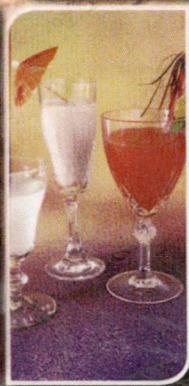
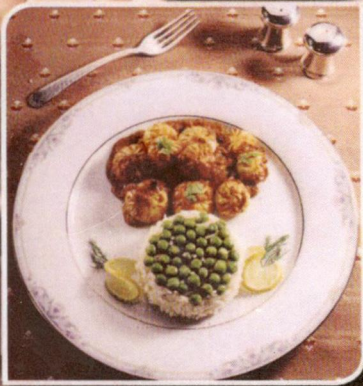


अतुल्य! भारत



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Indian Recipes

Introduction

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Cuisine in India is as varied and diverse as the regions of the country and its people. Each destination has an enviable range of culinary delights which promise a veritable gastronomic experience. The list of dishes is surprisingly endless... pampering equally those having a penchant for the hot and sour tastes as it does the connoisseurs with a sweet palate. The recipes are redolent of the climate of a particular region. So, non spicy food would be usually eaten in tropical areas while the inhabitants of salubrious places normally relish hot and spicy preparations.

The essence of good Indian cooking revolves around the appropriate use of aromatic spices. The skill lies in the subtle blending of a variety of spices to enhance rather than overwhelm the basic flavour of a particular dish. The other main ingredients of Indian cooking and Indian meals are milk products like ghee (used as cooking medium) and curd or dahi. Lentils or dals are also common across the country and regional preferences and availability determine their actual use.

The vegetarian tradition is widespread in India. The Mughal and coastal influence is most evident in the cooking of meats and seafood. Mughlai food, *kababs*, rich *kormas*, *nargisi koftas*, the *biryani*, *roganjosh*, and preparations from the clay oven or

tandoor like *tandoori rotis* and *tandoori* chicken are important contributions made by the old settlers from distant lands.

The food from North India traces its descent to Persian ancestors. The Mughals brought with them Persian and Afghan cooks who started *pilafs* and *biryanis* garnished with silver *vark*, along with spicy *kormas*, *koftas* and *kababs*. Usually, a North Indian meal consists of *roti/parantha/naan* (Indian breads), rice, an assortment of accessories of *dals*, fried vegetables, curries, yoghurt, chutney and pickles. However, on special occasions or when there is company, a four course meal is served. North India is very popular with desserts like *kulfi* (Indian ice-cream), *shahi tukda*, *kheer*, *gulab jamuns*, etc. Each city offers a different but equally inviting cuisine for the gourmet. Varanasi is famous for its bazaar full of *jalebis*, sweetmeats and a variety of *kachoris*. The *pethas* from Agra are popular all over the country. Lucknow offers the most exquisite mix of *nawabi* food.

The ancient princely state of Rajasthan gave rise to a royal cuisine. Even today, Rajasthani princely feasts flaunt delicacies that are incomparable. Their food cooked in pure ghee is famous for its mouth-watering aroma. Rajasthan's tastiest curries are based on the use of pulses or gram-flour. Rajasthan can also boast of a vast array of savouries and sun-dried snacks. The history of modern Kashmiri cuisine can be traced back to the 15th century. The ultimate formal banquet in Kashmir is the royal *Wazwan*. Seven dishes are a must for these occasions... *rista*, *roganjosh*, *tabakmaas*, *daniwal korma*, *aab gosht*, *marchwangan korma* and *gustava*. Kashmiri cuisine is meat based. The abundance of dry fruits also inspire the Kashmiri connoisseur to use them lavishly in puddings, curries and snacks. Cottage cheese or *chaman*, as it is called, is a popular accompaniment to many meats and vegetables.

Punjabis are energetic people with robust appetites. The Punjabi *tandoori* cooking is celebrated as one of the most popular cuisines throughout the world. Huge earthenware ovens are half buried and heated with charcoal fire. Marinated meat, chicken, fish, paneer, rotis and *naans* of many types are cooked in this novel oven. Winter, in Punjab, brings in the season of the famous *makki-ki-roti* and *sarson-ka-saag*.

Goan cuisine is a blend of different influences the goans had to endure during the centuries. The staple food in Goa is fish. Famous for its distinctive cuisine, Goa can boast of delicacies like tangy pork, *vindaloo*, spicy *sorpotel* and the ever popular goan fish curry with rice. Goa's luscious coconut and fish based dishes draw in people from all over the world.

Gujaratis have truly perfected the art of vegetarian cooking. From the simplest lentils and vegetables, they create a mouth-watering variety of food. Gujarat is known as the land of milk and butter. Predictably so, they form part of the Gujarati meal. A Gujarati *thali* meal serves an endless procession of fresh vegetables cooked in aromatic spices, a variety of crisp, fried snacks and an array of delectable confections typically appear in the *thali*.

The southern region is a gourmet's dream. A typical meal would be based on pulses, vegetables and a vast storehouse of spices. The food is cooked with very little fat. The meal is usually served on a fresh green banana leaf. *Idlis*, *dosas* and *vadas* are a few of the dishes that are very popular all over the country. Rice is considered a staple part of South Indian meal which consists of rice and *sambar* (curry). Here again, on special occasions or when there is company, a four-course meal is served.

