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## Foreword

During the 1920s and the 30s when Surayya Tyabji was growing up, the Nizam's State of Hyderabad was a very special place. It had a well-knit population of Hindus and Muslims with a coherent culture. Their Urdu had an attractive Telugu lilt: and although the grammar may sometimes have been weak, the vocabulary was rich and wide-ranging. It was well able to hold its own against the "correct" Urdu of North India.

The more visible section of the population was the nobility, which was well educated and possessed manners which were elaborate, gracious and rigidly formal. The nobles were also known for the warmth of their friendship and their hospitality, a hospitality bolstered by a highly evolved cuisine which must have started as an offshoot of the Delhi-Lucknow school but which soon developed its own character. This social polish overlay an airy unconcern about financial matters (indebtedness was considered an unfortunate but normal part of life) and an even more airy attitude to such mundane virtues as a respect for time. The houses, too, had not yet grown out of the medieval style of many rooms and no privacy, though the men's quarters were separate from the women's.

It had taken a long time for any Western ideas to infiltrate, and the mixing of East and West, even at a superficial level, sometimes became an awkward business. For instance, British dignitaries were required to remove

their shoes and keep their top hats on when they entered the Nizam's august presence. It would have been an affront to his Exalted Highness to appear before him bare-head or shod in leather. The real credit for modernisation must go to the several excellent schools set up at this time. The winds of change blew in through their portals, and while new ideas were absorbed and appreciated, the more personal things like dress, manners, and religious beliefs were left untouched. One of the schools which must have played an important part in bringing about social change was the Mahboobia Girls' School, run by two English women. This was where Surayya, her sisters and her several cousins were educated.

Surayya's home was an unusual one. It consisted of three sets of siblings—His, Hers and Ours. Surayya's stepfather Hasan Latif had been a widower with four children; he married Laila, who had lost her husband when her baby daughter Surayya was a few days old; and later they had two more sons. It was a busy and highly disciplined household, an intelligent blend of tradition and modernity. The family assembled every day to hear the Quran read by the father, and the rest of the day was well structured, with dinner on the dot of eight. In fact, the household was punctual to a fault. For Surayya, this turned out to be a good preparation for marriage, for she found that her husband, too, was afflicted with the 'fault' of punctuality.

Was it also unusual that this collection of siblings grew up in perfect amity and affection? One of Surayya's stepbrothers was once asked if he had felt any unfairness in his parents' treatment of the children. He thought for a while, then said: 'When we wanted to ask a favour of our mother, I [a stepson] would be entrusted with the mission. But if our father had to be approached, the best bet was

to send Surayya—for her stepfather was unlikely to refuse her anything.'

Surayya was the artistic and creative one of that group. She was a competent artist, especially good at portraits: she taught drawing at Mahboobia School before her marriage. After marriage, all her skills – whether with the brush, the needle, or in the kitchen – were channeled into the Art of Homemaking. The interest in pure art however broadened into a sophisticated interest in art criticism—one shared with her husband and cultivated during their travels and postings in different parts of the world. This interest was not confined merely to the higher reaches of Art. Aestheticism permeated every part of her home, and her possessions including her clothes and jewellery. I used to think her the best-dressed woman I knew. Her tastefully chosen clothes managed to so successfully overcome the 'handicap' of her height (she was 4ft 9 inches) that next to her dainty figure other women were left feeling oversized and clumsy.

Considering the amount of entertaining which was demanded of her as the wife of an ambassador, it was natural that her knowledge of food and cooking should turn into an expertise; also natural that it should be the dishes of her home state of Hyderabad which should have pride of place in her repertoire.

Surayya always took a great deal of trouble to present her food beautifully. Her china, glass, silver and table linen, collected in different parts of the world, made her table a feast for the eyes as well as the palate. The meal always ended with a silver paan daan being brought in, complete with silver accessories. The hostess then sat on a low seat, and prepared a paan for each guest. The paan too was good looking, smooth and soft; again, a treat for the eyes and the palate as well as a welcome digestive.

*Mirch Masala*, a collection of Surayya Tyabji's recipes was first published several years ago, was reprinted many times, and is now being reissued. It brings back memories of Surayya's exquisite cooking and elegant table—but most of all, of Surayya herself—a loved cousin and a dear friend.

Bangalore

Laeq Futehally



## Preface

Why did I agree to write a book on Indian cookery? It was perhaps an unconscious response to quite an unexpected challenge; I never thought that I would be asked to write such a book, and so when I was, I was caught off-balance and fell for it.

Ever since I was a little girl, I have loved cooking though not always from recipes. My inclination has been for concocting my own messes out of unusual and sometimes even seemingly inedible ingredients. Cooking rice and chapati and such regulars of a meal seemed such a bore, apart from their apparently containing mysterious secrets which it was best to leave to professional hands to solve. It was only many years later, in Germany, that I cooked rice and chapati myself for the first time and discovered how simple it all was. My daughter, on the other hand, disliked the very idea of cooking till she started living on her own. Then she found that cooking was fun and is now quite adept at it.

I think that my own interest in cooking started because of Taty, a much-loved old domestic worker in my grandmother's household. He had a room of his own with a small patch of vegetable garden attached to it. He was a vegetarian (though he did not despise shrimps) he did not eat with the others, but cooked his own food which we occasionally raided. An early recipe in my collection, Jhinga Tabzi (p. 50), is his.

their hostess' offerings even when they find them a trial. One also knows from such an otherwise good friend of India as Ambassador John Kenneth Galbraith, how much he disliked Indian food. Nevertheless, I believe that Indian food—if cooked properly and served with the same attention to appearance that French dishes, or even better, Japanese, are given—is second to none in its appeal to a gourmet's palate. Unfortunately, Indian food is rarely well served. We are inclined to sacrifice form and rely exclusively on substance and quantity. Perhaps this is due to the fact that we have always been too hungry to mind any shortcomings except of taste and quantity; or has it been due to the poor development of our ceramic industry; or to some of our social customs?

