or vegetables along with lots of ingredients including thickening agents and a combination of spices but using no flour.

GRAVY: It is a liquid or semi liquid mixture cooked along with meat or vegetables, lots of spices and mainly thickened and enriched with dry nuts .

Making a gravy // curry

The starting point in making a curry is to choose a cooking pot with a non reactive inner surface. Most curries have sour ingredients, so if a copper or brass pot were used it would have to have a tin lining. Stainless steel is better from the reactive point of view than the aluminum or enamel but the pot should have a thick base or the spices will stick while frying.

All curries have main ingredients such as meat, fowl, eggs, or a single vegetable like potatoes, brinjals, mushrooms, or a mixture of vegetables.

Most curries start with the heating of cooking fat. Traditionally Indians prefer to use ghee, which is clarified butter for imparting better flavour to the food.

The basic art of making curry is involved in three stages

1. The choice of spices
2. The sequence in which the spices are put into.
3. The ways the spices are used.

Classification of gravies // curries

Depending upon the final appearance of the product Indian gravies can be classified as follows:

- **Brown gravy:**
 1. By using brown onion paste made with sour curd.
 2. By using brown onion paste made with tomato puree or pulp.
- **White gravy:**
 1. By using boiled onion paste.
 2. By using finely chopped onion (lightly fried in ghee or oil to get golden tinge in the gravy.)

- **Green gravy:** A typical Indian gravy made by using green paste which is the combination of spinach, coriander leaves, mint leaves and green chilies in the ratio of 2:1:1/4:1/8(few nos. subject to the hotness of chilies).
- **Makhni gravy:**It is one of the finest Indian gravies made out of tomatoes , butter,ginger, garlic, garam masala made and finished with honey and double cream and flavoured with kassori methi.
- **Kadhai gravy:** Traditionally this gravy is made in an iron kadhai and so is the name.It is made by using a group of Indian whole spices which are broiled and powered (Khada masala).

BASIC INDIAN PASTE

- **Onion paste:** It is used finely or coarsely chopped, sliced or pureed. The proportion of onions to the main ingredient of the gravy is important, because this will determine whether there is a sweet element in the taste as well as thickness of the gravy.
 1. **Boiled onion paste:** Roughly cut onions are boiled in handi with bay leaves, cardamom and sufficient amount of water and simmered till the onion becomes transparent and the liquid has evaporated. Blend into a fine puree.
 2. **Brown onion paste:** Fine slice of onions, golden fried in oil, spread over any absorbent material and cool. Blend into puree with either sour curd or tomato puree as per the recipe.
- **Ginger paste:** Freshly chopped ginger made into fine past by using little water and can be stored in the refrigerator for 72 hrs.
- **Garlic paste:** Freshly chopped garlic made into fine paste through a blender and can be stored in the refrigerator for at least 72 hrs.
- **Coconut paste:** Finely grated coconut made into fine paste with little amount of water.Can be stored in refrigerator for at least 12 hrs.
- **North Indian white paste:**A mixture of fine paste made with cashewnuts, charmagaj (the softest inner most part of the seeds from four vegetables e.g. water melon, cucumber, white pumkin and ash gourd), poppy seeds and copra (desiccated coconut).
- **Hydrabadi white paste:** A mixture of fine paste made with chirangi, white til seeds, roasted peanuts, and milk of coconut.
- **Poppy seeds paste:** Soak the poppy seeds in warm water for 30 minutes and drain and blend to a fine paste.Can be stored in refrigerator for 24 hrs.

SPICES USED MAINLY FOR TASTE

- Coriander seeds and coriander powder (Dhania)
- Turmeric (Haldi)
- Dried red chilli and chilli powder
- Cumin seeds (Jeera)
- Cinnamon and cloves (Dalchini and lavang)
- Pepper (Kali mirchi)
- Mustard (Rai or Sarson)
- Fenugreek (Methi)
- Fennel (Saunf)

SPICES USED MAINLY FOR AROMA

- Garam masala (Hot spices)
- Cinnamon leaf (Tej or Tuj patta)
- Large black cardamom (Barra elaichi)
- Green cardamom (Choti elaichi)
- Nutmeg (Jai phal)
- Mace (Javitri)
- Asafoetida (Hing)
- Star aniseed (Chakra phool)
- Saffron (Kesar)
- Rose petals (Gulab)
- Screw pine flower (Keora)

SOURING AGENTS

- Tomato
- Yoghurt

- Vinegar
- Tamarind
- Lime
- Cocum
- Raw mango (Amchoor)

THICKENING AGENTS

- Onions
- Yoghurt
- Cream (malai)
- Coconut milk
- Cashew nuts
- Almonds
- Peanuts
- White Til seeds (Sesame seeds)
- White poppy seeds
- Mustard seeds
- Lentils

GIVING COLOUR TO A CURRY

- Turmeric: **Bright yellow**
- Saffron: **Pale apricot**
- Red chillies: **Reddish –brown**
- Kashmiri chilli: **Vermilion**
- Fresh Coriander leaves: **Green**
- Red tomatoes: **Pinkish**
- Red tomatoes and Yoghurt combined: **Reddish**

- Golden fried onions: **Deep or dark brown**
- Coriander powder: **Deep brown**
- Garam masala powder: **Deep brown**

INDIAN MASALAS

- Garam masala: It is the combination of aromatic spices mainly made with small cardamom, cinnamon stick, cloves and tej patta. The chefs are always make their own mix. All the spices are roasted on a dry griddle and powdered. Preferably stored in
- Khara masala: It is the combination of whole spices roasted and powdered e.g. cumin, coriander, red chilli dry, black pepper corn, small cardamom, cloves, cinnamon stick and mace.

COOKING MEDIUM USED

- Any variety of white oils
- Desi ghee or pure ghee
- Unsalted butter
- Mustard oil
- Coconut oil
- Sesame oil
- Vegetable fat or Vanaspati

BREADS IN TANDOOR

TANDOORI ROTI

It is a flat bread made in a clay tandoor in Punjab. It is made of wheta flour baking powder salt water ghee

2cups wheat flour
1/2tsp baking powder
50 gm butter
salt
water

SADA NAAN

It is a leavened bread of northern India. Has a tear drop shape authentically.

Recepie
4cups plainfour
1tbsp dried yeast
150ml milk
1tsp sugar
2tbsp yoghurt
3tbsp butter
2tsp salt

Roghni naan

Ingredients

2 cups plain flour
2 tsp. dry yeast
1 tbsp. sugar
3 tbsp. butter
2 tbsp. curds
1/2 cup warm milk
1 tbsp. milk extra

1 tbsp. poppy seeds
1 tbsp. raisins
1/4 tsp. saffron strands

SHEERMAL

Ingredients

3 cups plain flour
1 cup milk
2 tbsp. milk extra
1 tsp. sugar
3/4 cup ghee
salt to taste
few saffron strands

TAFTAN

Ingredients

3 cups plain flour 3 tsp. dry yeast
2 tbsp. curds
2 tbsp. ghee
1 1/2 tsp. sugar
salt to taste
1/2 cup milk
1 tbsp. poppy seeds (khuskhus)

BA

BAQHARKHANI NAAN

Traditional method of baking baquarkhani is little different and known as dum cooking in the method the tava is placed over a medium charcoal fire and naan is covered layers of burning coals are placed on top of the lid. The result is a combination of frying and pressure cooking. Baquarkhani is a richer version of sheer-mal.

It takes long procedure

INGREDIENTS

Oven Temp: 375 F-190 C

4 cups refined flour
1 1/2 tsp baking powder
1 cup *ghee*
1 tsp salt
1 tbsp sugar
1 cup milk
2 tbsp raisins
1 cup almonds-thinly sliced
1 tsp Screw pine (*kewra*) essence
Poppy seeds (*Khus Khus*) to sprinkle

MUSLIM NAAN

It is a naan from surat it has a normal procedure but has a origin in surat

4 cups wheat flour
2 tsp dry yeast
1 tsp sugar
2 tsp dry yeast
2 tbsp yoghurt
3 tbsp butter
1 cup warm milk

A Sampling of North Indian Breads

Introduction

These breads are the taste of home for me -- wholesome breads prepared with simple ingredients and simple cooking methods. There are many different types of breads in North India. They can be prepared in the tandoor (clay oven, as is done in many restaurants), dry

roasted, cooked on a griddle, or deep-fried. They can be prepared plain, or stuffed with savory or sweet filling, or just topped with mouthwatering garnishes.

North Indian breads are prepared with various kinds of flours. The ones listed here use a whole-wheat flour known as atta and all-purpose flour. The dough is prepared in most cases without the use of yeast. the tandoori breads are generally rolled out by hand not with a rolling pin. no special equipment is needed. (We have included some pictures towards the end of the lesson of a roti being prepared in a commercial tandoor.)

A few tips that leads to a good Indian bread.

- Knead the dough well, adding only enough water or other specified liquid to make the dough the right consistency.
- A must for preparing these breads is to let the dough rest as indicated. This will ensure that the dough softens and moistens, making it more pliable and easier to stretch

Plain Naan Dough

Naans are traditional Indian breads prepared in clay ovens or tandoors. They are commonplace on most Indian menus.

Here is a simple dough for Naans.

Then two of the more unusual preparations for it: the Peshawari Naan and the Onion Kulcha. .

- ½ cup milk
 - 1 teaspoon sugar
 - 1 cup warm water
 - 1 tablespoon yogurt
 - 1 egg
 - 4 cups of all-purpose flour
 - 1 teaspoon salt
 - 1 teaspoon baking powder
-
- 1 tablespoon vegetable oil
 - 2 tablespoons clarified butter or ghee

In a bowl whisk together the milk, sugar, water, yogurt and egg.

Place the flour, salt and baking powder in a large shallow bowl. Mix well.

Pour the liquid onto the flour and begin to knead. Continue kneading until you have a soft dough. If you need more liquid, add a few tablespoons of warm water. Knead for at least 10 minutes, or until you have a soft dough that is not sticky.

Oil the dough.

Cover the dough with a damp cloth and place in a warm place for 1½ - 2 hours, or until the dough has doubled in volume.

Directions for plain naan:

Knead the dough again on the floured surface for about 5 minutes. Divide it into 8 equal pieces and cover with a damp towel or plastic wrap.

Roll each piece into a ball and flatten it with your hands. Using your hands, pull at both ends of the oval to stretch it a little. Continue until you have made 8 naans.

Brush each oval with clarified butter.



Place the naan in the tandoor placing it in the tandoor.

Peshawari Naan

In this delightfully sinful recipe, the naan dough is stuffed with dried nuts and raisins and baked. Serve this warm right out of the oven for the best taste.

1 recipe prepared plain naan dough

For the stuffing:

- 1 tablespoon cashews (crushed)
 - 1 tablespoon almonds (crushed)
 - 1+1 tablespoons pistachios (crushed)
 - 1 tablespoon raisins
 - 1 teaspoon cilantro leaves, minced
 - 1 teaspoon sugar
 - 1 tablespoon Milk Mawa Powder or khoya
-
- 1 teaspoon fennel seeds, ground
 - 3 tablespoons melted butter or clarified butter

Prepare the Naan dough.



While the dough is resting, prepare the filling.

Set aside 1 tablespoon of pistachios and the raisins. In a mixing bowl combine all the other filling ingredients. Add a few tablespoons of water to bind them together to form a lumpy consistency.

Roll the dough into a log. Cut into 8 equal portions. Lightly dust the rolling surface with flour. Preheat the tandoor to 400 degrees F.

Lightly oil or flour your hands.

Take one portion of the dough and roll into a ball between the palms of your hands. Flatten the ball. Place it on the floured surface. Use a rolling pin to roll it out into a circle about 5 - 6 inches in diameter.

Add a tablespoon of the filling to the center. Bring the sides together and pinch them to seal and form a ball. Flatten lightly. Dust very lightly with flour.



Roll the flattened ball again on a lightly floured surface until about 5 - 6 inches in diameter. Garnish with the reserved pistachios and raisins.



Continue until you have made 8 naans.
Brush each naan with clarified butter. Place the naan in the tandoor.
Remove when cooked
Serve hot.



Onion Kulcha

The naan is stuffed with a spiced onion mix and baked to perfection.

1 recipe prepared plain naan dough

For the stuffing:

- 2 small red onions, finely chopped
- 1 tablespoon minced cilantro
- 1 tablespoon Chaat Masala
- 1 teaspoon red chili powder
- Salt to taste
- 3 tablespoons melted butter or clarified butter
- 2 teaspoons cilantro, minced for garnish
- small boiled potato, grated (optional)

Prepare the naan dough.



While the dough is resting, prepare the filling.



First, using the palms of your hands, squeeze out all the water from the chopped onions. If the onions still appear to be watery, add a small boiled grated potato to your filling. This will prevent the filling from spilling out of the kulcha.

In a mixing bowl combine all the filling to form a lumpy consistency.

Roll the dough into a log. Cut into 8 equal portions. Lightly dust the rolling surface with flour. Preheat the oven to 400 degrees F. Lightly grease a large, heavy baking tray and set aside. Lightly oil or flour your hands.

Take one portion of the dough and roll into a ball between the palms of your hands. Flatten the ball. Place it on the floured surface. Use a rolling pin to roll it out into a circle about 5 - 6 inches in diameter.



Add a tablespoon of the filling to the center. Bring the sides together and pinch them to seal and form a ball. Flatten lightly. Dust very lightly with flour.



Roll the flattened ball again on a lightly floured surface until about 5 - 6 inches in diameter.



Dip your fingers in water and moisten the surface of the kulcha very lightly. Sprinkle with a few minced cilantro leaves. Continue until you have made 8 kulchas.



Place the kulchas on the gaddi and place it in the tandoor
Serve hot.





Sheermal

A sweet bread, it is one of the few Indian breads that uses yeast. Keep the dough in a warm place to ensure that it rises. You can increase the amount of sugar if you like a sweeter taste.

- 1 packet dry yeast
- 1 teaspoon sugar
- ¼ cup water
- 1½ cups all-purpose flour
- ¼ teaspoon salt
- 2 tablespoons sugar
- 2 eggs (separate 1 egg and set the yolk aside) beat the whole egg and the white together
- 2 tablespoons melted clarified butter or butter
- Extra flour for dusting
- Pitted cherries/raisins for garnish

Mix yeast with the sugar and 1/4 cup water. Set aside until frothy, about 5 - 10 minutes. Combine the flour, salt and sugar. Add the clarified butter, egg and yeast mixture. Knead until

a smooth dough is formed. (You may need more warm water.) Set aside to rise until the dough doubles in size.
Preheat the oven to 400 degrees F. Lightly grease a large, heavy baking tray and set aside. Lightly dust the rolling surface and rolling pin with flour.
Knead the dough again on the floured surface for about 5 minutes. Divide it into 6 equal pieces and cover with a damp towel or plastic wrap.
Roll each piece into a ball and flatten it with your hands. Using a rolling pin, roll it out into a disc. Continue until you have made 6 discs.
Beat the reserved egg yolk and brush a little on each sheermal. Place a few cherries on the sheermal for garnish. Place the discs on the baking sheet and bake for 5 minutes.



Turn on the broiler and broil for an additional 3 minutes, or until golden brown.



How the tandoor is used to prepare breads. These pictures are of a special roti or bread, called Tandoori Roti, being prepared in the hot tandoor or clay oven.

Tandoori Roti

The basic recipe entails preparing a dough of whole-wheat flour.) The flattened rolled out discs are then cooked in the tandoor until the dark spots begin appearing on the surface of the bread.





INDIAN SWEETS

INTRODUCTION

When it comes to Indian Cuisine and food one thing cannot be overlooked...Our love for Sweets! Most Indians have a sweet tooth or a mouthful of them to say the least. It's not uncommon to see huge crowds at Sweet stores across the Country. And with the variety and sheer number of sweets available it's no wonder that it's such an important part of an Indian's lives. Sweets are part of any Indian celebration or festivity of any kind. They are prepared in Indian households not only for special feasts and occasions, but also for simple celebrations like birthdays, anniversaries, graduations or even any other concocted reason. Every event big or small, calls for the sharing sweets with the whole neighbourhood.

One can get a beautiful scene of colourful sweets in any indian sweet shop. Sweets are symbol of good gesture in india. Hence, sweets are first tasted when any new thing happens or if important decisions are taken. In most countries sweets are the last course of a meal. In India though they are served with the rest of the meal and in some traditions especially during celebrations, people start eating a meal only after having had a bite of the sweet on the plate, to signify the celebration. Indian sweets are known as 'Mithai'. They rely heavily on sugar, milk and condensed milk and frying, however the bases of the sweets vary by region. They more intense and sweeter than western sweets and desserts and quite a bit heavier since they're made mainly in Ghee which is clarified butter.

DETAILS OF SOME VERY COMMON INDIAN SWEETS:

Barfi - This is a popular indian sweet. Plain barfi is made using the basic ingredients of sugar and condensed milk until the concoction solidifies. Barfi can be divided into kaju barfi (cashew nut barfi), kesari pedha (saffron barfi), pista barfi (pistachio barfi), cham cham (pink and white barfi), doodh peda (kewra oil and pistachio), chocolate barfi , badam pak (almond barfi), walnut barfi and also gajar barfi (carrotbarfi). It is customary forbarfi to be covered with an edible metallic leaf known as “vark”

Balushahis are made of maida flour, and are deep-fried in clarified butter and then dipped in sugar syrup.

Badushahs are made from a stiff dough made with all purpose flour, ghee and a pinch of baking soda. One-inch-diameter (25 mm), ½-inch-thick (13 mm) discs are shaped with hands, fried in ghee or oil and dunked in thick sugar syrup so that there is a sugar coating. They are very sweet, but tasty with a slightly flaky texture.

Basundi - is an Indian dessert mostly in Bihar, Maharashtra, Gujarat and Karnataka. It is a sweetened dense milk made by boiling milk on low heat until the milk is reduced by half. Heavy cream may be added during the boiling process to hasten the thickening process. Once reduced, a little sugar, cardamom, Buchanania seeds also known as Charoli and/or saffron are added. Basundi is served chilled, often garnished with slices of almonds and pistachios.

Bebinca: The most famous Goa's sweetmeats is bebinca also known as bibik. There is a legend that says that Bebinca was made by a nun called Bibiona of the Convento da Santa Monica in Old Goa. She made it with seven layers to symbolise the seven hills of Lisbon and Old Goa and offered it to the priest. But, he found it too small and thus the layers were increased. There are some claims that it is made with 20 layers. But, ideally it is 14 or 16 layers. According to some culinary experts this is a modified version of bebingka made in Malaysia, Philippines and Indonesia.

It is a wonderful concoction made from layer upon layer of coconut pancakes. The extract of coconut milk is added to flour, sugar, eggs and ghee and other delectable ingredients are used to make this delicacy. Each scrumptious layer has to be baked before the next one is added, traditionally it has 16 layers but can be made with less or more. The dessert is baked in a

pecially-made clay oven, with hot coal as a source of heat, placed above. Though the process of making bebinca is tedious process the dessert is a mouth-melting dream.

Batica: Batica is a Goan sweet dish or dessert is prepared by first preparing a batter of grated coconuts, rawa, sugar, eggs and butter. The batter is mixed thoroughly and kept overnight. It is then poured into a baking dish and baked the next morning.

Chena Murki - This sweet which is made from milk and sugar is available in Orissa. To make this sweet, the milk has to be boiled for a long period of time until it becomes condensed. After that, sugar is added and the sweet is made into a round shape. Another name for this sweet is Pera .

Chhena jalebis - is a sweet dish originally from coastal Orissa in eastern India, a state known for desserts made of chhena. Its popularity has spread beyond coastal Orissa. These are made in a manner very similar to regular jalebis which are popular throughout India. However, the basic ingredient is cottage cheese, or chenna. Fresh chhena is thoroughly kneaded and rolled up into shapes similar to pretzels, before being deep fried. The fully fried chhena pretzels are then soaked in a sugary syrup. Chhena jalebis are served either hot or chilled.

Chhena poda - is the quintessential cheese dessert from the state of Orissa in eastern India. Chhena poda literally means burnt cheese in Oriya. It is made of well-kneaded homemade cottage cheese or chhena, sugar, cashew nuts and raisins, and is baked for several hours until it browns. Chhena poda is the only well known Indian dessert whose flavor is predominantly derived from the caramelization of sugar.

Cham cham or chum chum - is a traditional Bengali sweet that is popular in Pakistan, India and Bangladesh. It comes in a variety of colors, mainly light pink, light yellow, and white. It is also coated with coconut flakes as a garnish. The main ingredients are flour, cream, sugar, saffron, lemon juice, and coconut flakes.

Chikki - This is a traditional sweet made from groundnuts and jaggery. A variety of ingredients can be added to the chikki such as puffed rice, sesame and desiccated coconut. Some chikkis are made from pistachios, almonds and cashew nuts. To make chikkis, one needs to prepare the hot syrup made from jaggery. The nuts are then transferred using a wooden mould and then the chikkis are further rolled into 6-8mm using a wooden roller. Once cooled and hardened, the chikkis are then cut into squares.