Eastern India is close to the sea and gets plenty of rain. Hence rice and fish are staple here. Nothing in the east can be complete until the *hilsa* (a variety of fish) has been served and eaten – be it birth, death, marriage or anything else. Fish is almost the mascot of the emotional people of the East and their *Maccher Jhol* (fish curry) is legendary all over India. Curry is not the only thing with which fish is eaten. It is smoked, grilled, fried, made into *pakor*as (patties) stuffed into green coconuts and now into burgers too. The other good thing of the eastern cuisine is their delicate sweets.

Bengal's greatest contribution to the food heritage of India is a magnificent spectrum of sweets made from milk and curd. *Rasogullas*, *gulab jamuns*, *cham cham*, *malai sandwich*, *chhena murgi*, *anarkali*, *rajbhog*, – the list of mouth-watering delicacies is endless.

Mishti dhoi or yoghurt sweetened with jaggery is a must in every Bengali home. Guests are always welcomed with *sandesh* or sweets made from milk and *singadas* or crisp *samosas*. Besides sweets, the Bengalis eat fish with great relish and most of the popular Bengali dishes are made from fish.

The gourmet's journey through India is full of pleasant surprises. A sample is presented here at the food festival to give you a taste of what we have to offer to the discerning palate!

South Indian Lassi

A salted refreshing South Indian yoghurt drink

*

Preparation Time: 10 mins • Serves 4

Ingredients

Yoghurt	400 gms	Citrus leaves	a few
Green chillies	1 tsp	Salt	to taste
Ginger	a little	Mustard seeds	1 tsp
Curry leaves	1 sprig	Water	800 ml
		Oil	1 tsp

Preparation

Beat yoghurt with salt and mix with water to make four glasses of Moru Vellam (south Indian lassi).

To Serve

Heat oil in a pan, add mustard seeds, when the seeds crackle, add finely chopped green chillies, ginger, curry leaves, citrus leaves, add to Moru Vellam. Serve chilled.

Aam Pana

A tangy delicious drink made from raw mangoes

*

Preparation Time: 30 mins • Cooking Time: 1 hr • Serves 4

Ingredients

Raw mangoes	1 kg	Lemon	2 nos
Sugar	250 gm	Rock salt	5 gms
Cumin seeds	15 gms	Salt	to taste
		Mint leaves	5 sprigs
		Water	600 ml

Preparation

Clean and wash the mangoes in running water.

Broil cumin seeds and powder them.

Pound rock salt clean and wash mint leaves, cut lemon into half, remove seeds and extract juice.

Cooking

Roast raw mangoes on charcoal fire directly or even with foil, till cooked. Peel them off and then pass gently through running water without disturbing the pulp.

In an earthenware pitcher/glass jar, take pulp of the cooked mangoes after removing the seed.

Mix with cold water, add sugar, rock salt and roasted cumin seed powder. Mix properly, add lemon juice and salt .

To Serve

Serve chilled in *kullar* (earthenware tumbler) / high ball glass and decorate with mint leaves.

Watermelon Juice

A delightful blend of watermelon with a touch of mint

*

Preparation Time: 30 mins • Serves 4

Ingredients

Watermelons	4.5 kgs
Mint leaves chopped	5 gms

Black rock salt

to taste

Method

Cut the flesh into small chunks and discard the rind.

Remove all the seeds, put in a mixie bowl with mint leaves.

Blend to make a puree.

Pass through a muslin cloth, discard the waste.

Chill in a refrigerator.

To Serve

Pour into glasses and serve.

Bel ka Sharbat

Wood apple squash, a summer time favourite of all

*

Preparation Time: 8-10 hrs • Serves 4

Ingredients

Bel (large)

1 no

Water

1 ltr/ 5 cups

Sugar powder 100 gms / $\frac{1}{2}$ cup

Method

Break open the bel and remove the pulp.

Soak the pulp in water and leave to rest overnight.

Dissolve sugar in the bel water and strain through a muslin cloth.

Chill in a refrigerator.

To Serve

Pour into serving glasses and serve.

Haleem Shorba

Lamb broth laced with wheat milk

*

Preparation Time: 12-14 hrs • Cooking Time: 5 hrs • Serves 4

Ingredients

Lamb bones	1 kg	White butter	50 gms
Wheat	100 gms	Onions chopped	50 gms
Water	2 ltrs	Almond paste	50 gms
Garam masala whole	10 gms	Salt	to taste
Bay leaf (<i>tezpatta</i>)	1 no	White pepper powder	3 gms
Onion pounded	10 gms	Saffron	a few
Garlic chopped	10 gms		

For garnishing

Lamb brunoise, boiled 50 gms

Method

Soak wheat in sufficient water overnight and squeeze out the wheat milk.

Heat water (2 ltrs/10 cups) in a *handi* (pot) add the lamb bones, garam masala, bay leaf, onion, garlic, ginger and allow to cook for about 4-5 hrs on low heat. Remove from heat and strain through a soup strainer.

Melt butter in a pan and saute the onion till slightly browned. Stir in the strained stock, cook for 5-10 minutes.

Add the almond paste and allow to cook for 5 minutes.

Reheat the stock in a *handi*, add saffron and wheat milk. Bring to a boil and remove from heat.

To Serve

Serve hot, garnished with boiled lamb brunoise.