Whatever it is, we must break out of it now. In these more sophisticated days with such facilities available for acquiring cooking implements and accessories, there is absolutely no excuse for us to lag behind in this regard. To put Indian cooking on the international map, its form should match its substance. But just as for flower arrangements I do not believe in following any fixed Ikebana style, no matter how eminent its master may be, I do not recommend any particular way for serving dishes. The more variety and originality shown in the ways of serving food, the better. Every hostess should strive to express her own personality in the way in which she offers food to her guests. What is important is that she should give thought to it, and realise how much her guests will judge her not only by her food, but by the manner in which she does serves it.



## General notes for beginners

### 1. Preparation of spices

- a. *Dry spices*: Coriander, sesame, cumin and poppy seeds and red chilli are generally roasted and then powdered.
- b. *Ginger and garlic paste*: This is prepared by removing the skin from these and grinding them to a fine paste together or separately. Water should not be used while grinding.

Dehydrated flakes of ginger and garlic paste may also be made. Drop teaspoons of the paste on a clean piece of cloth and leave in the sun. When dry, bottle and preserve. When required soak these flakes in a little warm water. Each flake will be the equivalent of a teaspoonful of fresh paste.

- c. *Papaya paste*: This is used to tenderise meat. Grind a piece of raw green papaya to a fine paste and use as directed. Sometimes ground papaya flowers are used instead of the fruit. Other tenderisers are baking soda and powdered betel nut.
- d. *Garam masala*: Unless otherwise mentioned, the garam masala used in these recipes consists of the following:

2 tbsp	cumin seeds	} finely powdered and stored in an airtight jar till required
1 tbsp	peppercorns	
16	cloves	
4	cardamom pods	

- e. *Tamarind puree and water*: For the puree or pulp, take a walnut-sized lump of tamarind, soak it in a cup of cold water for a few minutes, squeeze and strain. For tamarind water, use two cups of water.
- f. *Coconut milk*: This is used to impart a mild creamy taste to curries. Grate one fresh coconut, soak in a cup of hot water and extract all the juice. Strain and use. Normally two extracts are made, the second being thinner. The second extract should be used first while cooking and when it comes to boil, the first, thicker extract should be added.
- g. *Curd*: Cool boiling milk till it is lukewarm. Smear the inside of a bowl generously with curd or butter milk left over from the previous day. Pour in the warm milk. Cover and leave to set in a warm place. On a warm day the curd should set in about five hours. Curd is best set in an earthenware dish. By adding more curd when setting, you get a more sour product.
- h. *Sugar syrup*: Boil equal quantities of sugar and water together till it reaches a syrupy consistency. Cook longer for a heavy syrup.

## 2. Some hints for cooking

- a. *Rice*: Rice should be cleaned and washed thoroughly and soaked for a while before cooking. Cook in double the quantity of salted water.
- b. *Lentils*: Cook lentils (dal) in a little over double the quantity of warm water. Before cooking, soak it in warm water for about an hour. Cooking lentils is made easier if just enough water for cooking is used first, and more is added later (i.e. after mashing) to bring about the desired consistency.
- c. *Fish*: To take the unpleasant smell off fish, rub it with a little mustard oil or gram flour before washing.

Care must be taken while cooking, not to break the flesh. Fish is best either steamed or simmered. Avoid boiling it.

- d. *Lamb's trotters*: If these are bought unprepared, scorch them over hot ashes or scald them in boiling water to remove hair and skin. Rub with a little gram flour and wash.
  - e. *Fowl*: Scald fowl in boiling water to remove feathers easily. This may seem an obvious thing to experienced cooks, but I remember spending hours cleaning partridges once.
  - f. *Hard-boiled eggs*: Bring water to boil, put in the eggs and boil for 8 minutes. Take them out, crack their shells and put them into cold water. This will make it easy to remove the shell without damaging the egg.
  - g. When you are frying powdered spices or ginger and garlic pastes, reduce the heat and let the oil cool down a bit before adding the spices. This gives a better colour and also helps retain the flavour. This is especially advisable in the preparation of pickles (achaars).
  - h. As people's taste varies with respect to salt, I have used less rather than more in these recipes as this is easier to rectify. If a curry becomes too salty, however, put a piece of bread in the gravy, cook for a few minutes and then remove the bread.
  - i. I have cut down greatly in the quantity of chilli powder in these recipes. True Hyderabadis, for instance, may want to double the quantity.
3. Measures
- a. 1 kg of mutton serves about 8-10 persons
  - 1 kg of rice serves about 12-16 persons
  - 1 kg of lentils serves about 20-30 persons

- 1 kg of vegetables serves about 8-10 persons  
 1 fair-sized chicken serves about 5-6 persons  
 1 kg of fish serves about 8-10 persons
- b. If smaller quantities are being cooked allow  
 mutton 100-125 g per person for curries; more  
 for solid meat dishes.  
 rice 2 heaped tbsp per person  
 lentils 1 heaped tbsp per person  
 vegetables 50 g  
 plus a little extra for the pot.
- c. Most of the recipes given in the following pages are  
 for 3 to 4 persons but some are for more.
- d. 1 cup of rice = 8 heaped tbsps = 250 g  
 1 cup of water = 1/5 l  
 1 cup of flour (heaped) = 50 g



### Menus: A few suggestions

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Machchli Mussallam or Machchli Kabab (pp. 53 or 51)  
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Badam ki kheer or Sheer khorma (pp. 58 or 65)



### Baghara chaval

1 cup rice  
1 small onion (sliced)  
 $\frac{1}{2}$  tsp ginger paste  
 $\frac{1}{4}$  tsp garlic paste  
 $\frac{1}{2}$  tsp cumin seeds  
1 cardamom pod  
1-2 cloves  
 $\frac{1}{2}$  tsp salt  
1 tbsp ghee  
2 cups hot water

1. Wash and soak the rice.
2. Heat ghee. Fry the sliced onion. Add ginger and garlic pastes and brown.
3. Add dried condiments and drained rice. Stir for five minutes.
4. Add hot water and salt and bring to a boil. Cover and cook for about fifteen minutes.