Double ka meetha - is a dessert of Hyderabad and made from hot crisp fried roundels of bread, soaked in saffron and cardamom-flavoured syrup, topped with cream. It is similar to of Shahi tukre. It is called 'Double ka meetha' because it is made from Bread which is called 'Double Roti' in Hindi.

Doodhpak - is a dessert dish, a kind of rice pudding made from milk, rice, saffron and nuts, accompanied by pooris. The milk is slow-boiled to thickened and sweetened and the dish is garnished with chopped almonds. Doodhpak originates from Gujarat.

Dodol: Dodol is another famous Goan sweet, traditionally eaten at Christmas time, and made with rice flour, coconut milk, black jiggery of coconut palm and cashew nuts. It is usually cooled in a flat pan and served in slices, and is very sweet. (The Hindus call it Alvo and use a lighter colour jaggery made of sugarcane).

Halva (or *halwa*, *halua*) refers to many types of dense, sweet confections, served across the Middle East, South Asia, Central Asia, West Asia, North Africa, the Horn of Africa, the Balkans, Eastern Europe, Malta and the Jewish world.

The term *halva*, meaning "sweet", is used to describe two types of desserts:

- Flour-based – This type of halva is slightly gelatinous and made from grain flour, typically semolina. The primary ingredients are clarified butter, flour, and sugar.
- Nut-butter-based – This type of halva is crumbly and usually made from tahini (sesame paste) or other nut butters, such as sunflower seed butter. The primary ingredients are nut butter and sugar.

Halva may also be based on numerous other ingredients, including sunflower seeds, various nuts, beans, lentils, and vegetables such as carrots, pumpkins, yams, and squashes.

Gulab jamun is a popular dessert in countries of the Indian Subcontinent such as India, Pakistan, Sri Lanka, Nepal and Bangladesh. In Nepal it is widely known as Rasbari, served with or without curd, which is a popular dessert on all occasions. Traditionally, khoya, an Indian milk product (buffalo milk) is rolled into a ball together with some flour and then deep fried, but at a low temperature of about 148°C. It is then put into a sugar syrup flavored with cardamom seeds and rosewater, kewra or saffron.

Jalebi: It is made by deep-frying a partially fermented wheat-flour batter in pretzel or circular shapes, which are then soaked in sugar syrup. The sweets are served warm or cold. They have a somewhat chewy texture with a crystallized sugary exterior coating. Citric acid or lime juice is sometimes added to the syrup, as well as rosewater or other flavours such as kewra water. Kesar can be added to it to make *kesariya jalebi*.

Imarti (Emarti or Jangiri) is a dessert from Rajasthan made by deep-frying urad flour batter in a kind of pretzel or circular shape, then soaked in sugar syrup.

N.B: **Difference between jalebi and imarti.....** First, they are made with different flours: *jalebi* is made with maida (all purpose) flour and *jangiri* with ground urad dhal. *Jalebi* batter is also supposed to be left to ferment (giving it a faint tangy flavour) while *jangiri* is not. There is also a difference in their appearance – the swirls of *jalebi* are more chaotic, while *jangiri* resembles a more organized flower pattern.

Those with a trained palate will also notice the slight crunchiness of *jalebi*, distinguishing it from the chewy, gooiness of *jangiri*. In most sweet shops, *jalebi* also appears a little shinier and more on the brown side (and *jangiri* more orange).

Kalakand, or Qalaqand is a popular Indian sweet made out of solidified, sweetened milk and cottage cheese. It owes its origin to the milk-rich Braj region of Uttar Pradesh. Kalakand is famous in Alwar, Rajasthan, India.

Kalojam: it is a traditional Bengali sweet in which the enriched flour dumplings are deep fat fried to a dark brown colour (and so is the name) and then soaked in a slow simmering sugar syrup.

Khaja - This sweet is made from refined flour, sugar and oil. This sweet is a delicacy of Uttar Pradesh, Bihar, Orissa and West Bengal. This sweet is said to be the favourite sweet of Lord Jagannath. In South India, a similar sweet is known as Badusahi. When Khaja is stuffed with dried fruits, it is then known as *Chandrakala* (half round) or *Suryakala* (full round). In Kutch, *Namkeen khaja* is taken but as a savoury as it is salty.

Kheer (Bengali: Payesh, Malayali: Payasam) is a rice pudding, which is a traditional South Asian sweet dish. This is an Indian pudding made from milk, vermicelli rice, semolina and tapioca. It is known by a variety of names across India, ie, Payasam in South India or Payesh in Bengal. Once the basic ingredients of milk, rice, ghee, sugar or jaggery are added, additional ingredients such as pistachios or almonds can be added to the mixture.

Kulfi or Qulfi is a popular frozen dairy dessert from the Indian Subcontinent. Kulfi has similarities to ice cream in appearance and taste, but is denser and creamier. It comes in various flavours, including cream (malai), raspberry, rose, mango, cardamom (*elaichi*), saffron (*kesar* or *zafran*), and pistachio, the more traditional flavours, as well as newer variations like apple, orange, strawberry etc. Unlike Western ice creams, kulfi is not whipped, resulting in a solid, dense frozen dessert similar to traditional custard based ice-cream. Thus, it is

sometimes considered a distinct category of frozen dairy-based dessert. Due to its density, kulfi takes a longer time to melt than Western ice-cream.

Laddu: Laddu comes from the Sanskrit word transliterated as *ladduka* or *lattika* meaning a small ball. Laddu is made of flour and sugar with other ingredients that vary by recipe. It is often served at festive or religious occasions. Common flours used for laddu include besan (chickpea flour), rava (wheat semolina) and ground coconut. These are combined with sugar and other flavourings, cooked in ghee and moulded into a ball shape.

Malpoa - This sweet is an ancient home made sweet of India. There are different variations of this sweet in different parts of India. This sweet is widely available in Bengal, Bihar, Orissa and Maharashtra. Its main ingredients are plain flour, rice flour, sugar and coconut. This dish is an Indian version of the pancake.

Modak - is a sweet dumpling popular in Western and Southern India. *It is called modak in Marathi and Konkani as well as Gujarati language, modhaka or kadubu in Kannada, modhaka or kozhakkattai in Tamil, and kudumu in Telugu.* The sweet filling inside a modak is made up of fresh grated coconut and jaggery, while the soft shell is made from rice flour, or wheat flour mixed with khava or maida flour. The dumpling can be fried or steamed. The steamed version, called *ukdiche modak*, is eaten hot with ghee.

Mysore Pak - This sweet dish is a native of Karnataka and it is made with ghee, sugar and chick pea flour. It is believed that this dish was created in the kitchens of the Mysore Palace. It became known as the "Royal Sweet" of Mysore.

Narkel Naru - This sweet dish is from Bengal. It is made from khoya, condensed milk and coconut. This dish is consumed throughout India.

Peda, Pheda or Pera: Origin or popularity of Peda may be credited to the Indian state of Uttar Pradesh, and the variety from the city of Mathura in that state was considered to be the best is a sweet from the Indian subcontinent, usually prepared in thick, semi-soft pieces. The main ingredients are khoa, sugar and traditional flavourings, including cardamom seeds, pistachio nuts and saffron. The colour varies from a creamy white to a caramel colour. The word pera is also generically used to mean a blob of any doughy substance, such as flour or (in the case of the sweet) khoa.

Parwal Mithai - This sweet dish is made from parwal (pointed gourd or green potato) while the filling is always from dairy products. This sweet dish is popular in Bihar, Uttar Pradesh and West Bengal.

Pathishapta - This dish is a rolled pancake filled with coconut, milk, cream, jaggery and date palm. This dish is a Bengali dessert.

Pantua - is a local confection of eastern India and Bangladesh. It is a traditional Indian sweet made of deep-fried balls of semolina, chhana, milk, ghee and sugar syrup. Pantuas range in colour from pale brown to nearly black depending on how long they are fried. The name **ledikeni** is a rendition of "Lady Canning" and was first used by confectioner Bhim Nag when he renamed his pantuas specially prepared on the occasion of the birthday of Countess Charlotte Canning, wife of Governor-General Charles Canning. Rose water, cardamom or other flavourings are sometimes added to the sweet.

Phirnee: It is a traditional dessert served normally during the summer months. Soaked rice is ground into a paste and then added to boiling sweet milk. This is cooked until thickened and poured into terracotta pots. The extra moisture from the pudding is soaked by the earthenware pot and thus the pudding sets soft yet firm. It is then garnished with slivers of pistachio and strands of saffron

Puran poli - is a classical Marathi dish, which is a dessert served during auspicious occasions and during important festivals such as Holi, Padwa in Maharashtra. Although it resembles like a roti, a poli is actually very different. It is made mostly during holi when the

bonfire is lit. The stuffing is known as puran and the outer cover is known as poli. The puran is made by boiling chickpea lentils with a pinch of turmeric for color. When the lentils are cooked and soft, the broth is removed and kept aside. Sugar is added to the chickpeas and cooked till they are soft. Then the stuffing is removed and sieved through a utensil made specifically for puran to achieve a smoother consistency. Saffron, cardamom, and nutmeg is added for additional flavor. The outer cover is made by making a dough by mixing refined flour, milk and ghee. Equal number of balls are made of the dough as well as the stuffing. The puran is stuffed inside the dough and then rolled out flat using a rolling pin. The poli is then coked on a hot griddle and served with ghee and a soup made from the surp.

Ras Malai is a sweet dessert originating in Eastern India and popular throughout the Indian subcontinent. Is served after a meal. It is popular throughout South Asia. The name Ras Malai comes from two parts in Hindi: Ras, which means Juice/Juicy, and Malai, which means cream. Ras Malai consists of sugary white, cream or yellow colored balls (or flattened balls) of paneer soaked in malai (clotted cream) flavored with cardamom.

Rasgulla - is a very popular cottage cheese-based, syrupy sweet dish originally from the Indian state of Orissa but highly popular in Bengal. It is popular throughout India and other parts of South Asia. The dish is made from ball shaped dumplings of chhena (an Indian cottage cheese) and semolina dough, cooked in light syrup made of sugar. This is done until the syrup permeates the dumplings.

Shankarpali is a snack popular in Maharashtra, India. It is traditionally enjoyed as a treat on the Diwali holiday.

Shahi Tukra - Truly a royal dessert, as its name suggests, Shahi Tukra is a rich bread pudding with dry fruits, flavoured with cardamom.

Pitha : Various kinds of Pitha (a pancake like sweet base of semolina or flour which is rolled around a variety of fillings like coconut and kheer and fried in ghee - chandrapuli, gokul, pati shapta, chitai piṭha, aski pithe, muger puli and dudh puli). Pithas are usually made from rice or wheat flour mixed with sugar, jaggery, grated coconut etc. These are usually enjoyed with the sweet syrups of Khejur gur (Date tree molasses)/ they are usually fried or steamed – the most common ones include bhapapitha (steamed), Pakanpitha (fried) and Pulipitha (dumplings)

Sohan Halwa or Sohan Halva is a traditional Indian and Pakistani sweet, which is a variety of dense, sweet confection or halwa and believed to be of Persian origin, linked with Iranian sweet Sohan. It is made by boiling a mixture of water, sugar, milk and cornflour until it becomes solid. Saffron is used for flavouring. Ghee is used to prevent it from sticking to the pan. Almonds, pistachios and cardamom seeds are added. Unlike most other halwa dishes in the subcontinent, it is solid by texture.

Sandesh - This is an Indian confectionery which originated in Bengal. Its main ingredients are milk and sugar. Some recipes of Sandesh call for the use of chhena (Indian cheese) or paneer instead of milk. Some people in the region of Dhaka call it Pranahara (literally, heart 'stealer') which is a softer kind of sandesh, made with mawa and the essence of curd.

Shrikand - Shrikhand is an Indian sweet dish made of strained yogurt. It is one of the main desserts in Indian cuisine. Preparation of this dish is very simple but it takes some time to process yogurt properly. To prepare shrikhand, yogurt is tied in a cotton cloth and left under pressure to drain. In the past, it used to be hung from a wall to achieve the desired thickness. The strained yogurt, referred to as "Chakka", and sugar are mixed thoroughly in a deep bowl. Cardamom, saffron, and any other flavors are then added and mixed. It is then left in the refrigerator for the sugar to dissolve. The dish is served chilled. Another variation of this dish can be found in Mahashtra is known as Amrakhand which is a mixture of mango pulp together with the yoghurt. In Gujarat, a variation of this dish is known as Matho.

ANDHRA PRADESH CUISINE (TELUGU CUISINE)

INTRODUCTION

The cuisine of Andhra is based mostly on regional variation, its rich cultural heritage and the influence of the Royal recipes from the Nawabs. The cuisine of Andhra Pradesh is mixed between the eating habits of the Hindus and Muslims style of eating.

The influence of external powers has influenced every aspect of the Andhra society. From music, dance, cuisine and literature, the foreign powers have left a mark of their own. This variety and diversity has helped the culture to become richer and more successful.

Of Hyderabad cuisine most of you would have heard, for it is famous all over the world. The Nawabs and Sultans who ruled over the Deccan brought some of the best cooks from all over the country to make the Deccan the food capital. So much so that when you talk of Andhra or its capital, Hyderabad, visions of a mouth-watering biryani comes to mind. If there is any one statement that can, in a nutshell, describe the Andhra kitchen, it is: Andhra food is hot!

Local legend says there was once a severe famine in the area and all that grew, and grew well, were chillies – red chillies, famous in a place called Guntur in Andhra. So people made as many dishes as possible with chillies. A more realistic explanation comes from nutritionists who say that being a very hot area, there are more chances of stomach infection for the local people. They probably make use of large quantities of chillies to guard against stomach infection. A parallel can be found in the desert state of Rajasthan in northern India.

REGIONAL CUISINE AT ANDHRA:

The cuisine of Andhra Pradesh can be broadly classified into 4 regions:

- Andhra(Costal)
- Hyderabad
- Telangana and
- Rayalaseema.

Factors like crops grown, eating habits and preferences play a major role in the evolution of the Telugu cuisine of each region.

- The *coastal region (kosta)* is endowed with plenty of natural resources; hence the cooking and preserving methods are highly sophisticated. The recipes of Andhra Pradesh coastal regions consist of sea foods mainly, along with cereals and lentils. In coastal region the poor and rich enjoy rice as a staple food.
- *Rayalaseema* has its own culinary delights. Due to the region's dry and arid areas, the level of pungency and spice is high in foods here. Popular dishes from the Rayalaseema regions are the Alsandala vada, Ulavacharu, Peetala Kura, Brain fry, Liver fry and Prawn Iguru which can be combined with Sajja or Jonna rotis and Raagi sankati (a very healthy and nutritious food) etc. Attirasaalu (Aresalu), Baadusha, Jaangri, Jilebi, Pakam Undalu (mixture of steam rice flour, ground nuts, Jaggary), Borugu Undalu(a sweet variety made corn of jowar and jaggory), Pala Kova, Rava Laddu are few of the mouth watering sweets also known as Bakshalu of this region.
- On the other hand, due to the Islamic dynasties reigning over centuries, the *Telangana region has a distinct Mughlai flavor*. In the Telugu cuisine of the Telangana region, meats play a dominating role. Popular vegetarian dishes from the land of Telangana are the *Ulli akku kura (spring onion curry)*, *Kakaraya pulusu (gravy made of bittergourd)*, *pesarattu pulusu, rasam, Karapu Annam (Chilli rice)* etc. The famous non-vegetarian dishes are *Chapala Pulusu (fish gravy)*, *Kodi Kura, Guddu Pulusu (also known as Egg Pulusu)*, *Meat curry, Shrimp curry*, etc. Famous snacks of the Telangana region are the *Billavakka* (snack prepared with rice flour and deep fried), *Sakinalu* – a traditional snack usually prepared during Sankranti festival made of rice flour and sesame seeds.
- Hyderabad cuisine that has carved its own niche among Indian cuisines.

EQUIPMENTS

- **CHIPPA:** This is a clay pot that is wok – shaped and is used for cooking *chippa gosth* – a lamb dish that gets its name from this equipment.
- **TATHEE:** This is a metal stand similar to a bar-be-que griller, which is placed on smouldering charcoals to grill kebab.
- **TIRAGALI:** This is a stone mill that is used grinding rice to a perfect consistency for certain desserts such as *adhirsam*. Too fine a powder would make the dessert too sticky to eat and too coarse a powder would not allow it to shape properly.
- **KAVAM:** This is a kind of churner used for churning buttermilk – it is nearly similar to a whisk. It is manually twisted between the palms for churning the liquid food, for example – churning of yoghurt for making buttermilk.
- **PONGANALU:** This equipment is made up of cast iron and is used for making a dish called ponganalu, which is eaten for breakfast. It has round depressions into which a batter of rice and dal is poured and cooked over fire.
- **JAADILU:** These are traditional pickle jars used to store home – made pickles. These are made from ceramic as it does not react with pickles.
- **ROLU / POTHARAM:** This is a stone mortar and pestle and is used for grinding whole spices and making chutneys.

CUISINE CHARACTERISTICS

- Rice is the staple food of the region.
- The cuisine of Andhra Pradesh is mostly vegetarian but the coastal areas have a vast repertoire of seafood preparations
- Fish and Prawns are major seafood eaten here. They are mainly found with curry in sesame and coconut oils along with grounded pepper flavor and are eaten with rice.
- Red chillies are predominantly used in the cuisine making it one of the hottest and spiciest. The chillies grow well in the Guntur region.
- Pickles are an essential part of the cuisine and the variety is countless. *Podis*, a mixture of various ingredients which are dried or broiled and powdered, are as important as pickle. These homemade podis are sprinkled over rice, and a dollop of pure ghee is offered, which is also mixed with the podi and rice and eaten.
- *Gongura* is an edible plant grown in India. It is a species of the Sorrel leaves. *Gongura pachadi* is quintessentially Telugu cuisine along with *pachadi* (chutney or relish). While it has many culinary uses, the most popular is the pickled version. Although *Gongura* is widely consumed all over Andhra Pradesh, *Guntur Gongura* is more popular. *Gongura* is a very rich source of Iron, vitamins, folic acid and anti-oxidants essential for human nutrition. It is a summer crop, and the hotter the place, the more sour the leaf gets.

Gongura comes in two varieties, *green stemmed leaf* and *red stemmed*. The red stemmed variety is more sour than the green stemmed variety.

The pickles popularly made with *gongura* includes *Pulla Gongura* (*Gongura* and red chillies) and *Pulihara Gongura* (*gongura* and tamarind). There are other varieties as well. Apart from the pickles, other well known recipes made with *Gongura* as the main ingredient are *Gongura Pappu* (*Lentils*), *Gongura mamsam* (*goat/mutton*) and *Gongura royyalu* (*shrimp*). *Gongura* and calabash is extremely popular with the Telugu community in South Africa.

Its other name includes the following: In the Telangana region of Andhra Pradesh it is known as *Puntikura*. Similarly, "*Gongura*" is popular in Tamilnadu as well, which is called "*pulichakeerai*" in Tamil. The famous combination with "*pulichakeerai*" is "*Ragi Kali/Ragi Mudde*", which once used to be a regular food for the people in villages (since these items are easily available in agricultural forms). In Maharashtra markets, it is called *Ambaadi*, It is known as *Pitwaa* in Hindi, *Nalitaa Saaga* in Oriya, *Mestapat* in Bengali, *Pandi* in Kannada and Sorrel Leaves in English.

- Other typical ingredients include the following:
 - Cowpeas (*Bobbarlu*): This is also known as black eyed beans or lobiya in northern India. It can be stewed or can be braised with spices.
 - Field beans (*Chikkudu*): These beans are from the family of Broad beans. They are used fresh and even the leaves are eaten curried.
 - Agathi leaves (*Avise*): These are classified under green leafy vegetables. The plant that produces white flowers are suitable for eating while those producing red flowers are not.

- Sorrel leaves (Chukka koora): These resembles spinach but has a slightly sour taste. The sour flavour of the leaves combine well with the spices used in the Andhra cuisine.
- Banana rhizome (Arati dumpa): The rhizome or the roots of the banana plant is often used in stir – fried dishes or even in curries.
- Spine gourd (Akakara): It resembles bitter melon in shape but is not as bitter. It is used in sambhars or curries in Andhra cuisine.
- Cudapa seeds or chironji or chaoroli nuts (Sara Pappu): These are nuts that are used as a thickening agent.
- Zizyphus (Regu pandu): These are a type of jujubes and are extensively used in pickles and chutneys. The dried regu pandu is often crushed with red chillies, jiggery and tamarind and used in curries.