Chicken Bannu Kabab

A delicate kabab of chicken cubes with a hint of fenugreek

*

Preparation Time: 45 mins • Cooking Time: 20 mins • Serves 4

Ingredients

Chicken boneless cubes	900 gms
Salt	10 gms
Dry fenugreek	2 gms
Ginger-garlic paste	30 gms
Green chillies chopped	10 gms

Green coriander chopped	10 gms
Vinegar	5 ml
Oil	70 ml
Gram-flour (<i>besan</i>)	25 gms
Bread crumbs	40 gms
Egg yolk whisked	6 nos

Method

Wash and dry the chicken cubes, add salt, dry fenugreek powder, ginger-garlic paste, green chillies, green coriander along with vinegar to the cubes and mix thoroughly. Refrigerate for 15 minutes.

Heat oil in a pan, add gram-flour and stir-fry till a pleasing smell emanates. Add the chicken cubes and saute on low heat for 3-5 minutes till they are half cooked.

Add bread-crumbs and mix well. Remove and spread on a clean table top. Allow to cool.

Skewer the cubes 2 inches apart and roast in a tandoor till done. Bring the cubes close together and coat with egg yolks.

Roast in the tandoor till the egg yolk coating turns golden brown in colour.

To Serve

Remove from the skewer and serve hot, garnished with onion rings and accompanied with mint chutney.

Tangri Kabab

Chicken drumsticks cooked in a tandoor, coated with eggs and cashewnut mixture

*

Preparation Time: 1 hr • Cooking Time: 15-20 mins • Serves 4

Ingredients

Chicken drumsticks	12 nos	Cream	150 gms
Ginger-garlic paste	20 gms	White pepper powder	2 gms
Salt	4 gms	Garam masala	4 gms
White pepper powder	a pinch	Saffron	a few strands
Vinegar	5 ml	Cashewnuts, finely ground	75 gms
Yoghurt	250 gms	Eggs whisked	4 nos
		Oil	for basting

Method

Wash and clean the chicken drumsticks. Make 4-5 deep vertical incisions. Mix ginger-garlic paste, white pepper powder, salt and vinegar to make a paste. Coat the drumsticks with this paste and rub into slits. Refrigerate for 15 minutes.

Make a second marinade with yoghurt, cream, ginger-garlic paste, white pepper powder, garam masala, salt and saffron.

Marinate the chicken in the prepared marinade and refrigerate for another 15 minutes.

Skewer the drumsticks and roast in a tandoor for 3-5 minutes till half cooked. Remove and hang for 2-3 minutes.

Baste with oil and roast till completely cooked.

Mix together the ground cashewnut and eggs. Coat the drumsticks and roast again till the egg has coagulated.

To Serve

Remove and serve hot.

Nexa Kabab

Marinated chicken legs with a distinctive flavour of green cardamom

*

Preparation Time: 40 mins • Cooking Time: 25 mins • Serves 4

Ingredients

Chicken legs	900 gms	Cream	200 ml
Ginger-garlic paste	80 gms	Vinegar	5 ml
Salt	8 gms	Oil	60 ml
White pepper powder	4 gms	Green coriander chopped	40 gms
Garam masala	4 gms	Green cardamom	4 gms
Dry fenugreek powder	2 gms	Gram-flour	300 gms
		Eggs whisked	4 nos
		Butter	for basting

Preparation

Wash and clean the chicken legs. Remove high bone from the flesh. Take care to see that it is not completely removed.

Prepare a marinade by mixing together ginger-garlic paste, salt, white pepper powder, garam masala, dry fenugreek powder, vinegar, green coriander and green cardamom powder. Marinate the chicken legs in this marinade and keep aside for 20 minutes.

Cooking

Heat oil in a pan, add gram-flour and stir-fry on low heat till a pleasing smell emanates. Remove from heat and transfer to a mixing bowl and allow to cool.

Add 1 egg and blend to make a smooth paste, add cream and mix well.

Add the remaining eggs to the mixture and mix thoroughly.

Coat the chicken legs with this marinade and keep aside for 20 minutes. Skewer the chicken legs once along the bone and once through the thigh flesh. Cook in a tandoor for about 8-10 minutes or till slightly coloured. Remove and let excess liquid drip.

Baste lightly with butter and roast again for 2-3 minutes or till completely done.

To Serve

Remove from skewer onto a serving platter, garnish with lemon wedges, cucumber and tomato dices, onion rings and serve hot.

Aachari Winglets

Tempting pickled chicken winglets

*

Preparation Time: 45 mins • Serves 4

Ingredients

Chicken winglets	12 nos
Chicken mince	150 gms
Garam masala	2 gms
Coriander leaves	5 gms
Ginger paste	5 gms
Salt	to taste
Garlic paste	5 gms

Red chilli powder	3 gms
Mixed pickle mixture	40 gms
Refined oil	to fry

For batter

Corn flour	40 gms
Saffron	1 gm
Water	100 ml

Preparation

Scrap the flesh from the bone of the winglets, taking care to leave a little towards the end.

Mix chicken mince, garam masala, chopped coriander leaves, ginger-garlic paste, red chilli powder and salt.

Make a batter of cornflour, saffron and water, keep aside.

Cooking

Stuff the mixture into chicken winglets flesh. Dip in batter and fry in hot oil till golden brown.

To Serve

Coat with mixed pickle mixture and serve hot on a bed of onion rings.