### Hare channe ki kabooli

1 cup rice  
 $\frac{1}{2}$  cup tender green gram  
2 tbsp ghee  
1 onion (sliced)  
1 tsp ginger paste

½ tsp garlic paste  
 1 tsp onion paste  
 1-2 green chillies (finely chopped)  
 a few coriander leaves (finely chopped)  
 a few mint leaves (finely chopped)  
 ½ tsp salt  
 2 cups water  
 ⅛ tsp caraway seeds  
 1 clove  
 1 cardamom pod  
 a pinch of saffron  
 1 tbsp curd  
 a little lemon juice  
 2 tbsp coconut milk

1. Wash and soak the rice.
2. Boil gram, drain and set aside.
3. Fry the sliced onion in ghee. Set aside half.
4. To the rest, add ginger, garlic, onion paste, green chillies, coriander and mint leaves and brown.
5. Add the boiled gram and stir for a few minutes. Add salt and remove from fire.
6. Put another pan on the fire with water, caraway seeds, cloves and cardamom. Bring to boil. Add rice and cook. If any water is left after cooking, drain it out completely.
7. Remove half the rice from the pan, put in the gram mixture and cover with remaining rice.
8. Sprinkle saffron and the rest of the fried onions and curd. Pour lemon juice and coconut milk over it. Scoop out a hollow in the centre of the rice.
9. Cover and seal the pan and put in the oven for five to ten minutes at 350°F.

## Khichdi

1 cup rice  
 ¼ cup yellow lentils or green gram  
 1 tbsp ghee\*  
 1 small onion (sliced)  
 ½ tsp ginger paste  
 ¼ tsp garlic paste  
 2½ cups hot water  
 ½ tsp salt

\* more if a richer khichdi is desired

1. Mix the rice and lentils. Wash together and soak.
2. Heat ghee. Fry the sliced onion.
3. Add ginger and garlic pastes and brown.
4. Add rice and lentils and stir. Add hot water and salt.
5. Cook till the rice and lentils are tender and fluffy. Serve hot.

## Khichdi

(with Bengal gram or Egyptian lentils)

*The ingredients for this are the same as the above except that replace yellow lentils or green gram with Bengal gram or Egyptian lentils.*

1. Wash and soak the lentils and rice separately.
2. Heat ghee. Fry the sliced onion.
3. Add ginger and garlic pastes and brown.
4. Add the lentils and water. When half cooked, add rice and salt. (As these lentils take longer to soften, they have to be partly cooked before rice is added.)
5. Use a little extra ghee for this khichdi.
6. Cook until the rice and lentils are tender and fluffy. Serve hot.

## Khushka

1 cup rice  
 ½ tsp salt  
 2½ cups water

1. Wash and soak the rice in cold water.
2. Boil salted water in a pan.
3. Drain rice and add to the boiling water. Cover and cook for about fifteen minutes.
4. The rice should be cooked, not pulpy, but firm.

## Murgh biryani

2 cups fine basmati rice  
 1 kg chicken  
 2 tsp ginger paste  
 1 tsp garlic paste  
 2 tsp salt  
 2 onions (chopped)  
 ¾ cup ghee  
 a few sprigs of mint (finely chopped)  
 ¾ cup curd  
 ¼ tsp saffron  
 1 lemon  
 1 tsp garam masala  
 ½ cup milk  
 4 green chillies (finely chopped)  
 a few coriander leaves (finely chopped)

1. Wash and soak the rice.
2. Cut the chicken into seven or eight pieces. Smear these pieces with ginger and garlic pastes and one teaspoon of salt. Set aside for 2 hours.

3. Heat ghee and fry the onions. Set aside half.
4. To the rest of the onions add chicken and fry, sprinkling a few drops of water and curd occasionally.
5. Moisten half the saffron and add. Take off from the fire.
6. Place another pan with water on the fire. When it begins to boil, add rice and remaining salt and let it cook.
7. When the rice is half-cooked, remove pan from fire and drain out the water.
8. Take the other pan with the chicken, pour curd over it and sprinkle some of the fried onions (leaving some for garnishing), lemon juice, garam masala, chillies, coriander and mint leaves.
9. Cover with the half-cooked rice. Sprinkle the remaining saffron and the milk on top. Cover and seal the pan and bake for fifteen minutes at 350°F.
10. Serve garnished with the remaining fried onions, coriander and mint leaves.

## Teetar biryani

This is cooked in the same way as the above except that the partridge need not be cut into pieces but can be used whole. Some ground almonds can be added to the spices used in cooking the partridge, before putting in the rice.

## Mutton biryani

1 cup fine rice  
 600 g mutton  
 1 tsp papaya paste  
 1 tsp salt

1½ tsp ginger paste  
 1 tsp garlic paste  
 1 onion  
 3 tbsp ghee  
 2 tbsp milk  
 a pinch of saffron  
 3½ cups water  
 ¼ tsp caraway seeds  
 ½ stick cinnamon  
 a pinch of powdered nutmeg  
 1 cardamom (powdered)  
 a little lemon juice  
 2 tbsp curd  
 a few sprigs mint leaves (finely chopped)  
 1 green chilli (finely chopped)

1. Wash and soak the rice.
2. Cut the meat into large pieces. Wash well and drain out the water.
3. Rub the meat with some papaya paste, a little salt and the juice from the ginger and garlic pastes.
4. Cover with a cloth and let it marinate for 5 hours, tilting the dish so that the water drains out of the meat.
5. Slice the onion and fry to a golden brown. Set aside.
6. Cook the rice in boiling water with caraway seeds, cinnamon, the remaining salt and 1 tablespoon of ghee.
7. Remove from fire when half cooked and drain well.
8. Put the meat in another pan after water has drained. Sprinkle the powdered nutmeg and cardamom, half the fried onion, lemon juice and curd over the meat. Mix well.
9. Cover with the half-cooked rice. Sprinkle saffron, the remaining fried onions, ghee, mint leaves and green chilli over it. Pour milk over it. Cover and seal the pan.