A MEAL IN ANDHRA:

BREAKFAST:

Idlis are commonly eaten as a breakfast item with sambar and/or Coconut Chutney, called *Kobbari Pacchadi* in Telugu. Chili powder (*Kaarampodi*) and Ginger Chutney (*Allam Pachadi*) or other chutneys can also be eaten along with Idli.

Minapattu (Dosa) is also commonly eaten for breakfast or in the evening. Varieties include "Masala Dosa, Rava Dosa, Sada Dosa, and Rava Masala Dosa." Generally, Andhra-style Dosas are spicier and crispier than those found in other regions of South India.

Pesarattu is also a key item in Andhra cuisine. Pesarattus are similar to Dosas, but the batter is made of green mung beans. It is thin and crispy, usually topped with chopped onions, green chillies, ginger pieces, and coriander. It is generally eaten with a ginger chutney. MLA Pesarattus are a popular variation of pesarattu filled with Upma (spiced semolina).

LUNCH:

Lunch is an elaborate affair in many households.

Traditionally, Andhra cuisine is eaten on a banana leaf by people sitting on mats or small raised wooden seats. A little water is sprinkled around the banana leaf, depicting that food can now be served. Rice is served along with a little ghee. The meal is served on (*arati aaku*), a single plantain leaf, or *vistari*, a larger plate made of several leaves sewn together. Recently, more people have begun using broad steel plates called (*kancham*). However, *arati aaku* and *vistari* are still widely used for festivals and special events.

Lunch items are served on a single plate in a specific arrangement. *Curries and pappu* are placed to the right of the diner, while *pickles and podi* are placed on the left. Special items such as *pulihora* and *garelu* are placed at the top right. A large scoop of rice is placed in the middle. Small amounts of *pulusu*, *ghee* and *buttermilk* are typically sprinkled onto the leaf. The ghee is mixed with every item except *perugu/majjiga*.

Modati Mudda / Starter:

Rice with some *podi*, *khaaram*, or a certain variety of pickles and ghee is eaten as the *modati mudda* (the first bite). Modati mudda items tend to taste sour or hot, have strong aromas, and include ingredients with medicinal values, such as dry ginger and curry leaves. They are usually intended to stimulate appetite and aid digestion. Only a very small amount is eaten: four or five balls of rice called *muddalu*.

A typical Andhra main course generally consists of some or all of the following:

- Cooked Rice
- Pappu - Toor Daal (Kandi Pappu) or Moong Daal (Pesara pappu) cooked with a vegetable or green.
- Curries made from a wide variety of vegetables, including green leafy vegetables. Vepudu is a fried vegetable curry. Non-vegetarian curries include "kodi koora" (chicken), "mutton" (goat mutton), "chepe koora" (Fish), "royyalu" (Prawns) and "peethala koora" (Crab).
- Karam - Various types of dry powders made from lentils or chillies, eaten with ghee.
- Pachadi (Pickles), fresh or preserved, can be made from all kinds of fruits and vegetables. Examples include Aavakaaya (a spicy mango pickle) and one made of roselle called Gongura.
- Ullavacharu (cooked Horsegram soup), traditionally eaten with cream or yoghurt.
- Pulusu - A type of vegetable curry most typically exported to the west.
- Majjiga Pulusu - Buttermilk cooked with turmeric and boiled vegetables.

- Perugu (Yoghurt) or Majjiga (Buttermilk)
- Appadam (Papadums)
- Sweet dishes.
- Bananas or other fruit
- Tamalapaku-vakkapodi, also called Killi, Beeda or Paan, made of fresh Betel leaves, Arecanut pieces, and lime.

ANDHRA DELICACIES

MODATI MUDDA: This means the first few bites of the meal mainly consists of four or few balls of rice. These are either ghee rice or pickled rice. Pickled rice are typically gooseberry, lime, aavakkayaa(mango) or grapefruit. It could also be rice mixed with certain powders (podi) like parupu podi, corriander podi, pudina podi, coconut podi, curry leaves podi and so on.

Some of the typical Modati Mudda items include:

- *Dhaniyala karappodi*: roasted chillies ground with coriander seeds.
- *Karivepaku karappodi*: roasted chillies and curry leaves.
- *Shonthi podi*: dry ginger ground with a pinch of salt.
- *Nuvvula podi*: sesame seeds ground with roasted chillies.
- *Kottimeera khaaram*: cilantro leaves ground with raw or roasted red chillies.
- *Karivepaku khaaram*: curry leaves ground with raw or roasted red chillies.
- *Allam khaaram*: ginger ground with raw or roasted red and green chillies.
- *Pachimirapakaya khaaram*: roasted and ground green chillies.
- *Usirikaya pachadi*: pickled Indian gooseberries, typically mixed with roasted red chillies or chili powder.
- *Nimmakaya pachadi*: pickled Indian key lime
- *Dabbakaya pachadi*: pickled Indian grapefruit

KOORA - The region produces a wide variety of *Kooralu* (curries).

- *Vepudu* : crispy fried vegetables, typically including *bendakaya* (okra), *dondakaya* (tindora), *bangaladumpa* (potato), and colocasia (*chamadumpa*).
- *Kaaram Petti Koora / Koora Podi Koora*: Sauteed vegetables cooked with curry powder or paste, served as a solid mass. The vegetables can be stuffed with curry powder or paste and are usually cooked whole.
- *Pulusu Koora / Aava petti Koora*: Boiled vegetables cooked in tamarind sauce and mustard paste.
- *Pappu Koora*: Boiled vegetables stir-fried with a small amount of half-cooked lentils (dal).
- Other gravy based curries are chiefly made with vegetables cooked in tomato sauce and onion with coriander and cumin powder.

PAPPU - Toor Daal (*Kandi Pappu*) or Moong Daal (*Pesara pappu*) cooked with a vegetable or green. No masala is added to the dal. Some regions include garlic and onion in the seasoning while some regions prefer asafetida (heing/Inguva). Some times the cooked version of the dal is replaced with a roast and ground version of the dal like *Kandi pachadi* (roasted toor daal ground with red chiles) and *pesara pachadi* (soaked moong daal ground with red chillies or green chillies).

PACHADI / OORAGAYA - For a typical Andhrite, no meal is complete without this very essential item. It is consumed on it own mixed with rice and is also eaten as a side dish with pappu / koora. There are two broad varieties –

- 1) *Pachadi* (chutney) is typically made of vegetables/greens and roasted green/ red chillies. It is prepared fresh and is consumed within a day or two.

Some of the items include:

- Vegetable pachadi - Made with vegetables like bottle gourd, eggplant, okra, etc. The vegetable is cooked al dente and is ground together with roasted red chiles/ green chiles, fenu Greek seeds and mustard seeds.
- Greens Pachadi - The most popular one is Gongura pachadi - made out of red sorrel leaves and roasted red chillies. It is unique to Andhra cuisine and is a must have for any meal that boasts to give the eater a taste of Andhra. Other than this, *chukka koora* (a variety of sour leafy green found

in AP) pachadi is also very popular. Chutney is also made out of Coriander leaves / Curry leaves. This is normally consumed as a modati mudda item.

- 2) *Ooragaya* – Andhra is very famous for a variety of these hot spicy pickles that one gets addicted to. Pickles like *Nimmakaya*, *Dabbakaya*, *Usirikaya* have medicinal values that improve with aging. *Ooragaya* is prepared in good amounts seasonally and uses liberal amounts of chilli powder, methi (fenugreek) powder, mustard powder and oil.

A few of the Ooragaya items include:

- *Avakaya* - The most popular item of Andhra cuisine. It is made of cut green mangos, mustard powder, red chili powder and vegetable oil. It is prepared during the summer months of April/May, when green mangos are abundant. Every family in Andhra is rather proud of its own recipe for this pickle based on the variety of mango, chili and the oil used. There are many of varieties of avakaya - with garlic/without garlic and depending on the other ingredients used like *pesarakaya* (avakaya with moong dal powder), *menthi kaya* (avakaya with fenugreek powder), *neeti kaya* (avakaya made by grinding mustard paste with water).
- *Dosa Avakaya* - Avakaya made with English (yellow) cucumber. Serves as a substitute for the regular avakaya toward the end of the season. A staple served during winter marriages when raw mangos are not readily available. Recent times have seen cauliflower avakaya also become famous. The English cucumber is replaced by cauliflower in this version.
- *Korivi Khaaram* - The spiciest of the pickles and a unique andhra item too. It is made by grinding ripe red chillies (*Pandu Mirapakaya*) with tamarind and salt. Pandu mirapakaya is grown in abundance in the palnadu region of Andhra (Guntur district and the surrounding areas). This variety is very famous for its spice and color. A few modifications to this pickle include combinations of *Pandu Mirapakaya with gongura* or *Pandu Mirapakaya with raw tamarind fruit (chintakaya)*.
- *Chintakaya* - Made by grinding raw tamarind fruit (*Chintakaya*) and salt. It is made during the winter season. The marinated pickle is taken in small quantities and is made into a chutney with roasted red chiles whenever it is consumed.
- *Nimmakaya* - Made by marinating Indian key lime in its own juice for a few days and then mixing it with salt, methi powder and chilli powder.
- *Usirikaya* - Made by grinding Indian gooseberries and salt. The pickle is marinated throughout the year, picked in small quantities whenever needed and is made into a chutney by grinding it with roast red chiles.
- *Dabbakaya* - A lesser-known pickle to the current generation. Made out of Indian grapefruit. Typically consumed as a modati mudda item. Buttermilk mixed with the tender dabbakaya leaves (dabbaku majjiga) is supposed to quench extreme thirst during the hot summer months.

PULUSU / CHARU: Pulusu/Dhappalam is the most important liquid item of the meal. Pulusu (sour) is a curry-like stew that is typically sour and cooked with tamarind paste. Other common bases are tomatoes or mangoes. The mixture can be flavoured with mustard, chillies, curry leaves, jaggery, onions, or fenugreek. Fish, chicken, and eggs are typical meat additions.

Some of typical pulusu items include the following:

- *Kharam Pulusu* - Any vegetable cooked in very diluted tamarind juice and pulusu podi (made of roast red chillies, coriander powder).
- *Tiyya pulusu* - Mild and sweet vegetables like pumpkin or sweet potato cooked in light tamarind juice with jaggery
- *Pachi pulusu* - *Unheated version of the pulusu. It includes finely chopped raw onions in a very dilute tamarind juice with jaggery. In the summer season when mangos are abundant, tamarind is replaced by stewed raw mango. It is mostly consumed during the hot season.*
- *Pappucharu* - Vegetables boiled with cooked toor dal and tamarind. No sambar/masala powder is added.
- *Sambar* - Vegetables boiled with cooked toor dal, tamarind and sambar powder.
- *Challa Pulusu / Majjiga pulusu* - Sour buttermilk boiled with channa dal and coconut paste
- *Methi Challa / Methi Majjiga* - Sour buttermilk seasoned with ginger / green chilli paste and methi seeds fried in oil.
- *Charu* - A very dilute concoction of tamarind and charu podi (made of coriander seeds, dal, ginger, pepper and heing). It is also taken as such during the meal like a soup without mixing with rice.

ANDHRA SNACKS:

- *Kaarappoosa* - Hindi (khara boondi, salted,chilli flavoured boondi)
- *Chekkalu* – Flat puri’s made using gram flour, rice flour, chana dal, and spices and deep fried
- *Jantikalu* - Long streaks of sev made using gram flour, rice flour and salt, turmeric, chilli powder, and deep fried
- *Chuppulu* - Chakli’s made using rice flour, sesame seeds, ajwain
- *Chegodilu* - A gem among Andhra traditional snacks is Chegodi. Golden in shade, speckled with spots of white sesame, moong dal and cumin, crunchy with an irresistible addictive taste
- *Guggillu* : Boiled chick peas flavoured with a tempering of Urad dal, Mustard seeds, Cumin seeds, Red chilli --- tear into pieces, Curry leaves
- *Boondi* - Salted boondi’s deep fried
- *Ponganalu* – This is a telugu word for fried batter puffs on a special pan. This is very popular breakfast in Andhra
- *Punukulu / Dosa Batter Dumplings* - These are called punukulu in Telugu also sold as street fare with various chutneys as accompaniments
- *Bondaalu*: These are Punukulu with spicy dips (allam pachadi) -
- *Mirapakaya Bajji* - A local variety of extra-hot chillies stuffed with spices and dipped in chick pea batter and fried.
- *Ullipakodi* – These are fritters made with sliced onion and spices in chickpea batter.
- *Gaare* – These are similar to Vada. Gaares are a deep fried and spiced dough.
- *Perugu gaare / Aavadalu* - Gaare are marinated in a yoghurt sauce.

ANDHRA DESSERTS:

- *Boorelu* :A mixture of boiled chanadal, jaggery,elaichi,ghee, coated in rice flour batter & deep fried
- *Pootharekulu* : Pootharekulu is a popular dessert made in Andhra in India. Pootharekulu is made of rice starch, sugar powder, ghee and cardamom powder.
- *Ariselu*: Ariselu is a popular Andhra sweet for Sankranti(a harvest festival celebrated mainly in South India) prepared with newly harvested rice and jaggery,sesame & deep fried.
- *Payasam* (Kheer)
- *Gavvalu* (Shell shaped sweets made using rice flour,ghee, jaggery,milk)
- *Laskora Undalu* (coconut laddu) or *Raskora Undalu* (coconut laddu)
- *Palathalikalu* :Rice flour is made into a very thick batter which is pushed through small holes into boiling milk and simmered for a long time to achieve a thick consistency.
- *Ravva Kesari* (sheera)
- *Kobbari laddoo* (coconut laddoo)

MISCELLANEOUS:

- **PESARATTU:** This is a crepe made with batter from soaked whole moong dal (Green gram or Green beans) has a greenish hue, while yellow coloured Pesarattu made from dehusked moong dal, gives a fine golden yellow tint to it when roasted. Both these forms are famous in Andhra Pradesh, and are typically served with chutney made from ginger and tamarind.
 - **TAMARIND RICE / PULIHARA:** Tamarind rice - Pulihora, Puliyodhara, Puliyodharai or Pulihara (Puli means Tamarind) is often made as an offering to Gods on all festivals and served to people as prasadam. It is usually prepared before going for journey's and packed in tiffins as it stays good for about 2-3 days if taken proper care.
 - **KOTHIMIRA ANNAM:** This is a coriander rice dish of Telugu cuisine.
 - **CHAPA VEPUDU:** One of commonest recipes of Andhra Pradesh, *Chapa Vepudu* is a spicy, marinated fish fry. Chapa means fish in Telugu, and this fried Murrel fish preparation has been an evergreen choice for the admirers of the Telugu cuisine.
 - **URGAI MAMSAM:** Another spicy non-vegetarian recipes of Andhra Pradesh, is *Uragai Mamsam*, a delicious dish where tender morsels of lamb are cooked to perfection in pickled masala. *Mamsam* means meat in Telugu, and this non-vegetarian preparation has been a trademark dish of the Telugu cuisine.
 - **KOTHIMIRI KODI:** This is a chicken curry form the Telugu cuisine. This Andhra chicken curry preparation made by using coriander leaves paste. *Kotimira* means coriander and *Kodi* means chicken in Telugu.
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BENGALI CUISINE:

HISTORY:

- 1) A distinct culinary tradition emerged in Bengal based on the availability of local ingredients. The great river systems, heat and humidity combine with the fertile soil to allow rice and an abundance of vegetables to thrive; these became the corner stones of the diet. Mangoes, bananas, coconuts, and cane sugar grew in abundance; fish, milk, and meat were plentiful; yogurt and spices such as ginger and black mustard would season the dishes.
- 2) Even though fish and meat were generally popular, there was a predisposition to vegetarianism, based on religious principles, that has continued to the present.
- 3) Rice, the staple of Bengalis since ancient times, has remained untouched by the currents of religious change and its preparation has held to a continuing high standard. One crop a year was sufficient to sustain the people, providing ample leisure time for the Bengalis to pursue cultural ideals: folklore, music, and the culinary arts. Before the arrival of Europeans in the early 16th century, the staple of Bengali cuisine was locally grown rice, as it is today. According to *Shunya Purana*, a medieval text, fifty kinds of rice were grown in Bengal.
- 4) In the 9th and 10th century, there were over 40 varieties of rice, 60 kinds of fruits and more than 120 varieties of vegetables in Bengal. Vegetables included cucumber, carrot, various kinds of gourds, garlic, fenugreek, radish, lotus root, mushroom, eggplant, and green leafy vegetables. Among the fruits eaten were peaches, water melon, banana, mango, amalaka, lime (nimbu), grapes, oranges (imported from China or Indochina around the beginning of the Christian era), pear (also introduced by the Chinese), jujube, almond, walnuts, coconut, pomegranates, bananas, and many fruits with no Western equivalent.
- 5) Until the 12th century, spices used in Bengali cooking were limited to turmeric, ginger, mustard seed, long pepper, poppy seeds, asafoetida, and sour lemon. Long pepper was replaced first by black peppercorns brought from the west coast of India and later by the cheaper chili, which thrived in Bengali soil. Spice traders also brought cinnamon, cardamom, and cloves. Various methods of preparation were used, including frying in both shallow and deep fat. Cooking media included ghee by those who could afford it, mustard oil, still popular today in Bengal, and sesame oil.
- 6) The European traders introduced food from the New World - potatoes, chillies, and tomatoes. Bengalis incorporated them into their diet, combining them with a variety of native ingredients creating new dishes.
- 7) The Bengali love of sweets goes back into the Middle Ages. Sugar has been grown in Bengal and India since ancient times, as indicated by its Sanskrit name, *sharkara*. Texts dating back to the 12th and 13th century texts describe a number of dishes based on milk, partly thickened milk, and milk solids.

BENGAL, the land of *maach* (fish) and *bhat* (rice), of *rosogolla* and *sandesh*. The cuisine of West Bengal differs from that of Bangladesh. The Brahmins of Bengal eat fish and no celebration is complete without it. The market is flooded at anytime with all sizes and shapes of carp, salmon, *hilsa*, *bhetki*, *ru*, *magur*, prawns, *koi* etc which can be fried, steamed or stewed with curd. Most of the Bengalis will not touch the salt water fish complaining that the fish is not sweet enough. Historically, food in Bengal has always been strongly seasonal. The range of food materials in moist and fertile Bengal is exceptionally wide, ranging from cereals, tubers and rhizomes, vegetables, green pot herbs to a variety of spices and fish.

The most important part eating Bengali food is eating each dish separately with a little bit of rice. Bengali cuisine is a combination of vegetarian and non – vegetarian dishes. A day begins with *moori* (*puffed rice*) with potatoes, cucumber, green chilli and mustard oil, *tea* or *milk*.

CUISINE CHARACTERISTICS:

1. The staple food of Bengal is **rice and fish**. The fishes commonly used in this cuisine includes Hilsa (*Ilish*), Carp (*Rui*), Dried fish (*shootki*), Indian butter fish (*pabda*), Clown knife fish (*Chitol maach*), Mango fish (*Topsey*), Sea Bass (*Bhetki*), Prawns / Shrimps (*Golda chingri / kucho chingri*), Catfish (*Tangra / Magur*), Perch (*koi*), *Katla*. Lightly fermented rice is also used as breakfast in rural and agrarian communities (*panta bhat*).
2. The principal medium of cooking is **mustard oil**. A distinct flavour is imparted to the fish dishes by frying them in mustard oil, before cooking them in the gravy. Mustard paste is also commonly used for the preparation of gravies.
3. Fish is also steamed by the Bengalis (e.g., *Bhapa Ilish*). The most preferred form of meat in Bengal is mutton, or goat meat. *Khashi* (castrated goat) or *Kochi pantha* (kid goat), is also common.