Jhinga Malai Cream

Subtly spiced prawns laced with cream

*

Preparation Time: 30 mins • Cooking Time: 20 mins • Serves 4

Ingredients

Prawns	1 kg
Coconut	2 nos
Cream	500 ml
Curd	100 gms
Ginger	15 gms
Salt	to taste

Onion	200 gms
Garlic	15 gms
Garam masala	1 tsp
Red chilli powder	3 gms
Oil	50 ml
Curry leaves	2 nos
Cumin seeds	1 tsp
Water	100 ml

Preparation

Shell prawns, devein and wash in water, extract coconut milk, cut and slice onion, make ginger-garlic paste.

Cooking

Heat oil, add cumin seeds, fry till they crackle; now add sliced onions, curry leaves, ginger-garlic paste and fry till golden brown in colour. Add curd, red chilli powder, salt and garam masala, then, add prawns and water. Cook for 5 minutes, adjust seasoning.

To Serve

Turn onto a serving dish laced with a mixture of coconut milk and cream. Sprinkle garam masala on top and serve hot.

Chillah

*

Preparation Time: 25 mins • Cooking Time: 2 mins per chillah • Serves 4

Ingredients

For batter

Gram-flour	300 gms
Cumin seeds	15 gms
Red chilli powder	3 gms
Asafoetida	1.5 gms
Salt	To taste

Refined oil to shallow fry

The topping

Cottage cheese	150 gms
Onions	80 gms
Tomatoes	75 gms
Coriander	12.5 gms
Green chillies	2 nos

Preparation

The Gram-flour: Sift along with salt into a bowl, add cumin seeds and red chillies, mix well.

The Asafoetida: Dissolve in 45 ml of water.

The Batter: Mix the dissolved asafoetida and 540 ml of water with the gram-flour mixture and make a batter of pouring consistency. Divide into 16 equal portions and keep aside.

The Cottage Cheese: Grate, mash or make small dices and divide into 16 portions.

The Vegetables: Peel onions, wash and make small dices. Remove eyes, wash tomatoes, quarter, deseed and make small dices. Clean, and finely chop coriander. Remove stems, wash, slit, deseed and finely chop green chillies. Mix all the ingredients in a bowl and divide into 16 equal portions.

Cooking

Heat just enough clarified butter or refined oil in a small frying pan, spread a portion of the batter to make a pancake with a four inch diameter and shallow-fry over low heat for a few seconds. Then sprinkle a portion each of the cottage cheese and vegetables over the surface of the pancake.

Sprinkle a little oil around the periphery and cook.

Lift the pancake and if perforations are visible, and the chillah is lightly coloured, flip it over.

Sprinkle another small quantity of oil and cook for 45 seconds.

Fold and remove to absorbant paper, to drain off the excess fat. Repeat the process with the remaining portions.

To Serve

Remove to a dish and serve with coriander (60%) – mint (40%) – chutney or *saunth* and accompaniments of your choice.

Tandoori Machhi

Spiced tandoori pomfret

*

Preparation Time: 2 hrs • Cooking Time: 20 mins • Serves 4

Ingredients

Pomfret	4nos	Lemon	1 no
Carom seeds (<i>Ajwain</i>)	15 gms	Garlic	20 gms
Gram-flour	10 gms	Chaat masala	10 gms
Yoghurt	60 gms	Red chilli powder	5 gms
Ginger	20 gms	Egg	1 no
Salt	to taste	Curry leaves	2 nos
Onion	50 gms	Dried fenugreek leaves	5 gms
Tomatoes	30 gms	Vinegar	15 ml
		Cucumber	30 gms
		Mint chutney	80 gms

Preparation

Remove fins, eyes and clean the stomach. Clean with vinegar water. Make ginger-garlic paste. Marinate with yoghurt mixed with gram-flour, egg, red chilli powder, carom seeds, dried fenugreek leaves, salt, ginger-garlic paste.

Cooking

Arrange on skewer. Cook in a hot tandoor till done.

To Serve

Remove from skewer. Sprinkle chaat masala on top. Garnish with onion rings, tomato slices, cucumber slices, lemon wedges. Accompanied with mint chutney.