10. Put it on a high flame for half an hour. Cook till you hear the ghee sizzling inside.
11. Reduce the flame and cook for at least half an hour more.
12. Mix well and serve.

### Sabzi pulao

1 cup rice  
 2 tbsp ghee  
 ½ onion (sliced)  
 1 tbsp ginger paste  
 1 tsp garlic paste  
 1 small potato (diced)  
 1 tbsp shelled peas  
 1 tbsp carrots (diced)  
 1 tbsp beans (cut into small pieces)  
 ¼ tsp salt  
 2 tbsp curd  
 2 tbsp milk  
 a pinch of saffron  
 1 cardamom pod  
 ½ lemon  
 1 hard-boiled egg  
 nuts for garnishing  
 2 cups water  
 a little spinach (chopped)

1. Wash and soak the rice.
2. Heat ghee, fry the sliced onion.
3. Set aside half for garnish and to the remaining, add ginger and garlic pastes and brown.
4. Add the vegetables and stir well.
5. Cook rice as usual in salted boiling water.

6. Once the rice is done, in another pan, put alternate layers of cooked rice and vegetables.
7. Add curd and milk and sprinkle saffron, cardamom, lemon juice and fried onions over it.
8. Leave on the fire for a few minutes.
9. Serve garnished with slices of hard-boiled egg and nuts.

### Yakhni pulao

1 cup fine rice  
 250 g (or less) mutton with bones, or chicken  
 4-5 peppercorns  
 1/8 tsp cumin seeds  
 1 clove  
 1 cardamom pod  
 2 1/2 cups water  
 3/4 tsp salt

1. Wash and soak the rice.
2. Make a broth of the other ingredients, either in a pressure cooker or in a sealed pan on a slow fire.
3. Strain and keep the meat aside. Bring the broth to boil.
4. Add rice; cover and cook.
5. When the rice is almost done, add meat and put in the oven for five to seven minutes at 380°F.
6. Serve hot.



### Chapati

1 cup heaped wholemeal flour  
 1/2 tsp salt  
 1 tbsp ghee

1. Mix salt and flour together. Add enough water to make a soft dough.
2. Let it stand. Knead the dough after an hour or so.
3. Divide into five or six portions. Make a ball out of each portion, flatten it out and roll.
4. Cook both sides on a hot griddle and brush immediately with a little melted ghee.

### Haleem

1 cup husked wheat  
 2 tbsp split Bengal gram  
 2 tbsp green gram  
 2 tbsp yellow lentil  
 125 g mutton  
 1 onion, sliced  
 1 tsp ginger-garlic paste  
 1 tsp chilli powder  
 1 tsp turmeric powder  
 1 tsp salt  
 1 tsp coriander powder



*a little fried onion*  
*a little lemon juice*

1. In a pan boil about five cups of water.
2. Add the husked wheat, lentils, meat, onion and the spices.
3. Cook on slow fire for a couple of hours till soft.
4. Mash well.
5. Sprinkle fried onion and squeeze lemon juice on it. Serve with Korma (p. 35).

### Khakra

*1 cup refined flour*  
*½ tsp salt*  
*1 tsp sugar*  
*2 tbsp ghee*  
*½ cup water*

1. Sift the dry ingredients together.
2. Rub in the ghee. Add enough water to make a soft dough.
3. Roll out and cut into 2½ inch rounds. Prick all over and bake for about 12 minutes at 375°F.

### Khameeri roti

*1 kg wholemeal flour*  
*50 g yeast*  
*2 tbsp (heaped) ghee*  
*2 tsp salt*

1. Mix all the ingredients together and make a soft dough.
2. Knead well.

3. Break the dough into lime-sized balls.
4. Roll out the balls into rounds. Lay out on a tray and cover with a cloth for about two to three hours.
5. When the dough is well risen either fry them or roast them on a griddle.

### Paratha

*1 cup, heaped (makes about four or five parathas) wholemeal flour*  
*½ tsp salt*  
*1 tbsp ghee*

1. Sift flour and salt together through a coarse sieve.
2. Add water and knead into a dough.
3. Let it stand for half an hour or so.
4. Knead it well and divide into four unequal parts. Take each bit of dough between your fingers and make it into a ball.
5. With finger tips dipped in ghee, flatten or roll it out.
6. Place one on top of the other with ghee in between. Sprinkle flour and roll.
7. Cut into four or five equal parts. Roll each one out.
8. Cook on a hot griddle, pouring a little ghee around the paratha.
9. Parathas can also be made with a filling of cooked and spiced potatoes, lentils, radish, etc.

### Phulka

*1 cup wholemeal flour\**  
*¼ tsp salt*

*\* makes about ten phulkas*

1. Mix flour and salt and make into a dough with some water and let it stand for half an hour or so. It should neither be too stiff nor too soft.
2. Dampen finger tips and knuckles and knead well. Let it stand again for some time.
3. Make lime-sized balls.
4. Roll out into thin rounds.
5. Put on a hot griddle and cook one side first and then the other.
6. Take the phulka off the griddle and cook directly on fire for a few seconds to make it puff out. Serve hot.