4. **Special seasonings** such as i) *panch phoron* - a combination of Cumin seeds (*jeera*), Fennel seeds (*mouri*), mustard seeds (*sorse*), Methi seeds and onion seeds (*kalonjee*). Sometime Celery seeds (*radhuni*) also becomes a part of the *panch phoron*. (ii) Radhuni (iii) Poppy seeds (*posto*) are extensively used in the cuisine.
5. The **garam masala** made up of Cloves (*laung*), Cinnamon (*dalchini*), Nutmeg (*Jaiphal*), Mace (*Javitri*), small and large cardamom (*Elichi*) etc.
6. Bengalis also eat **flowers** like those of *bokphul*, pumpkin, banana, water reeds, tender drumsticks and peels of potato or pumpkin.
7. A lunch consists of Rice, *Bhaja* (assorted fried items including vegetables and fish), Leafy vegetable - *Saag* (palong saag, Pui saag, Lal saag etc), Sukto, Various dals (lentil) such as *Moong*, *Masoor*, *Beuli*, *Arhar*, *Cholar dal* etc, followed by different Vegetarian preparations, Fish and Meat (Chicken or Mutton) preparations. This is followed by the *Chutney* and *papad* and finally the sweets of which there are endless mouth watering varieties such as *Rosogolla*, *Sandesh*, *Misti doi*, *Rabri*, *Mihidana*, *Sitabhog*, *Rajbhog*, *Kamalabhog*, *Kalakad* etc
8. Roti, Paratha, Luchi are also common.
9. The very common snacks include the “*Jhal moor*” various kinds of *Telebhaja* (*Chops* - vegetable, egg etc, Beguni, Peyazi), *kachudi*, *singhada*, egg roll, chicken roll, puckha (puffed mini stuffed with mashed potato and dipped in tamarind water), nimkis (maida dough rice with black onion seeds shaped into triangles and deep fried), chanachur etc.
10. **Sweet Dishes** reflect a special culinary expertise of the state and the variety is one of the largest in the global culinary spectacle. The most common ones include: *Rosogolla*, *Sandesh* (*Narompak* – soft or *korapak* – hard), *Misti doi*, *Rabri*, *Mihidana*, *Sitabhog*, *Rajbhog*, *Kamalabhog*, *Kalakad*, *Chum chum*, *Jolbhora*, *ladycanny/ladykini*, *Chaler payash*, *Chenar payash*, *darbesh*, *Malpoa*, *shor bhaja*, *langcha* etc. The two basic ingredients of Bengali sweets are sugar and milk. The milk is thickened either by boiling it down to make a thick liquid called *khoa*, or by curdling it with lemon juice or yogurt to produce curds, called *channa*. Sugar is not the only ingredient with which the sweetness is imparted in the sweets, various jaggery (*gur*) which includes patali gur, khejur gur (date jaggey) etc. The main body of the sweets are mostly made of *coconut*, *til seeds*, *rice*, *rice flour*, *refined flour* etc apart from *Chenna*.

Traditional home made delicacies include the following:

- Various kinds of *Pitha* (a pancake like sweet base of semolina or flour which is rolled around a variety of fillings like coconut and kheer and fried in ghee - *chandrapuli*, *gokul*, *pati shapta*, *chitai pitha*, *aski pithe*, *muger puli* and *dudh puli*). *Pithas* are usually made from rice or wheat flour mixed with sugar, jaggery, grated coconut etc. These are usually enjoyed with the sweet syrups of *Khejur gur* (Date tree molasses)/ they are usually fried or steamed – the most common ones include *bhapapitha* (steamed), *Pakanpitha* (fried) and *Pulipitha* (dumplings)
- *Moa* (flat rice or puffed rice bound with jaggery cooked to a correct degree and then made into dumplings). Another popular kind of moa is Jaynagarer Moa, a moya particularly made in Jaynagar, South 24 Parganas district, Paschimbanga (West Bengal) which uses *khoi* and a sugar-milk-spices mixture as binder. Moas are made specially during winter.
- *Naru* (Grated coconut or til seeds bound with cooked jaggery or sugar and formed into dumplings) etc.
- *Aamsotto* (thickened mango pulp) is another home made delicacy.

A TYPICAL BENGALI MEAL STRUCTURE

The procession of tastes at a meal runs from a bitter start to a sweet finish.

- To start with, especially at lunch, is *Sukto*.
- Rice is first savoured with ghee, salt and green chillis, then comes dhal accompanied by fried vegetables (*bhaja*) or boiled vegetables (*bhate*), followed by spiced vegetables like *dalna* or *ghonto*.
- Then comes fish preparations, first lightly-spiced ones like *maccher jhol*, and then those more heavily spiced.
- This would be followed by a sweet-sour *ambal* or *tauk* (chutney) and fried papads. The chutney is typically tangy and sweet; usually made of *aam* (mangoes), tomatoes, *anarosh* (pineapple), *tetul*

(tamarind), *pepe* (papaya), or just a combination of fruits and dry fruits called mixed fruit chutney served in *biye badi* (marriage).

- A dessert of *mishti-doi* (sweet curds), accompanied by dry sweets, or of *payesh*, accompanied by fruits like the mango, will end the meal, with *paan* (betel leaves) as a terminal digestive.

Traditionally meals were served on a bell-metal thala (plate) and in the batis (bowls, except for the sour items). The night meal omits shukto and could include luchis, a palao and a dalna of various delicately spiced vegetables.

COMMON BENGALI COOKING STYLES:

1. AMBAL : A sour dish made either with several vegetables or with fish, the sourness being produced by the addition of tamarind pulp.
2. BHAJA : Anything fried, either by itself or in batter.
3. BHAPA : Fish or vegetables steamed with oil and spices. A classic steaming technique is to wrap the fish in banana leaf to give it a faint musky, smoky scent.
4. BHATE : Any vegetable, such as potatoes, beans, pumpkins or even dal, first boiled whole and then mashed and seasoned with mustard oil or ghee and spices.
5. BHUNA : A term of Urdu origin, meaning fried for a long time with ground and whole spices over high heat. Usually applied to meat.
6. DALNA : Mixed vegetables (echor) or eggs, cooked in a medium thick gravy seasoned with ground spices, ginger especially garom mashla (hot spices) and a touch of ghee.
7. DOM : Vegetables, especially potatoes, or meat, cooked over a covered pot slowly over a low heat.
8. GHANTO : Different complementary vegetables (e.g., cabbage, green peas, potatoes or banana blossom, coconut, chickpeas) are chopped or finely grated and cooked with both a phoron and ground spices. Dried pellets of dal (boris) are often added to the ghanto. Ghee is commonly added at the end. Non-vegetarian ghantos are also made, with fish or fish heads added to vegetables. The famous murighanto is made with fish heads cooked in a fine variety of rice. Some ghantos are very dry while others a thick and juicy.
9. JHAL : Literally, hot. A great favourite in West Bengali households, this is made with fish or shrimp or crab, first lightly fried and then cooked in a light sauce of ground red chilli or ground mustard and a flavoring of panch-phoron or kala jeera. Being dryish it is often eaten with a little bit of dal pored over the rice.
10. JHOL : A light fish or vegetable stew seasoned with ground spices like ginger, cumin, coriander, chilli and turmeric with pieces of fish and longitudinal slices of vegetables floating in it. The gravy is thin yet extremely flavourful. Whole green chillies are usually added at the end and green coriander leaves are used to season for extra taste.
11. KALIA : A very rich preparation of fish, meat or vegetables using a lot of oil and ghee with a sauce usually based on ground ginger and onion paste and garom mashla.
12. KOFTAS (or Boras) : Ground meat or vegetable croquettes bound together by spices and/or eggs served alone or in savoury gravy.
13. KORMA : Another term of Urdu origin, meaning meat or chicken cooked in a mild yoghurt based gravy with ghee instead of oil.
14. KASSA: This is a way of cooking for specially red meats like lamb or mutton is bhunoad in a very thick spicy masala of onion, ginger, garlic, chilli powder, turmeric powder and cumin powder and made into a gravy sort.
15. PORA : Literally, burnt. Vegetables are wrapped in leaves and roasted over a wood or charcoal fire. Some, like eggplants (brinjals/aubergines), are put directly over the flames. Before eating the roasted vegetable is mixed with oil and spices.
16. PHORON: It is predominantly the kind of tempering, which is used in the preparation of lentils, with various lentils having their own tempering.

COMMON BENGALI COOKING EQUIPMENTS:

1. Bonti :- A curved raised blade attached to a long, flat cutting vegetables, fish and meat. The bonti used for fish and meat is kept separate from vegetable bonti and the non-veg ansh-bonti (ansh implies scales of fish).
2. Hari :-A cooking pot with a rounded bottom, slightly narrowed at the neck with a wide rim to facilitate holding, while draining excess of rice water.
3. Dekchi :-Referred as saucepan without a handle, usually of greater depth. Used for boiling, sautéing
4. Karai :-A cooking pot shaped like a Chinese wok, but much deeper. Used for deep frying, stir-frying as well as for preparations and sauces and gravy. It's usually made of iron or aluminium and usually has two-looped handles.
5. Tawa :-It's a griddle, used for making porothas.
6. Thala :-A circular plate of authentically brass, but now a days of steel, on which food is served.
7. Khunti :-Long handled implement of steel or iron with a flat thin belt-shaped piece, used as stirrers.

8. Hatha :-A metal spoon with indentation, used as stirrers and also for transferring food stuffs.
9. Sarashi :-An equipment, used for holding vessels hot on range.
10. Chakni :-A sieve.
11. Chamuch :-A spoon.
12. Sheel nora :-Grinding stone, slab of 16 inches by 10 inches and a small bolster-shaped stone roller 9 inches long. Both the slab and roller are chipped from time to time as they are worn smooth.
13. Hamal Dista :-Mortar and pestle, which could be used in place of sheelnora. Usually used for grinding spices to a fine powder or to a fine paste with the addition of water.
14. Dhenki: A long wooden board mounted on a short pedestal, in the middle, much like a sea-saw. The tradition Bengali instrument of taking the husk off the rice.
15. Ghutni: It is a wooden hand blender used for pureeing lentils and sauces.
16. Jhanjri: It is a large wier meshed flat spoon used for deep frying fish or breads.
17. Belun chaki: Round pastry board and rolling pin.
18. Kuruni: It is a uni - tasker, to grate coconuts.

BENGALI FOOD ITEMS:

ghee bhat

- Dolma or Patoler Dolma: The name is coming from Turkey, but the food is different. The vegetable Patol is stuffed either with a combination of grated coconut, chickpeas, etc. or more commonly with fish and then fried. The fish is boiled with turmeric and salt, then bones are removed and then onion, ginger and garam masala are fried in oil and boiled fish is added and churned to prepare the stuffing.
- Paturi: Typically fish, seasoned with spices (usually shorshe) wrapped in banana leaves and steamed or roasted over a charcoal fire.
- Polau: Fragrant dish of rice with ghee, spices and small pieces of vegetables. Long grained aromatic rice is usually used, but some aromatic short grained versions such as Kalijira or Gobindobhog may also be used.
- Tarakri : A general term often used in Bengal the way `curry` is used in English. Originally from Persian, the word first meant uncooked garden vegetables. From this it was a natural extension to mean cooked vegetables or even fish and vegetables cooked together.
- Chorchori : Usually a vegetable dish with one or more varieties of vegetables cut into longish strips, sometimes with the stalks of leafy greens added, all lightly seasoned with spices like mustard or poppy seeds and flavoured with a phoron. The skin and bone of large fish like *bhetki* or *chitol* can be made into a chachchari called kanta-chachchari, *kanta*, meaning fish-bone.
- Chhanchra : A combination dish made with different vegetables, portions of fish head and fish oil (entrails).
- Chhenchki : Tiny pieces of one or more vegetable - or, sometimes even the peels (of potatoes, lau, pumpkin or patol for example) - usually flavored with panch-phoron or whole mustard seeds or kala jeera. Chopped onion and garlic can also be used, but hardly any ground spices.
- Chitol Macher muitha: Chitol is a fish specially consumed during the Durga puja. The meat from the back part after removing the bones is shaped into koftas and simmered into a gravy.
- Chingri malai curry: The preparation is a speciality of the cuisine and is normally prepared during the special occasions. Prawns are stewed in a gravy made with boiled onion paste, thickened with coconut milk with a touch of red chilli powder and turmeric.
- Doi maach: This is a classical preparation of Bengal in which the fish is stewed in a yoghurt based gravy.
- Kasha mangsho: This is a semi – dry preparation of the lamb that gets a unique dark colour from the iron kadhai in which it is cooked and caramelized sugar. This can be had with luchi.
- Dhokar dalna: A gram flour batter is cooked with spices and then spread on a tray and steamed. It is then cut into small pieces in the shape of a diamond and deep – fat fried. The fried dumplings are now stewed in a gravy of boiled onion paste, thickened with gram flour and whole spices.
- Kobiraji cutlet: This preparation is made from the chicken breast which is marinated with turmeric, salt, ginger and garlic paste, onion paste, green chillies and red chilli powder. The marinated chicken is coated in alight batter of rice flour and eggs and deep fat fried until golden brown.
- Aloo posto: Potatoes are cooked in freshly ground poppy seed paste and flavoured with diffetent spices and turmeric.
- Chop: Croquettes, usually coated with crushed biscuit or breadcrumbs.
- Cutlet: Very different from the Cutlets of the Brits, this is referred typically to a crumb coated thinly spread out dough, made generally of chicken/mutton minced, mixed together with onion, bread crumbs and chillies. Generally it is then dipped in egg and coated in breadcrumb, fried and served

with thin julienne of cucumber, carrots, radish and onions. Often an egg mixed with a teaspoon or two water and a pinch of salt is dropped on top of the frying cutlet, to make it into a "Kabiraji" the Bengali pronunciation of a "Coverage" Cutlet, influenced by the British.

- Shukto: This is a dish that is essential bitter, made up of neem or other bitter leaves, bitter gourd, brinjals, potatoes, radish and green bananas, with spices like turmeric, ginger, mustard and radhuni (celery seed) pastes.
- Shak: Any kind of green leafy vegetable, like spinach and mustard greens, often cooked till just wilted in a touch of oil and tempering of nigela seeds.

BENGALI BREADS: Though Bengalis, primarily loves to eat rice, yet there are a few typical Bengali Breads, which are quite famous in various parts of Bengal. Some of the prominent among these are,

1. Luchi :-Eaten for mainly snacks, equivalent to the north Indian poories (the difference is that luchi is made out of refined flour and fried without colour) and taken very commonly with cholar dal tempered with coconut.
2. Khasta Luchi :-The dough is much richer with fat and flaky. Hence, known as khasta kachuri.
3. Porotha :-It is a kind of flaky bread, made out of whole wheat flour and is essentially triangular in shape.
4. Roti :-Whole wheat flour bread, toasted on griddle.
5. Radhabollobbi :-An urad dal stuffed poori made out of whole wheat flour normally had with *aloo dom*.
6. Dhakai porotha :-Flaky, layered bread from Dhaka in Bangladesh.
7. Matter (green peas) kachuri:-Flaky bread, stuffed with matar (green peas) paste and deep-fried. Heing is commonly used in the green peas mixture.

SEASONAL AND FESTIVAL CONNECTION WITH BENGALI FOOD: The Bengali calendar is a solar one based on the six seasons – two months for each of Grishma, Summer; Barsha, Monsoon; Sharat and Hemanta, early and late Autumn; Sheet, Winter and Basanta, Spring.

Summer – Grishma :-

- Summer vegetables include lau, white gourd, or okra or potol, the small striped gourd or parwal, karola and uchche
- Meat, eggs, onions and garlic, on the other hand, are studiously avoided.
- Neembegun – where small dices of aubergines are fried with the leaves of neem trees is said to have anti-chicken pox properly.
- Especially for lunch menus during summer sukto (a stew of seasonal vegetables, with bitterish in taste) is an integral part of every household menu. And, among the other dishes which makes up the menu, are Moong dal, Masoor dal and lemon, Macher jhol, lau-chingiri, lau-ghanto etc

Monsoon – Rainy (Borsha):

- The most well-known Bengali dish associated with the monsoon is **Khichuri**, rice and dal cooked together and panchphoran and ghee. There are of course many kinds of khichuris, depending on what kind of dal is being used. The consistency may be thin, thick or dry and fluffy like a pilaf, plain or with seasonal winter vegetables like new potatoes, green peas and cauliflower added to the basic rice-dal mixture. The one constant factor is the use of atap rice, usually of the short-grained variety.
- The vegetable varieties include kachu or taro, pumpkin, kumro, green like shashni shak, puishak, kachu shak. The monsoon is also associated with the **ilish**, called hilsa by the British. It is referred to as the caviar of the tropics.

Sharat – Hemanta – Autumn :-

- It's the season of festivity. First too come is Lord Biswakarma (god of tools) in which day fire is not lighted in any household. So, all the foods are cooked a day prior and hard. Next, to come is goddess **Durga**. The day of Astami is purely vegetarian, whereby for lunch we have **khichuri**, with papors and pickles, and at dinner after spending the whole evening Pandal hopping, there would be round golden fried luchis, puffed up like a balloon. However, if a lot of fat is observed during the process of making the dough, the bread instead of becoming puffy becomes flaky and is known as khasta luchi. Though luchis, can be eaten with anything, the two classical vegetarian dishes associated with this ceremonial occasion; a potato dish called **alur dam**, and a dal made with yellow splitpeas and tiny pieces of coconut. Alur dam to Bengali means a dish of potatoes, usually whole or quartered, cooked with a thick spicy sauce. It is usually eaten with luchis or wheat-flour chapatis, but not rice. And the dessert course being **kheer** (simply reduced milk) or **payeesh** (rice cooked in milk and cardamoms flavour). Navami, being the last day of Durga's stay, is gastronomically opposite of Ashtami, meat eating is the order of the day, but without any onion or garlic. And on the evening of Bijoya Dashami, the images in

the community **pandals** are loaded on to trucks and taken to the nearest river, the Hooghly in Calcutta, for the final site of bhashan – throwing them into water. It is then in the wake of departed Goddess, that the most beautiful aspect of Bijoya Dashami comes **discarding all ill-feelings of hostility, anger and enmity**. Within the family the younger people touch their elders' feet (pranom) and receive their blessings, while contemporaries embrace each other with good wishes. As the evening deepens, relative's friends and neighbours drop in to convey their Bijoya greetings. They are offered sweets.

- By the end of the month of Kartik (October), urban Bengalis resume their normal pattern of life in school, college and offices. But in rural Bengal this is a time of great expectation. For the following month, **Agrahayan** (November), is also the time to harvest the rice that gave the region its soubriquet, 'Golden Bengal' (**Sonar Bangla**). The name itself, Agrahayan, is compounded of two words – agra (best or foremost) and hayan (unhusked rice).
- Once the rice has been harvested, rural Bengal propitiates the gods for their bounty through the joyful festival of **nabanno**, which literally means 'new rice'. An offering to god of milk, gur, pieces of sugar cane, bananas and above all the new rice.

Sheet – Winter :

- In the country one can feast your eyes on fields of mustard awash in yellow blossom, on patches of maroon-red lalshak, on the subtle greens of cabbages on the earth and the climbing vine of the lau spreading over thatched roofs and bamboo frames.
- In the city markets the rich, purple aubergines are offset by snowy-white cauliflower's peeking from within their leaves, carrots, tomatoes, beet, cucumbers, scallions and bunches of delicate coriander leaves invite you to stop cooking and make only salads.
- The infinite variety of leafy, green spinach, mustard, laushak, betoshak, muloshak,
- But somehow the most important and joyful thing about winter to a Bengali is the opportunity and ability to eat far more abundantly than during any other season, to indulge in all the rich meats, prawns, eggs and fish dishes.
- The colonial years have left behind the festivities of Christmas and New Year which the Bengali has enthusiastically adopted and the early winter month of Poush sees the **pithaparban**, a folk festival designed specially for the making and eating of large quantities of sweet.
- Cabbages, potatoes and peas became the base for a spicy winter ghanto which rivals the mochar ghanta has been a favourite since medieval times.
- Cauliflower's, combined with potatoes, were made into a rich and fragrant dalna that was a wonderful variation of the summer specialty, the potal and potato dalna.
- As for green peas, the Bengali spurned the plain boiled version served on the dinner tables of his British ruler and made delectable savories like matarshutir kachuri or chirar pulao or the filling for shingara (Samosas) with them, aside from adding them to other vegetable dishes.
- Perhaps, one of the major festivals of winter is the Saraswati puja – goddesses of books and the official harbinger of spring. During Saraswati Puja, eating of **Gotasheddho** is compulsory, whereby none of the vegetables are cut and one just boiled whole. The goddess is offered fruits like apple, shakalu, sugar-cane bits, bananas, dates and kul (a kind of plum) that would be offered to the goddess. The bananas offered to Saraswati are special type, very sweet, but full of large black seeds.

UNIQUENESS OF BENGALI CUISINE:

An abundant land provides for an abundant table. The nature and variety of dishes found in Bengali cooking are unique even in India. Fish cookery is one of its better-known features and distinguishes it from the cooking of the landlocked regions. Bengal's countless rivers, ponds and lakes teem with many kinds of freshwater fish that closely resemble catfish, bass, shad or mullet. Bengalis prepare fish in innumerable ways - steamed or braised, or stewed with greens or other vegetables and with sauces that are mustard based or thickened with poppyseeds. You will not find these types of fish dishes elsewhere in India. Bengalis also excel in the cooking of vegetables. They prepare a variety of the imaginative dishes using the many types of vegetables that grow here year round. They can make ambrosial dishes out of the oftentimes rejected peels, stalks and leaves of vegetables. They use fuel-efficient methods, such as steaming fish or vegetables in a small covered bowl nestled at the top of the rice cooker.

The use of spices for both fish and vegetable dishes is quite extensive and includes many combinations not found in other parts of India. Examples are the onion-flavored kalonji seeds and five-spice (a mixture of cumin, fennel, fenugreek, kalonji, and black mustard). The trump card card of Bengali cooking probably is the addition of this phoron, a combination of whole spices, fried and added at the start or finish of cooking as a flavouring special to each dish. Bengalis share a love of whole black mustard with South Indians, but the use of freshly ground mustard paste is unique to Bengal.