A variety of Indian breads



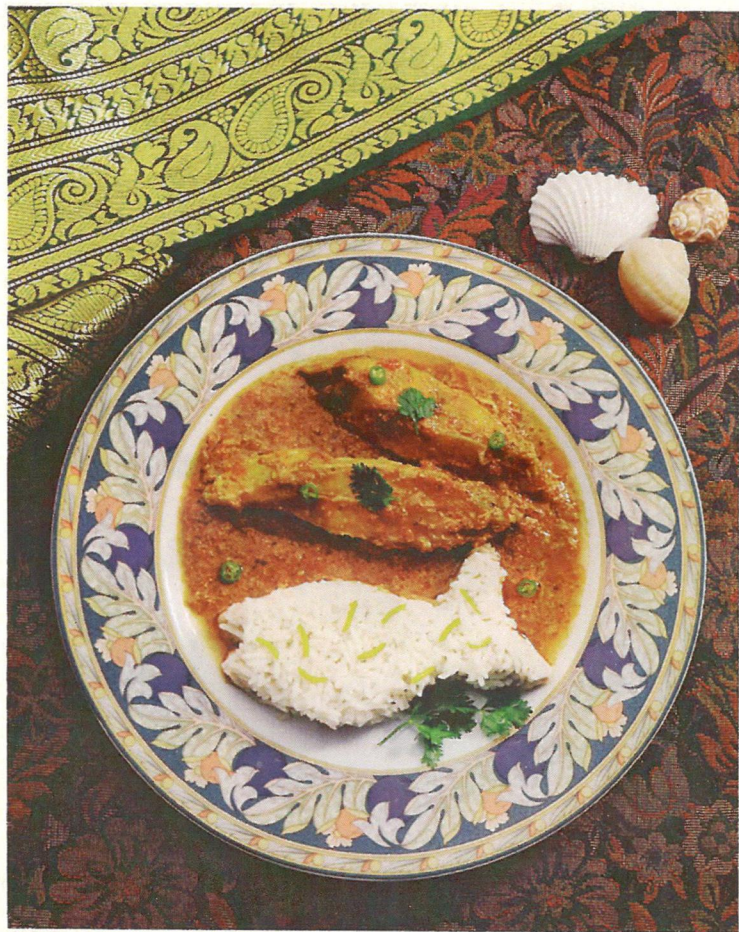
Kulfi Kesar Pista



Watermelon juice • Bel ka sharbat • Coconot shikanji



Rogani Mushrooms



Machher Jhol



Tandoori Pomfret



Tangri Kabab

Maccher Jhol

Mustard flavoured Bengali fish curry

*

Preparation Time: 20 mins • Cooking Time: 40 mins • Serves 4

Ingredients

Pomfret	900 gms
Turmeric powder	5 gms
Salt	10 gms
Fenugreek seeds	2 gms
Cumin seeds	3 gms
Bay leaves	4 nos

Onions, finely chopped	200 gms
Ginger-garlic paste	20 gms
Tomatoes finely chopped	100 gms
Green chillies sliced	10 gms
Red chilli powder	4 gms
Coriander powder	6 gms
Water	500 ml
Green coriander chopped	5 gms

Method

Wash and clean the fish, remove the head and tail and cut into pieces. Apply half of turmeric powder and salt on the fish pieces and keep aside.

Cooking

Heat oil in a pan and shallow-fry the fish on both sides till $\frac{3}{4}$ done. Remove and keep aside. In the same pan, add bay leaves, onion and stir-fry to a golden brown colour on medium heat. Add the ginger-garlic paste, stir-fry for a minute, add tomatoes and cook till the oil separates.

Add green chillies, remaining salt, red chilly powder and coriander powder. Cook on a low heat for 2-3 minutes. Increase heat, add water and bring to a boil. Add fish pieces and simmer.

Cover and cook for 10-15 minutes till the fish is completely cooked and the curry has thickened.

To Serve

Remove from heat onto a serving dish and serve hot, garnished with chopped coriander.

Bhindi Kurkuri

Crunchy okra

*

Preparation Time: 20 mins • Cooking Time: 20 mins • Serves 4

Ingredients

Okra (<i>bhindi</i>)	1 kg	powder	$\frac{1}{2}$ tsp
Salt	to taste	Chaat masala	$\frac{1}{2}$ tsp
Red chilli powder	1 tsp	Gram-flour	3 tbs
Garam masala	1 tsp	Oil	for frying
Dry mango (<i>amchoor</i>)		Ginger julienned	$1\frac{1}{2}$ tsp
		Green chillies slit	2 nos

Preparation

Snip off both ends of each okra, slice length-wise into four slices. Spread all sliced okra on a flat dish and sprinkle evenly with salt, red chilli powder, garam masala, mango powder and chaat masala. Mix well to coat okra evenly. Sprinkle gram-flour over the okra and mix in so they are coated evenly, preferably without adding any water. Divide okra into two portions.

Cooking

Heat oil in a *kadhai* (*wok*) till it is smoking. Fry one portion of the coated okra slices, separating each lightly with a fork. Do not allow slices to stick to each other. Remove from oil when both sides are crispy and brown in colour. Similarly, fry the other portion.

To Serve

Remove to a serving platter and serve hot. Can be garnished with julienned ginger and slit green chillies.

Kele ke Kabab

Aromatic and spicy real banana kababs

*

Preparation Time: 45 mins • Cooking Time: 10 mins • Serves 4

Ingredients

Raw bananas	8 nos
Onions	100 gms
Ginger	10 gms
Coriander leaves	10 gms
Garam masala	5 gms

Green chilli	10 gms
Salt	to taste
Bread crumbs	100 gms
Oil	50 ml
Roasted Bengal gram (without skin)	50 gms

Preparation

Boil raw bananas and potatoes. Peel and mash them. Chop ginger, coriander leaves, green chillies and onions. Broil the Bengal gram and powder it.

Cooking

To the mashed banana and potato mixture, add onions, green chillies, ginger, coriander, garam masala, bread crumbs, salt and powdered Bengal gram to make a soft dough. Adjust seasoning. Shape into *tikkis*. Heat oil in a heavy bottomed pan and shallow-fry the *tikkis* over medium heat until golden brown and crisp on both sides. Press with a spatula and remove.

To Serve

Arrange *tikkis* on a serving dish and serve with chutney.

Murg Biryani Masaledar

Spicy rice and chicken delicacy, easy to digest

*

Preparation Time: 1 hr • Cooking Time: 45 mins • Serves 4

Ingredients

Basmati rice	200 gms
Chicken	750 gms
Onions	100 gms
Garlic	10 gms
Ginger	10 gms
Salt	to taste
Green chillies	4 nos
Cumin seeds	3 gms
Cloves	5 nos
Chicken stock	250 ml
Fried onions	30 gms
Mint	5 gms

Cardamom green	5 nos
Cardamom black	5 gms
Cinnamon (1 inch)	2 sticks
Red chilli powder	5 gms
Nutmeg powder	1 gm
Aniseed powder	1 gm
Coriander powder	1 gm
Turmeric powder	3 gms
Bay leaf	2 nos
Oil	100 ml
Tomatoes	150 gms
Green coriander	5 gms
Milk	30 ml

Preparation

Pick and wash basmati rice and soak in cold water for half an hour. De-skin, cut chicken into pieces with bone. Make ginger-garlic paste. Slit, deseed and chop green chillies. Chop coriander, tomatoes, mint and onion. De-skin, slice onion and deep fry them in oil. Drain it on an absorbent paper.