### Puri

1 cup wholemeal flour  
 ¼ tsp salt  
 1 tsp ghee  
 ghee or oil for frying

1. Mix flour and salt.
2. Rub in the ghee. Make a soft dough with water. Knead well.
3. Cover and set aside for about an hour. Knead again and roll into small rounds.
4. Put a generous amount of oil or ghee in a deep frying pan. Heat till it smokes.
5. Deep-fry the puris (not too many at a time) to a golden colour.
6. While frying, press the puris down, so that they puff out.

### Roghni roti

1 cup, heaped wholemeal flour  
 ¼ tsp salt  
 1½ tbsp milk or milk and water  
 1 tbsp ghee

1. Mix flour, salt, milk and ghee. Add a little water, if necessary, to make a firm dough.
2. Knead and divide into small portions.
3. Roll them out individually or cut into fancy shapes.
4. Prick all over with a fork.
5. Put a griddle on the stove. When it is smoking hot, spread a teaspoon of ghee on it.
6. Put one roti at a time on the griddle and reduce the flame.
7. Take a wad of clean cloth and press down the roti as it cooks.
8. Turn over and cook the other side in the same manner.



### Aloo bhujia

1 large potatoes (peeled and diced)  
 1 tsp turmeric powder  
 ½ tsp salt  
 1 small onion (finely chopped)  
 1 green chilli (finely chopped)  
 1 cup coriander leaves

juice of  $\frac{1}{2}$  lemon  
 2 tbsp oil  
 2 tsp mustard seeds

1. Boil potatoes with turmeric and salt. Drain and set aside.
2. To the chopped onion add green chilli, coriander leaves and lemon juice. Set aside.
3. Heat oil in a frying pan. Fry mustard seeds in it till they splutter.
4. Pour the hot oil along with mustard seeds, into the cooked potatoes. Add the chopped onion mixture. Mix well.

### Aloo bhurta

4 large potatoes  
 4 spring onions with tender stalks  
 2 green chillies  
 2 tbsp spiced oil (preferably taken from mango pickle)  
 $\frac{3}{4}$  tsp salt  
 juice of 1 lemon

1. Boil potatoes till soft. Peel and mash.
2. Chop spring onions, including the tender part of the shoots, and green chillies.
3. Mix with the mashed potatoes.
4. Fold in the spiced oil and salt. Mix well.
5. Add the lemon juice.

### Baghara baigan

250 g small brinjals  
 1½ tbsp sesame oil or ghee  
 $\frac{1}{2}$  onion (sliced)

$\frac{1}{4}$ small dry coconut	} roast and grind to a paste
1 tsp pickle berry seeds	
1 tsp sesame seeds	
1 tsp poppy seeds	
$\frac{1}{2}$ tsp ginger paste	} grind together
$\frac{1}{4}$ tsp garlic paste	
1 sprig coriander leaves	
1 green chilli	
$\frac{1}{2}$ tsp coriander powder	
$\frac{1}{2}$ tsp chilli powder	
$\frac{1}{2}$ tsp salt	
a few curry leaves	
$\frac{1}{4}$ tsp cumin seeds	
1 tbsp tamarind puree	

1. Make two deep cross cuts into the brinjals leaving the 4 sections held together only by the stem.
2. Mix all the prepared spices together with salt.
3. Stuff the brinjals with the spices.
4. Heat oil in a pan. Fry curry leaves and cumin seeds, till dark brown.
5. Fry the onion and then drop the stuffed brinjals into the pan, as well as any leftover spice mixture. Keep stirring.
6. Take care not to damage the brinjals. When the brinjals get somewhat shrivelled up, add the tamarind puree and cook on a low fire till the oil floats on top.

### Mirchi ka salan

Use capsicum or large green chillies instead of brinjal. Slit the chillies and remove the seeds. Soak in diluted vinegar and salt for an hour. Cook as above replacing brinjals with capsicum or green chillies, and omit the green chilli from the spices.

### Bhindi

250 g okra (cut in 1" pieces)  
 2 tbsp oil  
 ½ tsp cumin seeds  
 1 onion  
 ½ tsp ginger paste  
 ½ tsp garlic  
 ½ tomato (chopped)  
 ¾ tsp salt

1. Heat oil. Fry cumin seeds.
2. Add the remaining ingredients and brown well.
3. Let the okra cook in its own moisture. Do not add any water.

### Gavar

250 g gypsy beans (cleaned and cut into 1" pieces)  
 1 tsp mustard seeds  
 ½ tsp cumin seeds  
 2 onions (sliced)  
 1 tsp garlic paste  
 1 tsp ginger paste  
 2 green chillies  
 2 tbsp sesame oil  
 1 tbsp desiccated coconut (optional)  
 2 sprigs coriander leaves  
 ½ tsp salt

1. Heat oil. Fry mustard and cumin seeds to a rich brown.
2. Add onions, beans, garlic and ginger pastes and salt.
3. Cook on a low flame till tender. Add a little water if necessary.

4. Garnish with chopped green chillies, desiccated coconut and coriander leaves before serving.

*Note:* If the beans are not very tender they may be boiled or steamed previously.

### Gobi

2 cups cabbage (chopped)  
 1 tsp salt  
 2 tbsp vinegar  
 1 tbsp oil  
 2 red chillies  
 1 tbsp mustard seeds

1. Parboil the cabbage in water to which salt and vinegar has been added.
2. Cabbage should become tender but remain crisp.
3. Heat oil in a small frying pan. Fry red chillies and mustard seeds till the seeds splutter.
4. Add quickly to the cooked cabbage and toss.

### Kaddu

500 g green marrow  
 2 green chillies  
 a little chopped onion  
 1 tsp salt  
 2 sprigs coriander leaves  
 juice of 1 lime

1. Remove the skin of the marrow and cut it into neat diamonds about 1½" by ¼" thick.
- Steam the pieces taking care that they become tender, but do not lose their shape.