All of India clamors for Bengali sweets. Although grains, beans and vegetables are used in preparing many deserts, as in other regions, the most delicious varieties are dairy-based and uniquely Bengali.

Bihari cuisine

Bihari cuisine is eaten mainly in Bihar, Jharkhand, Eastern Uttar Pradesh, Bangladesh, Nepal, Mauritius, Fiji, some cities of Pakistan, Guyana, and Trinidad and Tobago as these are the places where Bihari people are present. Bihari cuisine is predominantly vegetarian because traditional Bihar society, influenced by Buddhist and Hindu values of non-violence, did not eat eggs, chicken, fish and other animal products. However there is also a tradition of meat-eating, and fish dishes are especially common due to the number of rivers in Bihar, such as the Sone, Gandak and Ganges. There are also numerous Bihari meat dishes, with chicken and mutton being the most common.

Dairy products are consumed frequently throughout the year, with common foods including yogurt known as dahi and also buttermilk known as mattha, ghee, lassi and butter. The cuisine of Bihar is similar to a great extent to North Indian cuisine but has an influence from other East Indian Cuisine (for example like Bengali cuisine). It is highly seasonal, with watery foods such as watermelon and Sherbet made of pulp of the wood-apple fruit being consumed mainly in the summer months and dry foods, preparations made of sesame seeds, poppy seeds in the winter months.

Some dishes which Bihar is famous for include Sattu Paratha, which are parathas stuffed with fried chickpea flour, chokha (spicy mashed potatoes), fish curry and *Bihari Kebab*, *Postaa-dana kaa halwaa*.

Bihari thali:-

As the seasons change so does the Bihari thali, every 3–4 months. The constants are rice, roti, achar, chatni, dals and milk products with some variation.

People use both vegetable oil or mustard oil and zeera (cumin) or panchforan (literally "five seeds", namely saunf, sarson, methi, ajwain and mangraeel (Kalaunji) for "chhounkna"/"Tadka" (tempering) of some vegetables. There is a lot of light frying, called *bhoonjnaa*, in Bihari food.

One of the most remarkable thing about this cuisine is "smoked food". It refers to using smoked red chilli to infuse a strong aroma in food. It is used in preparing "chokhaa", i.e. mashed brinjals/potatoes/tomatoes,

either single or combined. Smoked chilli is also used in preparing kadam (a common fruit sweet sour in taste, technical name *Anthocephalus morindaefolia*) chutney.

Traditional cuisine:-

- Kadhi Bari - these fried soft dumplings made of besan (gram flour) are cooked in a spicy gravy of yogurt and besan. It goes well over plain rice.
- Khichdi- Mix of Rice, Dal and several Vegetables; steamed together to give a distinctive taste of different ingredients combined in one dish. It is often topped up with ghee.
- Ghugni - It is a preparation made of black grams soaked (either lightly/overnight) in water and then sauted in mustard oil in a wok. All kinds of garam masala made as paste on a sil is used for flavouring and chana is also ground to form a paste used as thickener. This thickens the masala and makes gravy as per desire. After proper seasoning and *bhunjana* water is added to the mix for gravy as desired.
- Pittha - It is something like *momos*. It could be either salty or sweet. It is either a semi circular/ball shaped preparation made of crust made of soft rice flour and filled with preparations made of *Channa Daal* lentil paste, or Poppy seeds & *Gur* (Jaggey). and then steamed in water/ milk (allowed to thicken).
- Choora - beaten rice, served with a coat of creamy curd and sugar or jaggery. In winters, this is mildly baked and accompanied with a thick spicy preparation made of peas and onions.
- Sattu - powdered baked gram, a high energy giving food usually mixed with water or with milk. Sometimes, sattu mixed with spices is used to prepare stuffed 'chapattis', locally called as 'makuni roti'.
- Dhuska - a deep fried item prepared from a mixture of powdered rice and ghee but is salted.
- Litti - Powdered baked gram is mixed with chopped onions, green chillies, lemon juice, coriander leaves. This mixture is filled inside atta and either barbecued over coal or deep fried with oil. Best accompanied with Ghee, Curd and Chokha and baigan bharta.

Vegetarian cuisine[edit]

- Saag
- Kafta
- Bharwan karela
- Veg-Korma - Subziyon ka Panchranga Korma
- Paalak paneer
- Shaahi paneer

Non-vegetarian cuisine:-

The distinctive Bihari flavour of non-vegetarian cooking finds mention in the memoirs of Maulana Abul Kalam Azad who found it quite tasty. Forms of kebabs, mutton preparations and dishes prepared from various fowl and birds have a distinctive flavor. Biharis are quite famous for their Bihari Kebabs, another typical Bihari non-vegetarian dish. This dish was traditionally made from mutton and is eaten with roti, paratha or boiled rice. The region of Champaran is famous for a mutton grilled dish called Taash. Recently, in fast food restaurants, these Bihari Kebabs are also sold as Bihari Kebab Rolls, which are essentially kebabs wrapped up in a paratha.

- Prawns
- Mutton Biryani
 - Shaahi Jhinga Masaaleदार
 - Jhor Waali Machhli
 - Jhinga Biryani
- Bihari Kebabs
- Chicken Tandoori
- kela machali

Bihari fast food:-

- [Litti](#) -can be prepared with minimum of utensils by people who away on tour. It is a ball shaped dish of the size between a table tennis and a lawn tennis ball, baked in mild fire (though it can be done in any electric oven/ microwave oven, but would miss the distinct flavour infused by fire .The crust is made of a hard dough made of wheat flour and filled with a dry amorphous preparation made of *Sattu* (gram flour) and spices.It is accompanied with *chokhaa* (mashed potato

and/or brinjals, green chilli and coriander leaf. Dill is an essential ingredient for brinjal *chokhaa*).

- Chokha - Pulsed and mashed vegetables with mustard oil and spices.
 - Bajka
 - [Bhurta](#) -
 - Bhunjia - Sautéed vegetables cooked in spices, usually containing potatoes. Has no gravy and usually goes well with rice and lentils or [chappatti](#)
 - [Samosa](#)
 - [Kachori](#)
 - Samosa Chaat, it is basically samosa sweet chatni, curd, Namkeen mixtures with chura, onion and other garnishing ingredients.
 - Bhunja- commonly eaten at evening.
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Cuisine of Karnataka

The **cuisine of Karnataka** includes many vegetarian and non-vegetarian cuisines. The Kannada Cuisine is one of the oldest surviving cuisines and traces its origin to 1500 AD and is mentioned in the historical works by Pampa Maha Kavi, sushrutha, etc. The varieties of the karnataka cuisine has influenced the neighbouring states like Tamil Nadu, Andhra pradesh, Kerala and Maharashtra. The cuisine also reflects influences from the food habits of many regions and communities from the three neighbouring South Indian states, as well as the state of Maharashtra to its north. Some typical dishes include Bisi bele bath, Jolada rotti, Chapati, Ragi rotti, Akki rotti, Saaru, Idli-vada Sambar, Vangi Bath, *Khara Bath*, *Kesari Bath*, Davanagere Benne Dosa, Ragi mudde, Paddu/ Gundponglu, koli saaru (chicken curry-Kannada Style), Maamsa Saaru (Mutton Curry- Kannada style), and Uppittu. The famous Masala Dosa traces its origin to Udupi cuisine. Plain and Rave Idli, Mysore Masala Dosa and Maddur Vade are popular in South Karnataka. Kodagu (Coorg) district is famous for spicy varieties of pork curries while coastal Karnataka boasts of many tasty seafood specialities. Among sweets, Mysore Pak, Holige, or, Obbattu, Dharwad pedha, Chiroti, Sajjige, Kadabu/ Karjikaayi are well known.

Although the ingredients differ from one region to another, a typical Kannadiga Oota (Kannadiga meal) includes the following dishes in the order specified and is served on a banana leaf: Uppu (salt), *Kosambari*, Pickle, Palya, Gojju, Raita, Dessert (Yes, it is a tradition to start your meal with a dessert - Paaysa), Thovve, Chitranna, Rice and Ghee.

After serving ghee to everyone, one may start the meal. This is done to ensure that everyone seated has been served all the dishes completely.

What follows next is a series of soup like dishes such as Saaru, Muddipalya, Majjige Huli or Kootu which is eaten with hot rice. Gojju or raita is served next; two or three desserts are served; fried dishes such as Aambode or Bonda are served next. The meal ends with a serving of curd rice.

North Karnataka cuisine:-

The North Karnataka cuisine can be primarily found in the northern districts of Karnataka which include Dharwad, Hubli, Bijapur, Gulbarga, Belgaum, Bidar, Yadgir, Bagalkot, Raichur, Davanagere, Gadag, Haveri, Koppal and western and northern areas

of Bellary. The cuisine is also considered a specialty in the cities of Southern Karnataka like Bangalore and Mysore, with several restaurants offering this cuisine to meet the growing demand.

The following is the typical menu of a vegetarian Northern Karnataka meal:

- Rotti - Thin flatbread usually made from Jowar flour, baked on fire or iron skillet. Bajra and Wheat flour is also used as an alternative.
 - *Enne-gai / Tumbu-gai* - Small *badane kaayi* bulbs stuffed with dry stuffing including ground peanut, ground sesame, ginger, garlic, garam masala, salt, and then sauteed with onions and other spices. Aubergine is also substituted with any other suitable vegetable.
 - Shenga/Ellu chutney - A variety of powder/dry chutney made from ground peanut or sesame.
 - Kempu Khaara, also called "Ranjaka" - chutney paste made with/of red chillis, consumed as a condiment
 - Kosambari
 - Bele or *kaaLu* palya - Split, whole or sprouted *kadale*, *hesaru* (mung bean), *togari* or *masoor*, cooked with greens such as methi, spinach, *sabbasige* and scallion, and sauteed with onions, ginger, garlic and other spices.
 - mosaru bajji or raitha - salad involving yogurt
 - Raw Salads - of scallion, onion, green chili, methi leaves, sometimes with *oggaraNe* of sasive and/or jeerige
 - *Anna* - Rice
 - Saaru - Tangy soup made with pepper, cumin, coriander seeds, hing, tomatoes and/or tamarind.
 - Happala
 - Mosaru and majjige
 - beNNe or tuppaa
 - Jhunka or Pitla - Salty, Masala Cakes made from Channa Dal powder
 - Raw Green leafy vegetables - Spinach, Methi (fenugreek), and Hakkarike (Argula)
 - Raw Vegetables - Radish, Cucumber, Onions, Carrots, Green Chillis etc.
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South Karnataka cuisine:-

The South Karnataka or old Mysore region also known as Bayaluseeme or the plains including the present-day Kolara, Bengalooru, Mysooru, Tumakooru, Mandya, Haasana, Cham arajanagara. Ragi and Rice are the most important staple grains, Jowar and bajra are also cultivated and consumed in the drier parts of the region. The first meal of the day is the breakfast which is quite substantial. Regular meals consists of Ragi mudde or steamed dumpling made from ragi flour, a curry to roll bits of the dumpling often called Saaru, Rice and Yogurt. Optional accompaniments include a salad called Kosambari, various Palyas (fried, boiled or sauteed spicy vegetables) and assorted pickles.

Formal vegetarian meals are usually served in a particular order and required to be consumed in a particular order as well. These meals are served on Plantain leaves or Mutuka leaves, dry Tendu-like leaves staples together into big circular discs. First accompaniments are served which includes variety of Palya, Kosambari, sweet-savory gojju, hot spicy chutney Pickles, bajji, bonda, vade, Papads. The first course alternated between sweets and rice preparation. The second course is a set of curries to be consumed with rice. It generally starts with Tovve, a mild lentil dish laced with ghee, Majjige Huli, vegetables simmered in a mild yogurt sauce, followed by Huli, lentils and vegetables spiced and tempered with ghee, mustard, asafoetida and curry leaves. This is followed by tili Saaru which is a thin lentil stock spiced and laced with ghee and curry leaves. The final course of the meal is rice and curd with pickles. Buttermilk is also served to be consumed at the end of the meal.

The Hilly district of Kodagu (Coorg) also has its own unique cuisine which includes spicy meat (Pandi (Pork) Curry, Chicken, Mutton), Kadumbutt(Round balls made up of rice), Paputt, Thaliyaputt. The spicy meat curries derives a tangy taste from Kokum Kachampuli.

Karnataka cuisine-common to all regions:-

Rice dishes:-

- Bisi bele bath - rice cooked with dal, vegetables and spices; like Huli with rice, but often richer

- Vaangi baath - cooked rice mixed with vegetables cooked in oil and spices; the vegetables are usually made into a palya beforehand and the vaangi baath mixed before serving
- Chitranna - cooked rice flavoured with spices, particularly oil-popped mustard seeds and turmeric
- Mosaranna - curd rice sometimes given a fried spicy touch with fried lentils and oil-popped mustard seeds.
- Puliyogare - cooked rice flavoured with spicy tamarind paste
- Maavinkaayi chitranna - cooked rice flavoured with raw green mango and spices
- Nimbekaayi chitranna - cooked rice flavoured with lemon and spices
- Avalakki - Akki (means rice), avalakki is baked flat rice that is soaked briefly and stirfried with cumin seeds, turmeric powder, peanuts, onions, green chillies, garnished with shredded coconuts and cilantro leaves.
- Mandakki - Puffed rice that is soaked briefly and stirfried with cumin seeds, turmeric powder, peanuts, roasted ground grams, onions, green chillies, garnished with shredded coconuts and cilantro leaves.

Dosas

The Dosas made in Karnataka are thick and tastes completely different compared to its Tamil counterparts which is popular across the world.

- Benne Dose or Butter Dosa - originating from central Karnataka city of Davangere, known for its enticing Aroma and mouthwatering taste.

Mysore Masala Dosa

- Set Dosa - Thick pan cakes made of rice batter garnished with a hint of coriander leaves, grated carrot and coconut served with saagu and Coconut chutney
- Saagu Masala Dosa - Dosa stuffed with saagu.
- Masala Dosa (butter and non butter variants)- inside of the dosa is smeared with Red chutney made of onion, red chilly and garlic. Stuffed with Aloo gadde palya (made of potato and onion)

"Breads"

- Ragi rotti - A flat thick pancake made with ragi dough and flavoured with chillies and onions; the dough is shaped and flattened by hand.

- Akki rotti - A thick, flat pancake-like dish made with a dough of rice flour, chillies, onions and salt; the dough is shaped and flattened by hand.
- Jolada rotti - A flat pancake dish made with a dough of Sorghum flour and salt; the dough is shaped and flattened by hand. Jowar may be sometimes replaced with bajra.
- Ragi mudde - Steamed dumplings made by adding ragi flour to boiling water.
- Gunpangalu - Also known as Gundupongla, Mane Kaavali (skillet with houses), or Poddu. It is made with a rice batter(similar to dosa) and cooked in a special skillet with compartments.
- Chapathi - flat unleavened bread made from wheat flour, water, oil and salt. Unlike rottis, the dough rolled with a rolling-pin.
- Sajje rotti/Bhakri - A thick, flat pancake-like dish made with a dough of pearl millet flour and salt; the dough is shaped and flattened by hand and sprinkled with sesame seeds

Chutneys

- Kadalekaayi chutney
- Hurali chutney
- Kaayi chutney- grated coconut ground with dal (kadale) salted and garnished with oil-fried mustard and curry leaves
- Kaayi chutney (green) - grated coconut ground with dal, green chillies and coriander salted and garnished with oil-fried mustard and curry leaves
- Kaayi chutney (red) - grated coconut chutney ground with dal and dried red chillies salted and garnished with oil-fried mustard and curry leaves
- Maavina chutney - grated raw green mango ground with grated coconut, dal, salted and garnished oil-fried mustard and curry leaves.
- Heerekai chutney - grated ridge-gourd peel ground with grated coconut, dal, salted and garnished oil-fried mustard and curry leaves.
- Eerulli chutney - grated onion peel ground with grated coconut, dal, salted and garnished oil-fried mustard and curry leaves.
- Uddina Bele chutney - Fried Black Gram Dal with Tamarind, Red Chillies, salted and garnished oil-fried mustard and curry leaves.
- pudina chutney-fry pudina leaves along onion, groundnut, black gram, green chilli, tamrind.add sugar and grind to fine paste.

Cuisine of Kerala

The **cuisine of Kerala** is linked in all its richness to the history, geography, demography and culture of the land. Kerala cuisine has a multitude of both vegetarian and non-vegetarian dishes prepared using fish, poultry and red meat.

Ingredients:-

Coconuts grow in abundance in Kerala, and consequently, coconut kernel, (sliced or grated) coconut cream and coconut milk are widely used in dishes for thickening and flavouring. Kerala's long coastline, numerous rivers and backwater networks, and strong fishing industry have contributed to many sea and river food based dishes. Rice and cassava (Tapioca) form the staple food of Kerala. All main dishes are made with them and served along with *Kootan*; the side dishes which may be made from vegetables, meat, fish or a mix of all of them. The main dish for lunch and dinner is boiled rice. The Kerala breakfast shows a rich variety; the main dishes for which are made from rice flour, or fresh or dried cassava. Owing to the weather and the availability of spices, the Kerala cuisine is richly spicy especially the hot ones -chili, black pepper, cardamom, cloves, ginger, and cinnamon.

For over 2000 years, Kerala has been visited by ocean-goers, including traders from Greece, Rome, the eastern Mediterranean, Arab countries, and Europe (see History of Kerala). Thus, Kerala cuisine is a blend of indigenous dishes and foreign dishes adapted to Kerala tastes.

Pre-independence Kerala was basically split into the princely states of Travancore & Kochi in the south, and Malabar district in the north; the erstwhile split is reflected in the recipes and cooking style of each area. Both Travancore and northern Malabar cuisine consists of a variety of vegetarian dishes using many vegetables and fruits that are not commonly used in curries elsewhere in India including plantains (Nenthrapazham or *vazha-ppazham* or *ethaykka*), bitter gourd ('pavaykka' in Travancore and 'kayappakka' in northern Malabar), Yam ('chena'), Colocasia ('chembu'), Ash gourd (*Kumbalanga*), etc. However, their style of preparation and names of the prepared dishes may vary. Northern Malabar has an array of vegetarian and non-vegetarian dishes such as pathiri (a sort of rice-

based pancake, at times paired with a meat curry), porotta (a layered flatbread, said to come from south east Asia), and the Kerala variant of the popular biriyani, from north India/Pakistan. Travancore region boasts of a parade of dishes like appam that is largely identified with the Saint Thomas Christians (also known as Syrian Christians or Nasrani) of the region.

In addition to historical diversity, the cultural influences, particularly the large percentages of Muslims and Syrian Christians have also contributed unique dishes and styles to Kerala cuisine, especially non-vegetarian dishes. The meat eating habit of the people have been historically limited by religious taboos. Brahmins eschew non vegetarian items. However, most of modern day Hindus do not observe any dietary taboos, except a few of those belonging to upper caste. Muslims do not eat pork and other items forbidden by Islamic law.

Historically, Kerala was part of the Tamil-speaking area, and Tamilian influence is seen in the popularity of *sambar*, *idli* and *dosa*. European influence is reflected in the numerous bakeries selling cakes, cream horns, and Western-style yeast-leavened bread, and in Anglo-Indian cuisine. The import of potatoes, tomatoes, and chili peppers from the Americas led to their enthusiastic use in Kerala, although except for the ubiquitous peppers, the other ingredients are used more sparingly.

Malabar Cuisines:-

One of the main special cuisines is the Malabar biryani. The dish is famed for its exquisite taste and aroma. Usually chicken is preferred as an ingredient but variants of mutton and egg are also experimented with. Cuisines of Kallummakaya (Green mussel) is another specialty. Numerous dishes like Arikkadukka are made of it. The region is blessed with a large availability of Fresh Prawns, Shrimp, Crab, Mussels e.t.c. The filled foods like kai nirachathu, are some of the exotic dishes that people from other regions will find. The cuisines of exotic nature are mainly Mappila in origin. There are an innumerable variety of dishes, main courses and snacks made by the people of the region. The variety will be evident during the Ramadan season.

Spices in Kerala Cuisine:-

As with almost all Indian food, spices play an important part in Kerala cuisine. The main spices used are cinnamon, cardamom, ginger, green

and red peppers, cloves, garlic, cumin seeds, coriander, turmeric, and so on. Few fresh herbs are used, unlike in European cuisine, and mainly consist of the commonly used curry leaf, and the occasional use of fresh coriander and mint. While Tamarind and lime are used to make sauces sour in North Malabar areas; the Travancore region uses only kodampuli (*Garcinia cambogia*), as sour sauces are very popular in Kerala. Sweet and sour dishes are however, rare, but exceptions like the ripe mango version of the puliserry and tamarind-jaggery-ginger chutney known as puliinji or injipuli which is also known as Sou Ginger are popular.