Cooking

Heat oil, add the bay leaf, cardamom, cinnamon and cloves. Now, add the cumin seeds and as soon as they start crackling, add the ginger, garlic, red chillies, coriander powder, turmeric, salt and tomatoes. Cook well for 20-25

minutes using a little chicken stock to prevent the masala from sticking at the bottom. When the masala leaves the oil, add the chicken pieces and toss well till the masala evenly coats the chicken. Add the remaining stock and cook the chicken till half done.

Simultaneously boil rice in double the quantity of cold water with some salt and 10 ml of oil. Drain the water when the rice is half cooked. Separate the chicken pieces from the masala and arrange these at the bottom of thick-bottomed pot. Arrange half at the steaming hot rice over this. Sprinkle the nutmeg and aniseed powder on top. Spread the masala over this layer and then the remaining rice. Spread the top of this with the chopped coriander and mint and browned sliced onions. Sprinkle milk on top, put a lid. Seal the edges of the lid using a little flour dough. Put in a hot oven for 20-25 minutes.

To Serve

Remove the lid and serve hot.

Rogani Mushrooms

Mushrooms cooked in a rich onion and tomato curry

*

Preparation Time: 40 mins • Cooking Time: 30 mins • Serves 4

Ingredients

Mushrooms, without stems	
boiled	600 gms
Oil	100 ml
Bay leaves	4 nos
Mace	2 gms
Cloves	4 nos
Green cardamom	4 nos
Black cardamom	4 nos
Cinnamon (1 inch)	2 sticks
Ginger-garlic paste	20 gms

Tomato puree	300 gms
Salt	to taste
Red chilli powder	10 gms
Turmeric powder	5 gms
Coriander powder	10 gms
Brown onion paste	150 gms
Yoghurt whisked	50 gms
Water	100 ml
Garam masala	a pinch
Green coriander chopped	5 gms
Ginger julienned	5 gms
Green chillies slit	5 gms

Cooking

Heat oil in a *handi* (earthen pot), add bay leaves, mace, cloves, green cardamom, black cardamom and cinnamon, saute till they crackle. Stir in the ginger-garlic paste dissolved in a little water and stir-fry till the water dries out. Add tomato puree, salt, red chilli powder, turmeric powder, coriander powder and saute for 2-3 minutes till the oil separates. Add brown onion paste and yoghurt, stir-fry for 2-3 minutes, add mushrooms along with water. Cook on low heat until the curry thickens and the mushrooms are cooked.

To Serve

Remove on to a platter. Serve hot, garnished with garam masala, green coriander, julienned ginger and green chillies.

Dal Makhani

A creamed lentil delicacy

*

Preparation Time: 15 mins • Cooking Time: 3 hrs • Serves 4

Ingredients

Urad dal	120 gms	Salt	to taste
Red kidney beans	30 gms	Tomato puree	120 ml
Ginger paste	20 gms	Red chilli powder	2 gms
Garlic paste	20 gms	White butter	120 gms
		Cream	120 ml
		Water	1 ltr

Preparation

Pick and wash lentils in running water and soak overnight. Drain.

Cooking

Put the drained lentils in a heavy bottomed pot, add salt and water, bring to boil, cover and simmer until the lentils are cooked and two-thirds of the liquid has evaporated. Mash the lentils lightly against the sides with a wooden spoon. Add ginger paste, garlic paste, tomato puree, red chillies and a knob of butter, stir and cook for 45 minutes. Then add cream, stir and cook for 10 minutes. Adjust the seasoning.

To Serve

Remove to a bowl, garnish with the remaining butter and serve with Tandooi Roti.

Chatpati Sabzi Biryani

Assortment of vegetables mixed with rice

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Preparation Time: 1 hr • Cooking Time: 45 mins • Serves 4

Ingredients

Basmati rice	200 gms	Turmeric powder	3 gms
Carrots	50 gms	Cauliflower	50 gms
Green peas (shelled)	30 gms	Potatoes	30 gms
Beans	50 gms	Ginger	10 gms
Onion slices	100 gms	Garlic	10 gms
Green chilli chopped	4 nos	Bay leaf	2 nos
Green coriander leaves	15 gms	Cinnamon (1 inch)	2 sticks
Tomatoes	150 gms	Cardamom green	4 nos
Coriander powder	10 gms	Cloves	4 nos
Red chilli powder	6 gms	Cumin seeds	5 gms
Salt	to taste	Oil	100 ml
		Mint leaves	15 gms
		Lemon	2 nos

Preparation

Wash rice and soak in cold water for an hour. Dice french beans, carrots and potatoes. Break cauliflower into florets. Make ginger and garlic pastes separately. Deseed and chop green chilli, chop coriander, mint leaves and tomatoes.

Cooking

Heat oil in a pan, add cinnamon, cardamom, cloves, bay leaf. Add cumin seeds and when they crackle, add onions. Fry till the onions are golden brown.