3. Sprinkle with chopped green chillies, coriander and, if desired, a little chopped onion, salt and lime juice.

### Khatta meetha aam

2-3 green mangoes (peeled and sliced)

¼ tsp onion seeds

½ tsp mustard seeds

1 tsp ginger paste

1 tsp garlic paste

½ tsp chilli powder

¼ tsp turmeric powder

1 tbsp oil

3 tsp sugar

1½ tsp salt

1. Steam the mango slices till fairly soft and set aside.
2. Heat oil in a pan. Fry the onion and mustard seeds till they splutter.
3. Lower the flame and let the oil cool a bit.
4. Add ginger and garlic pastes, chilli and turmeric powder and stir.
5. Add the cooked mango, sugar and salt. Cook till the sugar becomes syrupy.

### Matth

4 cups matth leaves (picked and washed)

½ cup oil

4 red chillies

2 tsp cumin seeds

8 cloves of garlic

4 cups sliced onions

1 tsp salt

1. Heat oil in a large pan. Fry the red chillies, cumin seeds and garlic to a rich brown.
2. Toss the onions and the matth leaves together in a colander.
3. Put the onions and the leaves in a pan. Add salt and cook.
4. Stir often, especially when the moisture is reduced, to see that it does not stick to the pan.
5. When the moisture has evaporated and the oil oozes out, remove from fire.

*Variation:* Spinach can be used instead of matth.

### Tamatar ka kutt

5 medium-sized tomatoes

1 tsp tamarind

½ tsp salt

½ tsp ginger paste

½ tsp garlic paste

½ tsp sesame seeds (optional)

2 tbsp coconut (grated)

1 tsp chilli powder

½ tsp pepper

1 tsp bojwar,\* roasted and powdered

1 tsp cumin seeds, roasted and powdered

*For seasoning:*

1 tsp cumin seeds

3 dried red chillies

1 tbsp oil

\* This is easily available and consists of bay leaves, rose petals, khas sticks, whole coriander seeds and pathar ka phool.

1. Put tomatoes, tamarind, salt and enough water to cover the tomatoes, in a pan. Bring to a boil. Reduce the heat and let this mixture simmer till done.
2. Blend the prepared spices with the cooked tomato mixture and simmer for a few minutes longer.
3. Strain through a piece of clean muslin. Cook till thick and creamy.
4. Heat oil in a frying pan and fry the red chillies and cumin seeds to a rich brown.
5. Pour this immediately on to the tomato mixture and cover quickly.

*Note:* Hard-boiled eggs may be floated either whole or halved.

### Tamatar curry

250 g tomatoes  
 1 onion  
 1 clove  
 1 cardamom pod  
 1 tsp groundnuts (roasted and powdered)  
 1 tsp desiccated coconut (roasted and powdered)  
 2 tsp coriander seeds (roasted and powdered)  
 1 tsp garlic powder  
 ½ tsp ginger paste  
 1 tsp chilli powder  
 ¼ tsp salt  
 ½ cup coconut milk  
 1 tbsp oil

1. Put the tomatoes in a pan and cover with water.
2. Boil till soft and strain.
3. Heat oil in another pan and brown the onion in it. Add clove, cardamom, the prepared spices, ginger and garlic pastes and chilli powder. Cook till the raw smell disappears.

4. Add the strained tomato puree, salt and coconut milk.
5. Let it simmer for a few minutes. Serve hot.



### Akhrot ka raita

½ cup walnuts (shelled)  
 2 cups curd  
 ¼ tsp salt  
 ¼ tsp pepper  
 ½ cup cucumber (optional)  
 1 tbsp onion (chopped)  
 1 green chilli (chopped)  
 2 sprigs coriander leaves (chopped)

1. Blend salt and pepper with curd.
2. Peel and grate the cucumber.
3. Add walnuts, chopped onion and cucumber to the curd.
4. Sprinkle the chopped chilli and coriander leaves on it.

### Baigan aur dahi

1 large brinjals (cut in round slices)  
 ½ tsp chilli powder  
 ½ tsp turmeric powder  
 ½ tsp salt  
 ½ tsp mustard seeds  
 2 red chillies (whole) or  
 1 green chilli (chopped)



½ tsp garlic paste  
 1 tsp cumin seeds (roasted and powdered)  
 2 cups curd  
 2 sprigs coriander leaves (chopped)  
 oil for frying brinjal

1. Mix the chilli powder, turmeric and a little salt, sprinkle over both sides of the brinjal slices.
2. Heat oil in a pan. Fry these slices and then remove from the oil.
3. Fry the mustard seeds and red chillies in the same oil.
4. Blend garlic, cumin seed powder and the rest of the salt with the curd. Beat well.
5. Put this mixture in a bowl and float the fried brinjal slices in it.
6. Pour the fried mustard seeds and red chillies with the oil over the brinjal and curd mixture.

*Variation:* Instead of fried mustard seeds and red chillies you can sprinkle 2 sprigs of chopped coriander leaves and 1 green chilli.

### Dahi bara

250 g unhusked gram (green gram or math)  
 1 tsp salt  
 ½ tsp chilli powder  
 4 cloves (powdered)  
 ½ tsp peppercorns (powdered)  
 1 cardamom pod (powdered)  
 1½ cups curd  
 4 tsp garlic paste  
 ½ tsp cumin seeds (powdered)  
 ½ tsp mint or coriander leaves  
 oil for frying

} garam masala

1. Soak the green gram in water overnight or for at least three hours and then wash well.
2. Grind to a paste.
3. Add a little of the salt, chilli powder and garam masala.
4. Mix well and make into biscuit shapes.
5. Fry these in hot oil. Then soak them in water for about fifteen minutes till they become soft.
6. Blend the rest of the chilli powder, garlic paste, salt and cumin seeds powder with the curd and beat well. Slip the fried and soaked biscuit shapes into the curd mixture.
7. Garnish with mint or coriander leaves.