Breakfast:-

Kerala cuisine offers many delicious vegetarian breakfast dishes that are often relatively unknown outside the state. These include *Puttu* (made of rice powder and grated coconut, steamed in a metal or bamboo holder) and *kadala* (a curry made of black garbanzo beanschana), *idli* (fluffy rice pancakes), *sambar*, *dosa* and *chutney*, *pidiyan*, *Idiyappam* (string hoppers - also known as *Noolputtu* and *Nool-Appam* (or *Idunni*) in Malabar), *Paal-Appam*, a circular, fluffy, crisp-edged pancake made of rice flour fermented with a small amount of toddy or wine, etc. *Idiyappam* and *Paalappam* are accompanied by mutton, chicken or vegetable stew or fish moli (the most common dish is pearl spot in a coconut based sauce). In North Malabar area, breakfast is known as *Kathaladakkal* and *Praathal* in rest of Kerala. Most importantly almost all the dishes of Kerala use coconut oil for cooking purposes.

Lunch and dinner:-

Kerala's own cuisine-Sadya: Sadya is the most famous main course food of Kerala, probably Kerala's own. It is a recipe with a set of curries with Kerala rice (boiled rice) along with *sambar*, *parippukari* with ghee, *pachadi*, *kichadi*, *aviyal*, *puliyan*, *kuttukari*, *Kalan*, *Olan*, *Injikkari*, *rasam*, *pappadam*, *pickle*, *raita*, *sweetners* (two or three different types), *payasam*. The dish will be more than satisfactory, however expert hands are necessary for cooking as a slight mistake will spoil the taste of the dish.

Kerala biryani: Popularly known as Malabar biryani or Thalassery biryani. This is the only biryani variant of Kerala so it can be called Kerala biryani. Thalassery biryani is a famous dish all over Kerala for its

exquisite taste and aroma. The speciality of this biriyani when compared to the other biryani variants is the choice of rice (Khaima rice and not Basmati) and the method of preparation. This creates a new variant of biryani which tastes much different than the other variants.

The staple food of Kerala, like most South-Indian states, is rice. Unlike other states, however, many people in Kerala prefer parboiled rice (*Choru*) (rice made nutritious by boiling it with rice husk). *Kanji* (rice congee), a kind of rice porridge, is also popular. Tapioca, called *Kappa* in Kerala, is popular in central Kerala and in the highlands, and is frequently eaten with fish curry or beef curry.

Rice is usually consumed with one or more curries. Accompaniments with rice may include *upperis* (dry braised or sauteed vegetables), *rasam*, chips, and/or buttermilk (called *moru*). Vegetarian dinners usually consist of multiple courses, each involving rice, one main dish (usually *sambar*, *rasam*, *puli-sherry*), and one or more side-dishes. Kerala cooking uses coconut oil almost exclusively, although health concerns and cost have led to coconut oil being replaced to some extent by palm oil and vegetable oil.

Popular vegetarian dishes include sambar, aviyal, Kaalan, thoran, (Poduthol (dry curry), pulisherry (morozhichathu in Cochin and the Malabar region), olan, erisherry, puliinji, cherupayaru (mung bean), kappa (tapioca), etc. Vegetarian dishes often consist of fresh spices that are liquefied and crushed to make a paste-like texture to dampen rice.

Common non-vegetarian dishes include stew (using chicken, mutton, fish), traditional or chicken curry (*Nadan Kozhi Curry*), chicken fry (*Kozhi Porichathu/Varuthathu*), beef fry, fish/chicken/mutton molly (fish or meat in light gravy), fish curry (*Meen Curry*), fish fry (*Meen Porichathu/Varuthathu*), prawn fry (*Konchu Varuthathu*), Spicy Steamed Fish (*Meen Pollichathu*) etc.

Although rice and tapioca may be considered the original Kerala starch staples, wheat, in the form of chappatis or parathas (known as porottas in Kerala), is now very commonly eaten, especially at dinner time. Numerous little streetside vendors offer an oily paratha (akin to the croissant in its flakiness and oiliness) with meat, egg, or vegetable curry for dinner. Grains such as ragi and millet, although common in the arid parts of South India, have not gained a foothold in Kerala.

Malabar Biriyanis are one of the tasty non vegetarian dishes in North Kerala. The main variants are Thalassery biriyani and Kozhikode biryani.

The speciality is that Malabar biriyani use Khyma rice and do not use basmati for preparation.

Beverages:-

Being mostly a hot and humid area, Keralites have developed a variety of drinks to cope with thirst. A variety of what might be called herbal teas are served during mealtimes. Cumin seeds, ginger or coriander seeds are boiled in water and served warm or at room temperature. In addition to the improved taste, the spices also have digestive and other medicinal properties. Sambharam, a diluted buttermilk often flavoured with ginger, lime leaves, green chili peppers etc. was very commonly drunk, although it has been replaced to some extent by soda pop. Coffee and tea (both hot) drunk black, or with milk and white sugar or unrefined palm sugar (*karippatti*), are commonly drunk. Numerous small shops dotted around the land sell fresh lime juice (called *naranga vellam*, or *bonji sarbat* in Malayalam), and many now offer milk shakes and other fruit juices. Tender Coconut water is also a very popular beverage in Kerala.

Sweets and Desserts:-

Kerala does not have any indigenous cold desserts, but hot/warm desserts are popular. The most popular example is undoubtedly the *payasam*: a preparation of milk, coconut extract, sugar, cashews, dry grapes, etc. Payasam can be made with many base constituents, including *Paal payasam* (made from rice), *Sarkkara payasam*, made from rice, jaggery and milk, *Ada payasam* (with Ada, broken strips of baked starch from various sources), *ari unda* (made from rice powder) 'Parippu payasam (*made from dal*), *Pazham pradhanam* (*made from banana*), *Gothambu payasam* (*made from wheat*). *But the most famous is Semia Payasam, which is made of semia and milk. Ada payasam is especially popular during the festival of Vishu and Onam. Most payasams can also be consumed chilled. Jaggery or molasses is a common sweetening ingredient, although white sugar is gaining ground.* Fruit, especially the small yellow bananas, are often eaten after a meal or at any time of the day. Plantains, uncooked or steamed, are popularly eaten for breakfast or tea.

Other popular sweets include *Unniappam* (fried rice cake), *pazham-pori/ethakka-appam* (plantain slices covered with a fried crust made of sweetened flour), *kozhakkatta* (rice dumplings stuffed with a sweet mixture of molasses, coconut etc.), *ilayappam* (rice, jaggery and coconut

mixture covered in banana leaf) and *churuttu*(rolled thin flour sheets with sweetened rice filling). Cakes, ice-creams, cookies and puddings are equally common. Generally, except for payasam, most sweets are not eaten as dessert but as a tea-time snack.

Cuisine of Uttar Pradesh

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Uttar Pradesh platter (thali) with [naan](#) bread, sultani dal, raita, shahi paneer, and salad



The [samosa](#) is a popular fried snack from Uttar Pradesh



Kebabs are an important part of Uttar Pradesh's cuisine



Naan, along with [roti](#) and [paratha](#), is one of the many staple breads of Uttar Pradesh



The koftah is a popular main course dish of Uttar Pradesh



[Raita](#) is a popular yogurt condiment in the state of Uttar Pradesh



Rooh Afza is a popular drink made of rose syrup in the state of Uttar Pradesh

Cuisine of Uttar Pradesh (**Hindi**: उत्तर प्रदेश का खाना, **Urdu**: اتر پردیش کی کھانا) is from the state of [Uttar Pradesh](#) located in [Central-South Asia](#) and [Northern India](#)), and the cooking patterns of the state are similar to those of [Central Asia](#), the [Middle East](#), and the rest of [Northern India](#). The cuisine consists of both vegetarian and non-vegetarian dishes. Uttar Pradesh has been greatly influenced by Mughal cooking techniques. The [Awadhi cuisine](#) of Uttar Pradesh bears similarities to those of [Kashmir](#) and [Punjab](#), and the state is famous for its Nawabi foods(of Lucknow and environs) and use of mutton, paneer, and rich spices including [cardamom](#) and [saffron](#). Its most famous dishes include [kebabs](#), [Dum Biryani](#), and various [Mutton](#) recipes. The [samosa](#) and [pakora](#), among the most popular snacks in all of India, are also originally from Uttar Pradesh. [Awadhi](#) is a type of West-Central Uttar Pradesh cuisine found in the state's Awadh Region. [Mughlai cuisine](#) is also integral to Western and Central Uttar Pradesh's cuisine.

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[[edit](#)] Popular dishes from Uttar Pradesh (سد بزی)

- Zamin Doz Macchli (fish stuffed with spices and sealed in earthenware case which is then cooked for 8 hours)
- Murg Mussallam (whole chicken with variety of spices)
- Lukhnawi [Biryani](#) (slightly fried Rice preparation with mutton)
- Dum [Bhindi](#) (Fried whole okra stuffed with spiced potato filling)
- Gobhi Mussallam
- Sultani Dal
- Rizala
- [Shami Kabab](#) (includes tangy green mango)
- [Palak Paneer](#)
- Kakori [Kabab](#) (similar to Seekh Kabab)
- [Pasanda Kabab](#) (skewered boneless mutton)
- [Pasanda Paneer](#) (similar to Paneer Makhani or butter paneer(Indian cheese))
- [Samosa](#)
- Shab Deg (a winter dish, turnips and mutton balls with saffron)
- Paneer Pakora & of various vegetables
- [Kofta](#)
- Tehri (vegetarian rice dish with spices and mixed vegetables that popular amongst Hindus)
- [Korma](#)
- [Kachori](#)
- [Pakora](#)
- [Raita](#)
- [Nahari](#)
- [Shorba](#) (soup)

[[edit](#)] Traditional Desserts (دسر)

- [Gujia](#) (like a samosa though filled with sweetened thickened milk (khoya))
- [Gulab Jamun](#)
- [Kheer](#)
- [Qulfi](#)

- [Halwa](#) (sweet pudding)
- [Sheer Qorma](#)
- [Ghewar](#)
- [Imarti](#)
- [Petha](#)

[[edit](#)] Popular drinks from Uttar Pradesh (शरबत **شربات)**

Sharbats is a popular juice in Uttar Pradesh. There are many types of sharbats, including:

- [Gurahl Sharbat](#) (hibiscus)
- [Lemon Sharbat](#)
- [Rose Sharbat](#)
- [Khas ka Sharbat](#)

Other drinks include:

- [Lassi](#)
- [Rayta](#)
- [Ruh-Afza](#) (rose water beverage)

[[edit](#)] Bread (نان)

As wheat is the staple food of the state, breads are very significant. [Breads](#) are generally flat breads; only a few varieties are raised breads. The breads may be made of different types of flour and can be made in various ways. Popular breads include the Tandoori Naan, or [naan](#) baked in a [tandoor](#), tandoori [roti](#), [kulcha](#), [taftan](#), [sheermal](#), [millet](#) (millet flour flatbread), and [lachha paratha](#).

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Goan cuisine

Goan cuisine consists of regional foods popular in Goa, located along India's west coast along the Arabian Sea. Seafood, coconut milk, rice, and local spices are main ingredients of Goan cuisine. The area is located in a tropical climate, which means that spices and flavors are intense. Use of Kokum is another distinct feature. Goan food is considered incomplete without fish. It is similar to Malvani or Konkani cuisine.

The cuisine of Goa is influenced by its Hindu origins, four hundred years of Portuguese colonialism, and modern techniques. The state is frequently visited by tourists for its beaches and historic sites, so its food has an international aspect.

Seafood:-

The cuisine is mostly seafood-based; the staple foods are rice and fish. Kingfish (*Vison* or *Visvan*) is the most common delicacy. Others include pomfret, shark, tuna, and mackerel. Among the shellfish are crabs, prawns, tiger prawns, lobster, squid, and mussels. The food of Goan Christians is influenced by the Portuguese.

Introduction of new edibles to Goan cuisine:-

The Portuguese brought potatoes, tomatoes, pineapples, guavas, and cashews from Brazil to Goa. Of these tomatoes and potatoes were not accepted by the Hindus until the late 20th century. The most important part of Goan spices, the chili, was introduced to Goan cuisine by the Portuguese and became immensely popular. None of these above mentioned ingredients were used in Goan cuisine before the advent of the Portuguese.

Hindu cuisine:-

Hindu cuisine is partly Pescetarianism and partly lacto vegetarian, but lately the younger generation have taken up a taste for meat which was not common before. Hindu cuisine mainly uses less heat, tamarind and kokum for souring, and jaggery for sweetening. They use asafoetida, fenugreek, curry leaves, mustard, and urad dal. It is not very spicy; less onion and garlic are used. It also includes more vegetables, including lentils, pumpkins, gourds, bamboo shoots, roots, etc. It is less oily and the medium of cooking is coconut oil.^[2]

- *Humann* (' Konkani), fish curry and rice , also known as *Kadi* or *Ambot*
- Fried fish
- Fish Suke or *Dhabdhabit* – Dry spicy preparation of fish, eaten as a side dish
- Fish Udid Methi or Uddamethi – Type of curry consisting of fenugreek and mackerel; a vegetarian version of this dish is also prepared using hog plums (or anything sour and tangy, such as pieces of raw mango) and fenugreek
- Kismur – A type of side dish normally consisting of dried fish (mostly mackerel or shrimp), onions, and coconut.
- Dangar or fish cutlets
- Kalputi – A dish normally prepared from the head of a large fish, onions, and coconut.
- Bhaji or Shak, made of different vegetables and fruits
- Khatkhate
- Tondak, made of beans, cashew nuts, etc.
- Different varieties of sweets made of rice and lentils, such as Payasu, Patoli, Madgane, Kheer, etc.
- Different varieties of pickles and Papads
- Solachi kadi, a spicy coconut and kokum curry .

Gujarati cuisine

Gujarati cuisine refers to the cuisine of Gujarat, India, a state in western India. Despite having an extensive coastline for seafood, it is primarily a vegetarian cuisine due to the influence of Jain vegetarianism and traditional Hinduism, however many families may add chicken, lamb, and goat to these dishes.

The typical Gujarati *Thali* consists of *Rotli*, *Dal* or *Kadhi*, Rice, and *Shaak/Sabzi* (a dish made up of different combinations of vegetables and spices, which may be spicy or sweet). Gujarati cuisine varies widely in flavour and heat, depending on a given family's tastes as well as the region of Gujarat they are from. North Gujarat, Kathiawad, Kachchh, and Surti Gujarat are the four major regions of Gujarat that all bring their own style to Gujarati food. Many Gujarati dishes are distinctively sweet, salty, and spicy at the same time.

Staples include homemade *Khichdi* (rice and lentil or rice and mung bean), and *chaas* (buttermilk) and pickles as side. Main dishes are based on steamed cooked vegetables with different spices and *dals* that are added to a *vaghar*, which is a mixture of spices sterilized in hot oil that varies depending on the main ingredient. Salt, sugar, lemon, lime, and tomato are used frequently to prevent dehydration in an area where temperatures reach 50°C (122°F) in the shade. It is common to add a little sugar or jaggery to some of the *sabzi/shaak* and *dal*. The sweet flavour of these dishes is believed to neutralize the slightly bland taste of the vegetables.

The cuisine changes with the seasonal availability of vegetables. In summer, when mangoes are ripe and widely available in market, for example, *Keri no Ras* (fresh mango pulp) is often an integral part of the meal. The spices used also change depending on the season. *Garam Masala* and its constituent spices are used less in summer. Regular fasting, with diets limited to milk, dried fruits, and nuts, are commonplace.

In modern times, some Gujaratis have become increasingly fond of very spicy and fried dishes. There are many chefs who have come up with fusions of Western and Gujarati food. Gujaratis are predominantly vegetarians, even though pockets of the state consume chicken, beef and fish.

Bajra Roti is a plain flat bread made from flour having nutritional value similar to other foods based on flours.^[3] Common meals in villages near Saurashtra during the cold winters consists of thick Rotis, termed *Bhakri*, made of wheat flour, garlic chutney, onion, and *chaas*.

Sweets (desserts) served as part of a *thali* are typically made from milk, sugar, and nuts. "Dry" sweets such as Magas and Ghooghra are typically made around celebrations, such as weddings, or at Diwali.

Gujarati cuisine is also distinctive in its wide variety of *farsan* — side dishes that complement the main meal and are served alongside it. Some *farsan* are eaten as snacks or light meals by themselves.

Gujaratis will often refer to *Dal-Bhat-Rotli-Saak* as their everyday meal. For special occasions, this basic quartet is supplemented with additional *shaak*, sweet dishes, and *farsan*. A festive Gujarati *thali* often contain over a dozen items. Dietary rules restrict the permissible combination of dishes. For example, if *kadhi* is to be served, then a lentil preparation such as *chutti dal*, *vaal*, or *mug ni dal* will also be included. The sweet dish accompanying *kadhi* will likely be milk or yogurt-based, like *doodhpak* or *shrikhand*. However, a yogurt-based *raita* would not be served with such a meal. Festive meals based on *dal* will typically have a wheat-based sweet dish like *lapsi* or *ladoo* as the sweet accompaniment. Many Gujarati families make and consume *moong dal* in their diet on Wednesdays. There are established combinations of spices that some believe to facilitate digestion, that are eaten with different foods.

In coastal Gujarat, the *Kharwa* community has developed a cuisine consisting of fresh and dried fish. Common seafood are pomfrets, *khandwas*, *gedadas*, *surmai*, prawns, crabs, lobster. and *narsinga* (calamari).

List of Gujarati dishes:-

Breads----

- *Bajri no Rotlo*: Thick millet flour flatbread usually grilled over coals.
- *Makai no Rotlo*: Thick Corn flour flatbread usually grilled over coals.
- *Bhakri*: Made with whole wheat flour, thicker than *Rotli*, crispy.

- *Phulka rotli* (Also called *Rotli* or *Chapati*): Made with whole wheat flour, rolled thin.
- *Juvar no Rotlo*: Thick sorghum flatbread.
- *Parotha*: Fried whole wheat flatbread.
- *Puran Poli* (Also known as *Vedmi*): Whole wheat bread filled with sweet *moong dal* filling usually made for special occasions.
- *Puri*: Made with whole wheat flour, deep fried.
- *Thepla/Dhebra*: Made with a mixture of flours, pan fried, mildly spiced, usually contains shredded vegetables.
- *Pooda*: Made with a mixture of flours, pan fried.

Rice-

In addition to plain rice, Gujarati cuisine also includes rice based dishes such as:

- *Biranj*: Steamed rice flavoured with saffron, sugar, and dried fruit.
- *Khatta-Mittha Bhaat* (Sour and Sweet Rice): Rice, boiled with potatoes and spices, yellow in colour and accompanied with lemon peel.
- *Doodhpak*: Rice pudding made by boiling rice with milk and sugar, and flavoured with cardamom, raisins, saffron, cashews, pistachios, or almonds. It is typically served as a dessert.
- *Khichdi* (Rice & a *Dal*): Cooked like porridge accompanied with *ghee*, yogurt, and pickle.
- *Pulao* (Rice with vegetables)
- *Khichu*: Kneaded rice flour made by heating it with water, salt, green chillies, and cumin.

Vegetables (*Shaak/Subzi*)

- *Bataka Sukhi Bhaji* (Dry Potato Curry)
- *Bharela Bhinda* (Stuffed dry Okra)
- *Bharela Karela* (Stuffed dry Bitter Melon)
- *Bhinda nu Shaak* (Dry Okra Curry)
- *Vatana Bataka nu Shaak* (Potato and Peas Curry)
- *Chola nu Shaak* (Black eyed peas Curry)
- *Dhana capsicum nu Shaak* (Dry Coriander, capsicum and chickpea flour curry)
- *Dudhi Bataka nu Shaak* (Bottle Gourd and Potato Curry)
- *Dudhi Chana Ni Daal nu Shaak* (Bottle Gourd and Split Black Chickpea Curry)

- *Dudhi Ganthia nu Shaak* (Bottle Gourd)
- *Dudhi Mag ni Dal nu Shaak* (Bottle Gourd and Mung Bean Curry)
- *Dudhi nu Shaak* (Bottle Gourd Curry)
- *Fansi ma Dhokli nu Shaak* (French Bean Curry with Dumplings)
- *Fansi nu Shaak* (Dry Green bean Curry)
- *Ganthoda nu Shaak*
- *Gathia nu Shaak*

Kashmiri cuisine

Kashmiri cuisine is based on the ancient tradition of this area. The Rigveda mentions the meat eating traditions of this area. The ancient epic of Kashmir, namely the Nilmatapurana informs us that Kashmiris were heavy meat eaters. This habit persists in today's Kashmir.

The most notable ingredient in today's Kashmir cuisine is mutton, of which there are over 30 varieties.