Add ginger, garlic, green chillies, tomatoes, coriander powder, chilli powder, salt, turmeric. Fry till the masala is well cooked. Use water to prevent masala from sticking on the pot if required. Add carrots, beans, peas, cauliflower and potatoes and toss these well in masala, cook till half done. Boil the rice. Strain the water and cover vegetables with the rice. Sprinkle chopped coriander, mint and lemon juice on top. Seal the edges and put in hot oven for 20-25 minutes.

To Serve

Remove the lid and serve hot.

Vegetable Tak-A-Tin

A delectable exotic vegetarian preparation

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Preparation Time: 30 mins • Cooking Time: 30 mins • Serves 4

Ingredients

Small brinjal	100 gms
Colocatia	100 gms
Lotus stem	100 gms
Potatoes	100 gms
Green peas	100 gms
Cottage cheese	100 gms
Tomato paste	200 gms
Coriander powder	3 gms

Chaat masala	2 gms
Onions	50 gms
Coriander leaves	10 gms
Green chillies	2 gms
Salt	to taste
Cooking oil	75 ml
Red chilli powder	2 gms
Turmeric powder	2 gms
Garam masala	2 gms
Ginger	10 gms

Preparation

Clean the small brinjal in running water. Peel and cut colocatia in halves. Clean lotus stem, cut diagonally in 1 inch shape. Cut potatoes into cubes and keep in cold water. Cut cottage cheese in cubes and keep. Chop green coriander, green chillies, tomatoes and onions. Finely slice ginger.

Cooking

Fry small brinjal, lotus stem, colocatia and potato. Boil green peas. Sprinkle with salt and chaat masala.

Take a pan. Add oil to it. Add tomato dices and onion to it and cook. Add red chilli powder, coriander powder, turmeric powder, garam masala and make a thick gravy. Add vegetables into gravy and simmer.

To Serve

Serve in hot plate, garnished with green coriander and finely sliced ginger.

Khameeri Roti

Khameeri means leavened, which makes this a rare whole wheat bread. A combination of yoghurt, whole-wheat flour and sugar makes the flour rise and provides it a distinctive flavour

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Preparation Time: 1 hr 20 mins • Cooking Time: 3-4 mins • Serves 8

Ingredients

Whole-wheat flour	500 gms
Salt	to taste
Water	1 ltr

Yoghurt	250 ml
Sugar	10 gms
Flour	to dust

Preparation

Sieve the whole-wheat flour with salt into a flat dish. Make a bay in the sieved whole-wheat flour, pour water and yoghurt in it and start mixing gradually. When fully mixed, knead to make a hard dough, cover with a moist cloth and keep aside for 15 minutes. Knead until the dough is not sticky. Cover and keep in a warm place for 30 minutes, to allow the dough to rise. Divide into 8 portions, make balls, dust with flour, cover and keep aside for 5 minutes.

Cooking

Flatten each ball between the palms to make a round disc (approx 9 inch diameter), place the roti on a cushioned pad, stick inside a moderately hot tandoor and bake for 3-4 minutes.

To Serve

Serve as soon as it is removed from the tandoor.

Naan

*A simple but delicious, unleavened flour bread,
garnished with onion seeds and melon seeds*

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Preparation Time: 2 hrs 30 mins • Cooking Time: 20 mins • Serves 6

Ingredients

Flour	500 gms
Soda bi-carb	1 gm
Salt	to taste
Baking powder	1 tsp
Egg	1 no
Flour	to dust
Sugar	10 gms

Yoghurt	2 tsp
Water	200 ml
Oil	25 ml
Milk	50 ml
Oil	to grease baking tray
Onion seeds	1 tsp
Melon seeds	5 gms
Butter	30 gms

Preparation

Sieve the flour with salt, soda bi-carb and baking powder into a flat dish. Break the egg in a bowl, add sugar, yoghurt and milk. Whisk. Make a bay in the sieved flour, pour water in it and start mixing gradually. When fully mixed, knead to make a dough. Add the egg mixture and incorporate gradually. When fully mixed, knead to make a soft dough, cover with a moist cloth and keep aside for 10 minutes. Then add oil, knead and punch the dough, cover with a moist cloth

and keep aside for 2 hours to allow the dough to rise. Divide into 6 equal portions, make balls and place on a lightly floured surface. Sprinkle onion and melon seeds, flatten the balls slightly, cover and keep aside for 5 minutes. Flatten each ball between the palms to make a round disc and then stretch on one side in the shape of an elongated oval.

Cooking

Place the Naan on a cushioned pad, stick inside a moderately hot tandoor and bake for 3 minutes.

To Serve

Apply butter on Naan as soon as it is removed from the tandoor, and serve immediately.

South Indian Parantha

A flaky parantha

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Preparation Time: 50 mins • Cooking Time: 30 mins • Serves 4

Ingredients

Flour	to dust	Salt	to taste
Soda bi-carb	a pinch	Sugar	10 gms
Milk	150 ml	Butter	100 gms
Groundnut oil	60 ml	Ghee	to shallow fry

Preparation

Sieve the flour with soda bi-carb into a flat dish. Add milk, sugar, salt and oil. Whisk. Make a ball in the sieved flour, pour the milk mixture in it and start mixing gradually. When fully mixed, knead to make a soft dough. Keep aside for 30 minutes.