### Dahi ki karhi

*For bhajias:*

2 tbsp gram flour (sifted)  
 1 green chilli (chopped)  
 1 sprig coriander leaves (chopped)  
 ¼ tsp salt  
 a little curd

*For curry:*

2 cups curd  
 2 tbsp gram flour (sifted)  
 ½ tsp turmeric powder  
 1 onion (fried and ground to a fine paste)  
 1 tsp garlic paste  
 1 tsp ginger paste  
 ½ tsp bojwar  
 2 sprigs coriander leaves  
 2 green chillies  
 ½ tsp salt

a pea-sized lump of papar khar or  
 a pinch of soda bicarbonate  
 1 tsp desiccated coconut (roasted and finely powdered)

For seasoning:

4 tbsp oil  
 2 cloves of garlic  
 a few curry leaves  
 a few cumin seeds  
 1-2 red chillies

1. Add chopped green chillies, coriander leaves and salt to the gram flour.
2. Add a little curd to make a thick creamy batter.
3. Set aside while you prepare the curry.
4. Add the gram flour and all the spices marked for the curry except the desiccated coconut to two cups of curd, and mix well.
5. Add two cups of water and blend well. Strain through a thick cloth.
6. Pour the mixture into a pan and put it on the stove. Stir with a wooden spoon.
7. Cook till the smell of gram flour disappears and then add the powdered coconut.
8. Cook till the mixture begins to stick to the spoon. Take it off the fire but keep warm.
9. Take the batter for the bhajias, add powdered papar khar or a pinch of soda bicarbonate to it and mix well.
10. Heat some oil in a frying pan and fry spoonfuls of batter.
11. These should puff out into little balls. Put the balls into the curry (karhi).
12. For seasoning the curry heat oil in a pan. Fry garlic, curry leaves, cumin seeds and red chillies. Pour over the curry. This is optional, but is in true Hyderabadi style.



## Chakolia

1 cup split Bengal gram  
 2 cups neatly cut pieces of dry chapati  
 1 small onion (sliced)  
 ½ tsp turmeric powder  
 ¼ tsp garlic paste  
 ¼ tsp ginger paste  
 ¼ tsp chilli powder  
 1½ tsp coriander powder  
 3 cups water  
 ½ tsp salt  
 ¼ tsp garam masala  
 a few mint leaves  
 2 tbsp ghee

1. Wash and soak the Bengal gram and pieces of chapati separately for about half an hour.
2. Fry sliced onions. Set a little aside for garnishing.
3. To the rest, add spices and brown well.
4. Drain gram and add three cups of water and salt.
5. Cook till it is tender. Mash well.
6. Add the pieces of chapati to the gram. Stir. Sprinkle garam masala and garnish with the remaining fried onion and mint leaves.
7. Serve with Kima (p. 35) and Kachoomar (p. 71).

## Dal

½ cup green gram or yellow lentils  
 2 sprigs coriander leaves (ground to a paste)  
 ½ tsp green chilli paste  
 ¼ tsp chilli powder  
 ¼ tsp turmeric powder  
 ½ tsp garlic paste  
 ¼ tsp salt  
 ½ tsp ginger paste  
 1 small onion (chopped)  
 1½ cups water  
 1 tbsp oil

1. Wash and soak the lentils in cold water.
2. Boil 1 cup water. Drain the lentils and add to the water.
3. Cook till the lentils become soft. Mash.
4. Heat oil in a pan. Fry the onion and the spices till brown.
5. Pour the cooked lentils into it.
6. Add more water and let it simmer for about ten minutes or so.

## Khatta

½ cup split red gram  
 ½ onion (sliced)  
 ½ tsp salt  
 ¼ tsp chilli powder  
 ½ tsp coriander powder  
 ¼ tsp turmeric powder  
 ½ tsp cumin seed powder  
 ½ tsp garlic paste

2 drumsticks (cut in 2" pieces)  
 ½ cup tamarind water  
 1 tsp (heaped) gram flour  
 1½ cups water  
 1 tbsp oil

1. Boil the red gram. Drain the water from the gram and set aside to serve with plain rice.
2. Heat oil in a pan. Fry the onions. Add spices and fry further.
3. Add the pieces of drumsticks and a little of the water in which the red gram was boiled and cook for about 5 minutes.
4. Add tamarind water and gram flour to the remaining water and add to the cooked vegetable.
5. If the mixture is too thin, add more gram flour.
6. Spread the gram grains on plain rice. Serve the mixture of vegetables with it.

*Variation:* Green marrow or brinjal may be used instead of drumstick.

## Sambar

For making sambar powder:

100 g red chillies  
 50 g coriander seeds  
 25 g split Bengal gram  
 25 g split red gram  
 100 g split black gram  
 5 g cumin seeds  
 5 g fenugreek seeds  
 5 g mustard seeds  
 1 tsp turmeric powder

For sambar:

- 1 cup split red gram
- ½ cup carrot (cut into pieces)
- 1 brinjal (cut into pieces)
- ½ cup beans (cut into pieces)
- 1 cup tamarind water
- 1 tsp salt
- 2-3 tbsp sambar powder

For seasoning:

- 1 tsp oil
- 1 tsp mustard seeds
- a large pinch of asafoetida
- 1 stalk curry leaves (optional)

1. Roast the ingredients for sambar powder individually and powder them.
2. Mix and store in an air-tight jar till required.
3. Boil the red gram till tender.
4. Add the vegetables and cook till they too become soft.
5. Add tamarind water, salt and sambar powder and cook a little longer.
6. Season with mustard seeds, asafoetida and curry leaves.
7. Serve with Idlis (p. 73).