Kashmiri cuisine has had the earliest influence on Kashmiri Pandit cuisine. Usually, Pandits do not eat meat, however the Pandits of Kashmir have always eaten all meats except beef. Beef is strictly forbidden in Pandit cuisine and in Kashmiri Muslim cuisine, in keeping with the age old Kashmiri tradition known as Kashmiriyat The Wazwan of Kashmiri Muslims never allows for the usage of Beef. However, the Kashmiris have always been heavy meat eaters(lamb, mutton, goat). The Nilamat Purana records that the Brahmins of Kashmir have always been heavy meat eaters (lamb, mutton). The two most important saints of Kashmir, Lalleshwari and Sheikh Noor-ud-din Wali were vegetarians for spiritual reasons. Meat is cooked in Kashmiri Pandit festivals and forms an extremely important part of Kashmiri Pandit identity. Some noted Kashmiri pandit dishes include.

Rogan Josh: This is a lamb based dish, cooked in a gravy seasoned with liberal amounts of Kashmiri chillies (in the form a dry powder), ginger (also powdered), asafoetida (the Pandits use it in place of garlic) and bay leaves, among other things. Due to the absence of onions, yoghurt is used as a thickener, and also to reduce the heat and marry the spices in the gravy. This much loved dish is the most commonly cooked dish using lamb meat in Kashmiri Hindu cuisine.

Yakhni: Yakhni, is a yoghurt based mutton gravy, which excludes the use of turmeric and chilli powders in its preparation. The dish is primarily flavoured with bay leaves, cloves and cardamom seeds. Its really mild and is considered to be subtle in taste. This is eaten with rice, and is often accompanied with a more spicy side-dish.

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1. Mujh Gaad
 2. Goshtaba
 3. Monji Haak/Gogji Haak
 4. Nadir Yakhin
 5. Syun Pulaav
 6. Dum Olav
 7. Gogji Raazma
 8. Modur Pulaav
 9. Tschok Wangan
 10. Lyodur Tschaman

Tea drinking forms a very important of Kashmiri Pandit cuisine and is often used in place of dessert. Two very important types of tea are Kehwa (Sweet Green tea with Cardammom and almonds) and Sheer Chai (salty pink tea with almonds). Such teas are usually taken with Baked Breads like Kulcha and Katlam.

Kashmiri Pandit cuisine has very few dessert dishes or sweets. More importance is therefore given to the main course and tea and not much to the dessert.

Wazwan:-

Wazwan, a multi-course meal in the Kashmiri Muslim tradition, is treated with great respect. Its preparation is considered an art. Almost all the dishes are meat-based (lamb, chicken, fish). Beef is generally not prepared in the Srinagar region, but is popular among the other districts. It is considered a sacrilege to serve any dishes based around pulses or lentils during this feast. The traditional number of courses for the wazwan is thirty-six, though there can be fewer. The preparation is traditionally done by a vasta waza, or head chef, with the assistance of a court of wazas, or chefs.

Wazwan is regarded by the Kashmiri Muslims as a core element of their culture and identity. Guests are grouped into fours for the serving of the wazwan. The meal begins with a ritual washing of hands, as a jug and basin called the tash-t-nari are passed among the guests. A large serving dish piled high with heaps of rice, decorated and quartered by fourseekh kabab, four pieces of meth maaz, two tabak maaz, sides of barbecued ribs, and one safed kokur, one zafrani kokur, along with other dishes. The meal is accompanied by yoghurt garnished with Kashmiri saffron, salads, Kashmiri pickles and dips. Kashmiri Wazwan is generally prepared in marriages and other special functions. The culinary art is learnt through heredity and is rarely passed to outside blood relations. That has made certain waza/cook families very prominent. The wazas remain in great demand during the marriage season (May - October). Bearing in mind that the Wazwan consists of meat, mostly all lamb dishes, as lamb is considered the occasional delicacy, some of the essential Wazwan dishes include but are not limited to.....

- Rogan Josh (lamb cooked in spicy red gravy)
- Yakhni (lamb, usually shanks cooked in curd based gravy)
- Rista (Pounded lamb meatballs in spicy red gravy)
- Tabakh Maaz (Fried Rack of Lamb also known as Qabargah. Hindu and Muslim differences make way for specific names for food authentic to the prevalent religion in the area.)
- Kaanti (lamb pieces in red hot gravy, usually eaten as a snack and not part of the main course)
- Syoon Olav (Meat with Potatoes cooked in spicy gravy)
- Syoon Pulaav (Meat Pulao)
- Modur Pulaav (Sweet Pulao, usually as a dessert)
- Lyodur Tschaman (Cottage Cheese cooked in creamy turmeric based gravy)
- Dum Oluv (Whole Potatoes cooked in spicy red gravy)
- Muj Gaad (Fish with Radish)
- Nadir-Waangan (lotus stems with Brinjal)
- Nadir-Haaq/Gogji/Monji (lotus stems cooked with Haaq, a Collard-Green only found in Kashmir and Portugal, or Radish)
- Raazma-Gogji (Kidney Beans with Turnip)

Tea drinking is a very important part of Kashmiri Pandit culture. Two of the most important types of tea that the Pandits drink are "Sheer Chai"(salted pink tea with almonds) and Kehwah(sweet green tea with almonds and cardamom). With tea, they often eat certain types of bread/bakery such as "Katlam" and "Kulcha" topped with Kashmiri Butter made from fresh milk.

- Marcha-wangan korma- (Chilli Eggplant Korma)
- Sheekh kabab: spicy ground lamb on skewers
- Gushtaaba: Pounded lamb meatballs with spices cooked in oil, milk and curds
- kebab- Roasted Chicken, Beef or Lamb Kebabs
- maach kebab

Kashmiri beverages:-

Noon Chai or Sheer Chai

Kashmiris are heavy tea drinkers. The word "noon" in Kashmiri language means Salt. The most popular drink is a pinkish colored salted tea called "[noon chai](#)". It is made with black tea, milk, [salt](#) and [bicarbonate of soda](#). The particular color of the tea is a result of its unique method of preparation and the addition of soda. The [Kashmiri Pandits](#) more commonly refer to this chai as "Sheer Chai."

Noon Chai or Sheer Chai is a common breakfast tea in Kashmiri households and is taken with breads like [baqerkhani](#) brought fresh from the *Sufi*, or bakers. Often, this tea is served in a large [Samovars](#).

Kahwah[

At marriage feasts, festivals, and religious places, it is customary to serve [Kahwah](#), or Qahwah (originates from a 14th-century Arab [coffee](#), which, in turn, was named after an ancient beverage of the Sufis) - a [green tea](#) made with [saffron](#), spices, and almonds or walnuts. Over 20 varieties of Kahwah are prepared in different households. Some people also put milk in kahwah (half milk + half kahwah). This chai is also known as "Maugal Chai" by some Kashmiri Pandits from the smaller villages of Kashmir.

Kashmir valley is famous for its bakery tradition. On the picturesque Dal lake of Kashmir or downtown Srinagar, bakery shops are elaborately laid out. Bakers sell various kinds of breads with a golden brown crusts topped with sesame and poppy seeds. *Tsot* and *tsochvoru* is a small round bread topped with poppy and sesame seeds, which is crisp and flaky, *Sheermal*, *baqerkhani* (puff pastry), *lavas* (unleavened bread) and *kulcha* are popular. *Girdas* and *lavas* are served with butter.

Harissa is a very popular meat preparation made for breakfast, it is slow cooked for many hours, with spices and hand stirred.

Maharashtrian cuisine

Maharashtrian (or **Marathi**) **cuisine** is cuisine of the Marathi people from the state of Maharashtra in India. Maharashtrian cuisine covers a range from being mild to very spicy dishes. Wheat, rice, *jowar*, *bajri*, vegetables, lentils and fruit form Staples of Maharashtrian diet. Some of the Popular dishes include *puran poli*, *ukdiche Modak*, and *batata wada*.

Regular meals and staple dishes:-

Maharashtrian meals (mainly lunch and dinner) are served on a plate called thali. Each food item served on the thali has a specific place. The bhaaji is served in the plate on the right hand side while the chutney, koshimbir are served from left going up the periphery of the circular plate. The papad, bhaaji are served below the koshimbir with the rice and poli served at the bottom of the circle closed to the diner's hand. The puran is served at the top in the inner concentric circle. The amti, rassa is served in separate bowls placed on right hand side of the diner. Water is placed on the left hand side. Traditionally, the food was consumed using the right hand rather than with any cutlery. It is considered ill mannered to use left hand while eating.

The staple dishes of Maharashtrian (nagpur)cuisine are based on bread and rice:

- *Ghadichi Poli* or *chapati* - unleavened flat bread made of wheat, more common in urban areas.
- *Bhakri* - bread made from millets like *jowar* and *bajra*, form part of daily food in rural areas.

The *bhaajis* are vegetable dishes made with a particular vegetable or a combination of vegetables and requires the use of *Goda masala*, essentially consisting of some combination of onion, garlic, ginger, red chilli powder, green chillies and mustard. Depending on the caste or specific religious tradition of a family, onion and garlic may not be used in cooking. For example, a number of Hindu communities in Maharashtra and other parts of India refrain from eating onion and garlic during Chaturmas (broadly equates to the rainy monsoon season).

A particular variant of *bhaaji* is the *rassa* or curry. Vegetarians prepare *rassa* or *curry* of potatoes and or cauliflower with tomatoes or fresh coconut kernel and plenty of water to produce a soup like preparation than *bhaaji*. *Varan* is nothing but plain dal, a common Indian lentil stew. *Aamti* is variant of the curry, typically consisting of a lentil (*tur*) stock, flavored with goda masala, tamarind or amshul, jaggery (*gul*) and in some cases coconut as well. One of the *masalas* that gives Maharashtrian cuisine its authentic flavor is the *goda* (sweet) *masala* or *kalaa* (black) *masala*. *Ukadlele Batate* is a bhajji that is famous is in the *Brahmin* community. Non-vegetarian dishes mainly use chicken, mutton (mainly goat), fish and other seafood. The Kolhapuri *taambda rassa* (red curry) and *pandhra rassa* (white curry) of chicken and mutton from the southern city of Kolhapur and the *varhadi rassa* or (*varhadi chicken curry*) from the Vidarbha region are especially well known throughout Maharashtra. The coastal regions of Konkan are more famous for the fish and seafood dishes.

A typical Urban Maharashtrian lunch or dinner usually starts with *Poli* (chapati), accompanied by one or more *bhaaji(s)* (cooked vegetables) and a *koshimbir* (vegetable salad) along with some sides (usually pickles, Chutneys, papad (Poppadom)), *Kurdai*, *Sabudana papdya* or *Sandge*. This is usually followed by a second course of *varan* (lightly or unspiced Daal preparation), *aamti* (spicy Daal preparation) or *rassa* with rice. As with most of Indian cuisine however, each region and /or community has its own quirks, preferences and variations of the above general format. For example, coastal people prefer to add grated coconut and sugar where as people far from coast love to add ground peanuts or sesame seeds and jaggery to all their vegetable preparations. Some places prefer spicier vegetables curry with lot of green or red chillies.

Koshimbir is very common and healthy addition to the plate. Typically made from raw vegetables mixed with yogurt and ground roasted peanuts (*Danyache Kut*). *Raitas* made with different types of vegetables such as cucumber or carrots are variants of *koshimbir*.

Appetizers or snacks:-

There are lots of snack and side dishes in Maharashtrian cuisine. Some quintessentially Maharashtrian dishes are:

- *Chivda*: Spiced flattened rice. It is also known as Bombay mix in Foreign countries especially Great Britain.
- *Pohay*: *pohay* or *pohe* is a snack made from flattened rice. It is most likely served with tea and is probably the most likely dish that a Maharashtrian will offer his guest. During arranged marriages in Maharashtra, *Kanda Pohe* (literal translation, pohe prepared with onion) is most likely the dish served when the two families meet. Its so common that sometimes arranged marriage itself is referred colloquially as "kanda-pohay". Other variants on the recipe are *batata pohe* (where diced potatoes are used instead of onion shreds). Other famous recipes made with Pohe (flattened rice) are *dadpe pohe*, a mixture of raw Pohe with shredded fresh coconut, green chillies, ginger and lemon juice; and *kachche pohe*, raw *pohe* with minimal embellishments of oil, red chili powder, salt and unsauteed onion shreds.
- *Upma* or *sanja* or *upeeth*: This snack is similar to the south Indian *upma*. It is a thick porridge made of semolina perked up with green chillies, onions and other spices.
- *Surali Wadi*: Chick pea flour rolls with a garnishing of coconut, coriander leaves and mustard.
- *Vada pav*: Popular Maharashtrian "Fast food " dish consisting of fried mashed-potato dumpling (vada), eaten sandwiched in a Wheat bun (pav). This is referred to as Indian version of burger and is almost always accompanied with the famous red chutney made from garlic and chillies, and fried green chillies. Vada pav in its entirety is rarely made at home, mainly, because oven cooking at home is not common.
- *Matar-usal- pav* :It is a dish made of green peas in a curry with onions, green chillies and sometimes garlic. Its eaten with a western style leavened bun or *pav*. Another form of Matar usal is made in konkan areas or by brahmans especially in Pune - this has a gravy of coconut, coriander, ginger-garlic and green chilly ground together and then fried into a Phodni. Some water and green peas are added and boiled till the peas are cooked and have absorbed the taste of all the condiments.
- *Misal Pav*:Quintessentially from Kolhapur. This is made from a mix of curried sprouted lentils, topped with *batata-bhaji*, *pohay*, *Chivda*, *farsaan*, raw chopped onions and tomato. Also some times eaten with yogurt. Usually, the misal is served with a Wheat bread bun.
- *Pav bhaji*: This speciality dish from lanes of Mumbai has mashed steamed mixed vegetables (mainly potatoes, peas, tomatoes, onions

and green pepper) cooked in spices and table butter. The vegetable mix is served with soft Wheat bun shallow fried in butter and chopped onion. Sometimes cheese, paneer (cottage cheese) are added.

- *Thalipeeth*: A type of pancake. Usually spicy and is eaten with curd.^[3]
- *Zunka-Bhakar*: A native Maharashtrian chick pea flour recipe eaten with Bhakri (flat bread made either with bajri (Pearl millet) or Jwari (Millet))
- *Sabudana Khichadi*: Sauted sabudana (Pearls of sago palm), a dish commonly eaten on days of religious fasting.
- *Khichdi*: Made up of rice and dal with mustard seeds and onions to add flavor.
- *Bakarwadi*: This spicy fried pastry is eaten as a tea time snack. Especially popular is that from Chitale Bandhu Mithaiwale in Pune.
- *Bhadang*: Spiced puffed rice.
- *Shira* Semolina pudding
- *Chana daliche dheerde*
- [1] Ghavan.
- *Ukad*

Kolhapuri misal and the pandhara rassa are some of the common dishes and popular throughout India

Maharashtrian cuisine like most of the Indian cuisines is laced with lots of fritters. Some of them are

- *Kothimbir vadi*: Coriander (Cilantro) mixed with chick pea flour and Maharashtrian spices. There are plenty of variants of this dishes some deep fried, some stir fried and some steamed.
- "Kobi chya wadya" Cabbage rolls: Shredded cabbage in chick pea flour.
- *Kanda Bhaji*: onion bhaji fritters, one of the more popularly consumed Maharashtrian dish. It commonly sold by Vada pav vendors.
- "Batata bhaji": Deep fried, fine potato slices coated in chick pea flour batter.
- "Mirchi bhaji": Deep fried, chillies. Some people prefer these coated in chick pea flour batter.
- "Alu wadi": Colocasia leaves rolled in chick pea flour, steamed and then stir fried.
- *Mung dal wade*
- Sabudana wada
- *Surana-chi wadi*

- *Methi wade* made with leaves of Fenugreek plant

By regions of Maharashtra:-

The cuisine of Maharashtra is largely influenced by the landscape, the people and the crops grown in various regions. It is not only memorable for its subtle variety and strong flavours, but also because of the legendary hospitality of Maharashtrians. In affluent homes, feasts often start at mid-day and end when the sun turns towards the western horizon.

The people are known for the aesthetic presentation of food, which adds extra allure to the feasts. For instance, in formal meals, it is a practice to sing sacred verses to dedicate the meal to God. The guests sit on floor rugs or red wooden seats and eat from silver or metal thalis and bowls placed on a raised 'chowrang', or a short decorative table. Rangolis or auspicious patterns of coloured powder are drawn around the thali or the chowrang. To avoid mixing flavours, each guest is given a bowl of saffron scented water to dip the fingers in before starting on the next course. There is a specific order of serving of savouries and sweets, curries and rice or rotis, and a person who does not know this is not considered to be well trained in the art of hospitality. Agarbattis spread fragrance everywhere and the host believes the satisfaction of his guests to be his true joy.

Mumbai

Mumbai, the capital of the state of Maharashtra, is a cosmopolitan city and so one can find almost all type of food here. For example, Indian dishes such as Gujarati thali or Udipi Dosa as well as International cuisine such as Chinese. Vada pav and Pav bhaji may be regarded specifically as dishes that originated in Mumbai.

Konkan

The traditional crops of the coastal Konkan region are coconuts, mangoes, cashews, rice and a variety of pulses. The region also grows a great quantity of kokum, a sweet-sour fruit. It is used as the souring agent in curries in place of tamarind or tomatoes. Kokum is also used on its own for making a soup. Fish and seafood is available in Konkan in vast varieties and in abundant supply. All these ingredients find place in the traditional Konkani food. A typical Konkani meal, therefore, will have fish curry served with rice. Those who are lacto-vegetarians will again

have rice as their staple with vegetables and lentils. Popadams prepared from rice flour are also a Konkani specialty.

Southern Maharashtra

This region is rich in sugarcane fields, rice paddies and milk. Well-irrigated farms produce plump, juicy fruit and vegetables throughout the year.

In the winter months, coconut kernels cooked in sugar syrup and eaten with peanuts and fresh chana is a popular dish. Winter also means plenty of milk, and typical milk sweets like basundi, masala milk, shreekhand and kheer. It is a social event in these areas to go to the riverbank for a picnic or row down the river to eat young roasted corn-cobs (hurda) of Indian millet(jwari) with hot garlic/chill chutney. Milk, nuts, rough bhakarlis (flat bread) of jwari (millet), hot meat curries and chilli-spiked snacks are favourite foods here.

Vidarbha

Vidarbha's cuisine is usually spicier than that of the coastal and southern regions. The ingredients commonly used are besan, or chickpea flour, and ground peanuts.

Pune

Home of Marathas, Pune is a historic city. The food of these communities is delicate, sparsely designed and lacto-vegetarian. Puneri misal, thalipeeth, Puri bhaji and Dalimbi usal are regarded inexpensive but tasty and nutritious at the same time. However, since Pune is a large metropolitan city with diverse population, regional food from all parts of India and beyond is available in the city. Bakarwadi is another snack popular in Pune. *Chitale* a brand is famous for its *bhakarwadi* all over Maharashtra.

Kolhapur

Kolhapur is as famous for its spicy mutton curry as it is for the Mahalaxmi temple and the royal palaces. The dish is popularly called 'Matnacha rassa and is served with a white gravy called (Pandhra(**white**) rassa(**gravy**)) which is made from bone stock.^[1] The White gravy dilutes the pungency of the curry. A chilli red gravy for the mutton curry is popular for those who like hot curries. The curries are usually eaten with Chapatis. "Kolhapuri Thecha" is a popular spicy Chutney item made from green chilly, onion, garlic, salt and other

spices. Kolhapuri Misal is popular as a spicy breakfast or convenience dish.

Aurangabad

As a result of the long Islamic Moghul rule in the region, the cuisine of Aurangabad has been highly influenced by the North Indian method of cooking, . Aurangabad's food is much like Moghlai or Hyderabadi food, with its fragrant pulaos and biryanis. Meat cooked in fresh spices and herbs is a speciality, as are the delectable sweets.

Nagpur

The city of Nagpur inherits a glorious history and varied rich cultural influences and has burgeoned in recent times as a gourmet city. There are unusual snacks, curries, pulaos and sweets to pamper avid eaters. The food is generally spicy, with a good amount of ghee, and peanuts, dried copra and dal are often the basis of the flavours. Nagpur is also famous for its spicy non-veg preparations known as Saoji preparations, that are generally made by using clove-pepper paste instead of red chilli powder.

Solapur

The city of Solapur has a mixed culture of Maharashtra, Andhra Pradesh & Karnataka. The most popular dish is Shengachi poli or Groundnut bread, which is sweet bread or poli just like Puran poli. Another popular item to accompany many dishes is peanut chutney or spicey mixture of crushed peanuts, red chili powder salt, and other spices. Solapur being one of the biggest cultivators of Jowar in India, one can enjoy crisp Jowar bread. Solapur is also famous for its "Khara Mutton" (Mutton Achar) or salty goat curry.

MUGHAL CUISINE / MUGHLAI CUISINE.