Divide the dough into 6 equal portions and make balls. Flatten each with hand. Grease the rolling surface with oil. Place the flatten dough and stretch evenly on all sides until it is very thin (approx. 15 inch diameter). Apply melted butter over the entire surface, hold from two ends and gather ensuring there are many folds.

Place the dough on the table. Flatten each ball into round shape of 6 inch diameter. Dust with flour while rolling.

Cooking

Place Parantha on a heated hot plate and half-bake turning over once. Pour melted fat all round and shallow-fry both sides over low heat until golden brown.

To Serve

Remove and serve immediately.

Phirni

A popular dessert, set in sakoras – earthenware bowls – and flavoured with cardamom and saffron

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Preparation Time: 40 mins • Cooking Time: 15 mins • Serves 4

Ingredients

Milk	1 ltr	Saffron	1 gm
Basmati rice	50 gms	Green cardamom powder	1 tsp
Sugar	250 gms	Rose water concentrate	2 drops
		Pistachio	2 tsp
		Almonds	10 gms

Preparation

Pick, wash the rice in running water and soak for 30 minutes. Drain.

Put in a blender, add water and make a fine paste.

Blanch pistachio and almonds; cool, remove the skin and cut into half.

Rinse the *sakoras* in running water and put them in a deep pan full of water. Remove and pat dry.

Cooking

Boil the milk in a deep pan, add rice paste and sugar while stirring with a whisk. Reduce to low heat and cook, stirring with a whisk. Reduce to low heat and cook stirring constantly (to ensure no lumps are formed), until the mixture becomes thick and is reduced to a custard consistency. Add saffron, cardamom and rose water concentrate, stir and remove.

Assembling

Pour equal quantities of phirni in the *sakoras*, garnish with pistachio and almonds and refrigerate until set.

To Serve

Remove *sakoras* from refrigerator and serve cold.

Rabarhi

Sweetened & thickened milk dessert

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Preparation Time: 5 mins • Cooking Time: 2 hrs • Yield: 1/2 kg

Ingredients

		Rose water	5 drops
Milk	2 ltrs		
Sugar	200 gms		

Preparation

Blanch the pistachio, cool, remove the skin and cut into slivers.

Cooking

Put milk in a heavy bottomed pan, bring to a boil, reduce to low heat and stir after every 5 minutes. Until milk is reduced to 600 ml /3 cups and acquires granular consistency. Remove, add sugar and stir. Cool, remove to a silver bowl, garnish with pistachio and refrigerate.

To Serve

Serve chilled.

Kulfi Kesar Pista

A rich ice-cream flavoured in saffron and pistachio

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Preparation Time: 10 mins. plus time taken for Rabarhi and Falooda

Cooking Time: 6 hrs • Serves 4

Ingredients

Rabarhi	500 gms	Green cardamom powder	2 gms
Sugar	200 gms	Milk	2 ltrs
Pistachio	15 gms	Saffron	1 gm
		Falooda for garnishing	
		Rose syrup for topping	

Preparation

Blanch the pistachio, cool, remove the skin and cut into slivers. Dissolve saffron in warm milk. To the Rabarhi add sugar, pistachio, saffron and cardamom while it is still warm and stir until sugar is dissolved. Cool.

Assembling

Put Rabarhi in kulfi moulds or in ice-cream moulds and freeze.

To Serve

Demould, slice into half vertically, garnish with Falooda, top with rose syrup and serve.

Rasmalai

Sweet and soft cottage cheese balls rabarhi – a traditional Bengali sweetmeat

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Preparation Time: 30 mins plus time taken for Rabarhi

Cooking Time: 30 mins • Serves 4

Ingredients

Cow's milk	1.5 ltr
Soured casein	30 ml
Flour	15 gms

Baking powder	1 gm
Sugar	750 gms
Rabarhi (unsweetened)	500 gms
Water	1380 ml
Pistachio	5 gms

Preparation

Boil milk, reduce heat, add soured casein and pour the curdled milk through a muslin cloth to make *Chhenna*. Knead gently to mash any granules. Sieve 10 gms of flour and baking powder together, mix with *Chhenna* and knead to make a dough. Divide into 12 equal portions, make balls and gently flatten between the palms to make 'patties' (approx. 1 inch diameter), ensuring that the surface is smooth. Dissolve the remaining flour in 30 ml of water.

The Rabarhi: Add 150 gms of sugar while it is still warm and stir until dissolved. Cool and refrigerate in the serving bowl. Blanch the pistachio, cool and remove the skin and cut into slivers.

Cooking

Dissolve the remaining sugar in water (approx. 400 ml) and bring to a boil. Add the dissolved flour and when the syrup rises, add the patties and poach over high heat for 10 minutes. This is a tricky operation because under no circumstances should the syrup be allowed to settle down. To maintain the consistency, add water (approx. 180 ml) in a steady trickle. To ascertain whether the rasmalai is cooked, remove one in a spoon and look closely for perforations, akin to those in a sponge, which will appear on the surface for only a second. Fill water (approx. 800 ml) in a separate pan, transfer rasmalai, along with the syrup. Cool, dip in Rabarhi and refrigerate.

To Serve

Remove from the refrigerator, garnish with pistachio and serve cold.


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A close-up photograph of a woven basket filled with various Indian breads. In the foreground, there are several round, golden-brown rotis, some with a textured surface. To the left, there are some white, possibly stuffed, breads. The background is filled with a large bundle of golden wheat stalks. The lighting is warm, highlighting the textures of the bread and the wheat.

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