INTRODUCTION: The most popular & refined of all regional styles of cooking is the cooking of north India, which is called mughlai food. Mughal cooking is known for its delicate flavouring & super silky sauces. Ingredients such as curd, cream, fruits & nut butters are often incorporated into the food to improve the quality of the sauce. The dishes are generally flavoured with mild but highly fragrance spices such as cardamom, cinnamon, clove, star anise, mace, nutmeg, bay leaf etc. there is also an extensive use of saffron in pulaos & biriyanis.

MUGHAL ROYAL BANQUET –

To the court of the nawab had in its menu mostly on aromatic basmati rice. Pulao cooked with spices, vegetables, fruits & nuts. Mutton or lamb preparation e.g. mutton do pyaza i.e. brown gravy with lots of onions. Poultry items cooked in tomato, cream & butter gravy. Samosas, kebabs, salads are served as snack items. The accompaniments are saffron rice, pulao & various kinds of breads like rumali roti, tandoori roti, laccha paratha, kulcha etc.

THE UNIQUENESS –

The mughal influences in the cuisine are chicken makhni, rumali roti, zarda pulao (saffron with more spices) & biriyani. Most of the sweets are milk based prepared out of khoa & mawa.

Mughal believes in retaining nutrition in the food at the same time making it more palatable. By this concept DUMPUKHT has developed. The important ingredients are lamb, poultry, cream, butter, spices, milk & dry fruits. The gravies are exotically & delicately spiced. The combination of Hindu & Muslim culture in eating habit has formed the basis of Mughlai cooking tradition.

Name of certain Mughlai cuisine –

- A) Tandoori Murg, Tandoori Pomfret, Tandoori Lobster.
- B) Reshmi Kebab, Shikampuri Kebab, Kastoori Kebab, Malai Seekh Kebab etc.
- C) Paneer Tikka, Chicken Tikka.

- D) Ghost Elaichi, Pasanda (a cardamom flavoured kebab made from picatta of lamb).
- E) Mutton do pyaza.
- F) Subz Gosth (the perfect combination of lamb, turnips & spinach cooked in mustard oil).
- G) Murgh Navrattan Korma (chicken with thick gravy, garnished with nine jewels – pistachio, almonds, cashew nuts, walnut halves, pine nuts, raisins, water melon seeds, melon seeds, sunflower seeds).
- H) Zarda Pulao (a sweet, saffron flavoured pulao served at the end of the meal).
- I) Chicken Makhni (tandori chicken cooked with the makhni gravy).
- J) Rumali Roti (paper thin Indian bread).
- K) Tandori Roti, Naan, Kulcha etc.
- L) Mughlai Biryani.

Punjabi cuisine

Punjabi cuisine constitutes the style of cooking and its associated traditions and practices from the Punjab region of India and Pakistan. It shares several characteristics with the cuisine of Kashmir and other adjacent states. Punjabi cuisine varies within the regions of Punjab as well. The local cuisine is influenced by the agriculture and farming lifestyle that has been prevalent throughout Punjab for centuries. Staple foods of the region are grown locally. Many of the most popular elements of Indian cuisine as it is marketed to non-Indian customers (such as tandoor, naan, pakora, and vegetable dishes with paneer) are derived from Punjab.

Food cooked in the villages Punjab are often cooked in animal fats. While many Punjabi dishes are common in other regions of India and Pakistan, some dishes are exclusive to Punjab, including sarson da saag, Tandoori chicken, Shami kebab, and makki di roti.

Etiquette:-

Every Punjabi household follows certain regional etiquette that is known as *rakh-rikhawand* in the Punjabi language. However, this is not uniform in every region. Camaraderie while hosting events is very important.

In Punjabi *rakh-rikhawand* bringing and sending fresh fruits, sweets and food items as gifts to family members is a common occurrence. Moreover food items are distributed among neighbors as well on special occasions and as a sign to show hospitality. Sharing fruit baskets or crates among family members during the spring season is also considered a part of social etiquette. During the certain fruit seasons friends and family members are invited to feast on fruits. Mango is considered a delicacy and produced widely in Punjab, and mango parties are common during the fruit's harvest season. Also Water Melon and spiced Mooli (Daikon) at food stalls is shared among friends as well.

Major features of *rakh-rikhawand*

- Disapproval of the servitude while cooking or serving food is stressed especially in Pakistani Punjab. This is because the adherents of Islamic faith consider everyone as equal.

- The invited guest or elder person is given a special status.
- Invitations to a meal or tea are generally distributed a few days beforehand.
- It is considered rude to start eating food without asking any others participating in a meal. It is customary to offer food before eating.
- Chewing food with one's mouth open and burping in front of others are considered to be rude.
- In the villages of Punjab Pakistan, an additional common plate is usually placed on the table for any bones left from the consumption of chicken or beef. Placing left overs on the floor or on the table floor is considered a bad etiquette.
- After eating the hosts and all the guests join up to clean up the place of eating. It is not required but usually it is considered a good practice especially in villages of Punjab.
- Discussing regional and internal politics, history, science and technology is common at meals, however but religious discussion is general avoided.

Staple foods:-

Punjab is a major producer of wheat, rice and dairy products. Many varieties of local dairy products are used in Punjabi dishes. Punjab has one of the highest capita usage of dairy products in both Pakistan and India. Roti and paratha, are Punjabi bread-like staples, often used as a utensil for eating food with one's hands. Staple foods are usually sold at food stalls usually known as Dhaba.

Cooking methods:-

Cooking methods vary from region to region but cooking traditional roti, rumali roti and naan requires tawa and tandoor. Pressure

cooking is essential in cooking lentils and meat products. Since roti is similar to tortilla in texture, the same newer mechanical systems originally used to make tortillas are employed to make rotis as well. The traditional name of the stove in the Punjabi language is *chulla*. Outdoor cooking and grilling have many different types of chullas. Traditional houses also have ovens (*wadda chulla* or *band chulla*) that are made from bricks, stones, and in many cases clay. Older communities in Punjab also used earth ovens (*khadda chulla*), but this tradition is dying out now.

Religious influence:-

Punjabi ethnicity is diverse in religious views. The majority includes Muslims, Christians, Sikhs, Hindus and followers of other religions. Based on religious obligations certain restrictions are practiced in cooking as well. Followers of Hinduism don't use animal fats for cooking purposes and they use vegetable oils only. The followers of other religions make use of both animal fats and vegetable oils while cooking. Muslims practice the dietary restrictions of halal which includes the certain way of slaughtering animals and they usually don't add wine for any cooking purposes.

Dairy products:-

Clarified butter, sunflower oil, paneer and butter is mostly used for traditional cooking. Clarified butter most known variant is ghee that is widely used as well. Also in some regions Suet is used for cooking purposes.

Some north Punjab villages have also developed local cheese variants as well. It is known as *dhaag* in some villages of Punjab, but the tradition of making dhaag is dying out.

Food additives and condiments:-

Food additives and condiments are usually added to enhance the flavor of the food. The most common additives are vinegar, monosodium glutamate (sometimes known as Chinese salt) and soy sauce. Food coloring as additive is used in sweet dishes and desserts. For example

in a sweet rice dish, a color known as *zarda* is added. Starch is used as a bulking agent. The typical condiments include black pepper, coriander and cumin. South Asian cuisine has typical condiment mixes as well known as chutneys. Dried maithi leaves are also added to add the tastes as well.

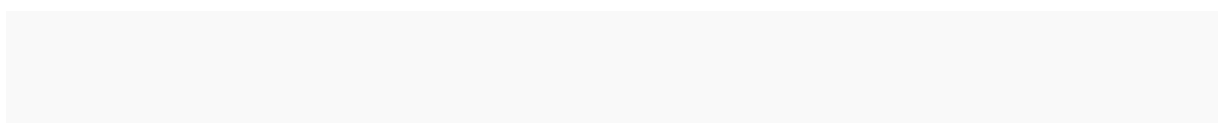
Bread preparations

Breads are of various types and forms. Flat (unleavened) breads as well as raised breads are eaten on a daily basis. Other variants of bread are made on an occasional basis. Raised breads are known as 'Khamiri Roti'. Sunflower and Flax seeds are also added in some breads occasionally. The breads may be made of different types of flour and can be made in various ways:

- Baked in the tandoor like naan, Tandoori roti, Kulcha, or Lachha Paratha
- Dry baked on the Tava (Indian griddle) like Phulka or Chapati, jowar ki roti, baajre ki roti and Makki ki roti (these are also smeared with white butter)
- Shallow fried like Paratha, Keema Paratha, Potato or Radish Paratha
- Deep fried like Puri and Bhatoora (a fermented dough)
- Salt-rising bread: Salt rising bread is a unique bread found only in the Salt Range region of Punjab, Pakistan. Since rock salt is readily available in salt range so many people in the past made use of salt instead of yeast to leaven the bread.
- Papar

Herbs and spices:-

The Indian spices are used in Punjab is historically the part of North Indian region. Most of the spices are mixed with the help of Food processor and other old methods that is known as Ghotna is also used to grind spices as well.



Snacks:-

The South Asian cuisine has a peculiar salty and savory snacks that is known as Chaat. Apart from that other types of snacks are very common and are eaten between the meals. Snacks are very diverse and it spans from biscuits, cakes, pastries etc. Fruits and vegetables are also considered good snacks as well. Chaat masala is especially added to enhance the taste in different varieties of chaat.

Drinks:-

Punjab have diverse beverages as well. Some are derived from animal fats like lassi. Mango lassi, Mango Milkshake, Chaas etc. Others are juices derived from vegetables and fruits. Water Melon shake carrot juice, tamarind juice (Imli ka paani) are famous among fruit juices. Shikanjvi and neembu paani drinks are specifically famous in hot summer season. Jal-jeera is also common as well.

The local regional drinks in Punjab also includes Doodh soda (Milk Soda) and bantay (local soda drink) in Pakistan.

INTRODUCTION AND CULINARY HISTORY

Like the state itself, its inhabitants and their rich culture, Rajasthani cuisine is a splendid array of colorful, spicy and unique dishes. The Rajasthani platter is a gastronomic delight and it is a part of today's urban Indian culture to indulge in Rajasthani food festivals. The food style of this glorious desert state of India has been affected by the natural topography and indigenously available ingredients like most other civilizations of the world. A lack of leafy green vegetables, a pronounced use of lentils, pulses, legumes and the use of milk, curd and buttermilk in place of the water in the gravy marks the essentials of Rajasthani cuisine. Rajasthan Food is an experience to be cherished.

The cuisine of Rajasthan is primarily vegetarian and offers a fabulous variety of mouthwatering dishes. The spice content is quite high in comparison to other Indian cuisines, but the food is absolutely scrumptious. Rajasthanis use ghee for cooking most of the dishes. Rajasthani food is well known for its spicy curries and delicious sweets.

The cooking style followed in Rajasthan is based on the natural climatic conditions of this desert land. There is scarcity of water and fresh green veggies in the state of Rajasthan, which has an adverse impact on its cooking. In the desert belts of Rajasthan, it is preferred to use milk, butter milk and butter in larger quantities to minimize the amount of water while cooking food.

Dried lentils and beans obtained from native plants like sangria are used extensively in the preparation of Rajasthani dishes. Gram flour is the major ingredient in the making of a couple of delicacies such as "pakodi" and "gatte ki sabzi". Powdered lentils are liberally used in the preparation of papad. Rajasthanis are quite fond of chutneys, which are prepared using different spices such as coriander, turmeric, garlic and mint.

Scarcity of fresh herbs and condiments leads to a restricted use of these and a pronounced role of spices that may be used dry and powdered. A preference for flavorings which can be stored for long times in normal weather conditions characterizes the local cuisine. Red chillies of Rajasthan are famous worldwide. These may be used either whole or coarsely powdered. They lend the gravies not only a bright red/orange color but also their fiery, scalding flavor. Other spices commonly used are powdered turmeric (haldi), cumin seeds (jeera), coriander seeds (dhania), fennel seeds or aniseed (saunf), fenugreek seeds (methi dana), nigella seeds (kalonji), carom seeds (ajwain), cloves (laung or loong), garlic, dried ginger (soonth), amchoor (dried mango powder), mustard seeds (rai), kasuri methi (dried coarsely powdered fenreek leaves), asafoetida (hing), cinnamon (dalchini), cardamom (elaichi) etc. These are generally powdered in a heavy iron mortar and pestle just before adding to the food to retain their coarse texture and natural flavor.

Natural and geographical influences:

In the desert belt of Jaisalmer, Barmer and Bikaner of Rajasthan, cooks use a minimum of water and prefer, instead, to use more milk, buttermilk and clarified butter. A distinct feature of the Maheshwari cooking is the use of mango powder, a suitable substitute for tomatoes, scarce in the desert, and asafoetida, to enhance the taste in the absence of garlic and onions. Dried

lentils, beans from indigenous plants like sangri, ker, etc are liberally used. Gram flour is a major ingredient here and is used to make some of the delicacies like khata, gatte ki sabzi, pakodi etc. Powdered lentils are used for mangodi, papad etc. The daily food in Rajasthan typically comprises unleavened bread, made of wheat, barley, millet or maize. Bajra and corn is used all over the state for preparations of rabri, kheechdi and roti. Various chutneys are made from locally available spices like turmeric, coriander, mint and garlic. Perhaps the best known Rajasthani food is the combination of Dal, bati and churma but for the adventurous travelers, willing to experiment, there is a lot of variety available in Rajasthan.

Generally, Rajasthani curries are a brilliant red but they are not as spicy as they look. Most Rajasthani cuisine uses pure ghee (clarified butter) as the medium of cooking. A favourite sweet dish called lassi is prepared with broken wheat (dalia) sautéed in ghee and sweetened. The wealthy can afford to eat meat regularly in Rajasthan, but many abstain for religious reasons. Though the Rajasthani kitchen was able to create much from little, it had also to cater to different communities with their own ritual observances. You can spice up vacations in Rajasthan by trying out the various chutneys that are made from locally available spices like turmeric, coriander, mint and garlic.

Eating Habbits:

<http://indianfood.indianetzone.com/1/rajasthan.htm>

Tamil cuisine

Tamil Nadu is famous for its deep belief that serving food to others is a service to humanity, as is common in many regions of India. The region has a rich cuisine involving both traditional non-vegetarian and vegetarian dishes. It is characterized by the use of rice, legumes and lentils. Its distinct aroma and flavour is achieved by the blending of flavourings and spices including curry leaves, mustard seeds, coriander, ginger, garlic, chili, pepper, cinnamon, cloves, green cardamom, cumin, nutmeg, coconut and rosewater.

Rice and legumes play an significant role in **Tamil cuisine**. Lentils are also consumed extensively, either accompanying rice preparations, or in the form of independent dishes. Vegetables and dairy products are essential accompaniments, and tamarind rather than amchoor is the favoured souring agent. Rice is the chief staple as with the rest of South India.

On special occasions, traditional Tamil dishes are prepared in almost the same way as they were centuries ago—preparations that call for elaborate and leisurely cooking, and served in traditional style and ambience. The traditional way of eating a meal involves being seated on the floor, having the food served on a banana leaf, and using clean fingers of the right hand to transfer the food to the mouth. After the meal, the fingers are washed, and the banana leaf becomes food for cows. A typical Tamilian would eat Idly/Dosai/uthappam etc. for breakfast and rice accompanied by lentil preparations Sambar, Rasam and curd for lunch.

Because of modernization, urbanization, cosmopolitan culture and the break-up of the joint family system, compromises and adaptations are being made. A movement towards a simpler cuisine can be sensed. Urbanization has introduced Western-style seating arrangements at traditional events with tables, chairs, plates and cutlery becoming the norm, and food being served buffet-style.

Regional Cuisine:-

Over a period of time, each geographical area where Tamils have lived has developed its own distinct variant of the common dishes in addition to dishes native to itself. The four divisions of ancient Tamilakam are the primary means of dividing Tamil cuisine.

The Chettinad region comprising Karaikudi and adjoining areas is known for both traditional vegetarian dishes like idiyappam, uthappam, paal paniyaram and non-vegetarian dishes made primarily using chicken. Chettinad cuisine has gained popularity in non-Tamil speaking areas as well.

Madurai, Tirunelveli and the other southern districts of Tamil Nadu are known for non-vegetarian food made of mutton, chicken, fish, Beef and Pork. Parota made with maida or all-purpose flour, and loosely similar to the north Indian wheat flour-based Paratha, is served at food outlets in Tamil Nadu, especially in places like Madurai, Nagercoil, Tirunelveli, Tuticorin, Virudhunagar and the adjoining areas. Parota is not commonly made at home as it is laborious and time consuming. Madurai has its own unique foods such as *asjigarthanda*, *muttaiparotta* (minced parotta and scrambled egg), *paruthipal* (made of cottonseeds), *Karidosai* (dosai with mutton stuffing) & *ennaidosai* (dosai with lots of oil) which are rarely found in other parts of Tamil Nadu.

Nanjilnadu (Kanyakumari district) region is famous for its fish curry since the region is surrounded by the three great water bodies of Asia: (Indian ocean, Arabian Sea and Bay of Bengal). Fish forms an integral part of life. Owing to its unique cultural affinity and the availability of coconut, coconut oil forms a base for almost all the preparations of the region.

The western Kongunadu region has specialities like Santhakai/Sandhavai (a noodle like item of rice), Oputtu (a sweet tasting pizza-like dish that is dry outside with a sweet stuffing), and kola urundai (meatballs), Thengai Paal (sweet hot milk made of jaggery, coconut and cotton seeds), Ulundu Kali (Sweet made out of Jaggery, Gingely Oil and Black Gram), Kachayam (sweet made out of jaggery and rice), Arisimparupu sadam, Ragi puttumavu, Arisi Puttumavu, Vazhaipoo Poriyal, Kambu Paniyaram, Ragi Pakoda, Thengai Barbi, Kadalai Urundai, Ellu Urundai, Pori Urundai. The natural crops of this region forms the main ingredients in this Kongunadu cuisine

Ceylon Tamil cuisine bears similarities to Tamil Nadu cuisine but also has many unique vegetarian and non-vegetarian dishes. It features dishes such as (steamed rice cake) and idiyappam or sevai, (known in other parts of the world as string hoppers).

Eating-out in its capital city Chennai, is a great experience and provides a glimpse of the unique lifestyle of the city. Chennai is known for its

cuisine, brought to the city by people who have migrated from different parts of Tamil Nadu. Chennai has a large collection of restaurants, some of them are unique 'Speciality Restaurants,' which serve 'South Indian Cuisine' with an ambience to match, while most others cater South Indian tiffin and meals, at very reasonable prices.

Meals – Restaurant:-

A meal (called Saapadu) in a restaurant consists of rice with other typical Tamilian dishes on a banana leaf. A typical Tamilian would eat in banana leaf as it gives different flavour and taste to the food. But it can also be served on a stainless steel tray - *plate* with a selection of different dishes in small bowls. Rice is essential to the popular definition of meals. While North Indian thali (meals) consists mainly Indian breads like roti, paratha and naan, Tamil meals (Saapadu) comes mostly with rice.

Paayasam is usually served at the end as a dessert to finish the meal.

Finally a banana, beeda, and a glass of juice or lassi will be offered. One can eat the authentic Tamil dishes in a typical restaurant in Tamil Nadu.

A restaurant in other south Indian states

like Andhra, Kerala and Karnataka and also those in north India have their own versions of meals native to each state.

Though most restaurants use the south Indian cuisine or the name "madras" in the name, there is a marked difference between the cuisines, preparations and ingredients in different regions. An udupi restaurant, andhra restaurant, a kerala or a chettinad restaurant have different preparations and speciality. For example, sambhar from an Udupi restaurant cannot be equated to that from a Tamil Nadu restaurant, though both call themselves south Indian..

Specialities:-

Koozh - Porridge, also called Kanji (rice congee). It is made from cereals.

Kootu - a stew of vegetables or greens, usually made with lentils, and spices which makes for a side dish for a meal consisting of rice, sambhar and rasam.

Aviyal - a stew of vegetables with fresh coconut, and coconut oil which makes for a side dish for a meal consisting of rice, sambhar, rasam and equally for dishes like Adai and Thosai. In hotels its an evening speciality food and advertised as Adai Aviayal

Puttu - Steamed layered, cylindrical cakes made with flour; usually rice flour is used but any miller flour can be used. The flour is sparsely mixed with water and packed into puttu cylinder and steamed. The flour is usually layered with grated coconut.

Kozhukkattai - Steamed dumplings made with rice flour. The fillings are varied: from grated coconut and jaggery to various savoury preparations. Kali and kootu.

Culinary influence from other parts of the world:-

Chennai is a major tourist destination, so it is also popular for cuisines from other parts of the world. While Indian (which includes a diverse range of cuisines from other states of India), Continental (European) cuisine, and Chinese cuisine have been around for a long time, Mexican, Italian, Thai, Korean, Japanese and Mediterranean cuisine, amongst others, have become popular with many restaurants exclusively specialising in these cuisines.