### Sirki

- 2 cups thin lentil (dal) water
- 1½ tsp gram (roasted and powdered)
- ½ tsp cumin seeds
- ¼ tsp pepper
- 1 clove garlic (crushed)
- 2 tbsp tamarind water or
- 1 tbsp vinegar

- 2 tsp onions (finely chopped)
- 2 sprigs coriander leaves (chopped)
- ½ tsp salt
- 1 tbsp lime juice

1. Mix the spices with the roasted and powdered gram.
2. Add the lentil and tamarind water.
3. Add the chopped onions, coriander leaves, salt and lime juice to this mixture.
4. Serve cold in small glasses.
5. The lentil grains can be spread over plain rice and served along with this, or with Reshmi kima (p. 37) or Sookhi curry (p. 40).

### Sookhi dal

- 1 cup split green gram
- 1 onion (sliced)
- ½ tsp chilli powder
- ½ tsp ginger paste
- ½ tsp garlic paste
- ½ tsp salt
- 1 sprig coriander leaves (chopped)
- 1-2 mint leaves (chopped)
- 1 green chilli (chopped)
- 2 tbsp oil
- 1½ cup water

1. Soak the green gram for fifteen minutes.
2. Heat oil. Fry the onion and then the spices till brown. Add the lentils.
3. Fry the mixture well before adding the water and salt.
4. Cook till the gram becomes soft and the water disappears.
5. Garnish with chopped coriander, mint and green chillies.



### Ambada

250 g roselle leaves  
 250 g tender ribs of mutton  
 2 onions, sliced  
 4 tbsp split Bengal gram  
 ¼ tsp turmeric powder  
 ½ tsp green chilli paste  
 ½ tsp ginger paste  
 ½ tsp garlic paste  
 1 tsp salt  
 1 cup water  
 1 tbsp sesame oil or ghee

1. Chop roselle leaves and wash well.
2. Cut meat into small pieces.
3. Fry an onion and the meat (if meat is omitted, fry all the onions here). Add turmeric, pastes of green chilli, ginger and garlic, and salt.
4. Cook till the meat is brown. Add one cup of water and simmer till the meat is tender and dry.
5. Fry the other sliced onion till golden and add to the meat mixture and cook a little longer.
6. Drain the water from the roselle leaves and add to the meat.
7. Cook, stirring all the time till well blended. Leave on a low flame till the leaves become soft.

### Boti kababs

500 g mutton (cut into 1½" squares, ½" thick)  
 1 tsp coriander powder  
 1 tsp roasted gram powder  
 ½ tsp pepper powder  
 ½ tsp cumin seeds powder  
 1 tsp salt  
 2 cloves (crushed)  
 1 cardamom pod (crushed)  
 ½ tsp pickle berry (roasted and powdered)  
 2 tsp ginger paste  
 1 tsp poppy seeds paste  
 ½ cup curd  
 2 tbsp ghee  
 1 onion (sliced)  
 1 lemon (sliced)

1. Wash the meat and drain well.
2. Pound on a clean masala stone.
3. Mix all the spices with curd and rub into the meat.
4. Take large iron skewers and put them through the meat.
5. Broil over an open fire, occasionally brushing with ghee.
6. Serve immediately with onion and lemon slices.

### Chigur

250 g mutton\*  
 ½ cup ghee  
 1 heaped cup tamarind flowers and tender leaves (washed)  
 1 tsp ginger paste  
 1 tsp garlic paste

\* This could be omitted if a vegetarian dish is desired.

- 2 onions (3 if meat is omitted or use whole spring onions)
- 2 green chillies (especially if meat is omitted)
- ½ tsp salt

1. Heat ghee in a pan. Add mutton, ginger and garlic pastes, and chillies. Fry till it turns brown.
2. When the meat is dry and brown add the sliced onions. Cook till the onions are brown. If spring onions are used, chop the stems and use these as well.
3. Add half a cup of warm water and salt and let it simmer (if meat is omitted, a sprinkling of warm water will do).
4. When the water dries up and the meat becomes tender, add the washed tamarind flowers and leaves. Cook, stirring all the time.
5. The leaves darken and become soft when they are cooked.

### Dalcha

- 250 g mutton (with bones)
- ½ onion (sliced)
- ¼ tsp salt
- ½ tsp chilli powder
- ½ tsp garlic paste
- 1 tsp coriander powder
- 1 tsp turmeric powder
- 2 tbsp oil
- 3½ cups water
- 4 tbsp split Bengal gram or whole yellow lentils

1. Fry the sliced onion.
2. Add chopped mutton to the onions along with the spices. Fry.

3. Add one cup of water and cook the meat till tender.
4. Cook the lentils in another pan in two cups of boiling water.
5. When soft, mash and add to the meat mixture.
6. Add half a cup of water and simmer for about ten minutes or so.

### Dum kabab

- 500 g mutton (boneless and cut into steaks)
- ½ tsp ginger paste
- ½ tsp garlic paste
- 1 tsp salt
- 2 onions (sliced, fried and ground to a paste)
- 1 cardamom pod (powdered)
- ½ tsp garam masala
- 2 green chillies (ground to a paste)
- 1 tsp pickle berry paste
- 1 tsp poppy seed paste
- 1 tsp almond paste
- ½ tsp chilli powder
- 2 tbsp curd
- 1 tbsp cream
- ¼ tsp saffron
- 4 mint leaves
- 2 sprigs coriander leaves
- 1 onion (sliced)
- 1 lemon

1. Rub the meat with ginger and garlic pastes and salt. Leave for a few minutes.
2. Add all the other prepared spices, chilli powder, curd, cream and saffron to the meat.



3. Put in a shallow pan in an oven at 375°F.
4. When one side is browned, turn the pieces over and sprinkle with mint and coriander leaves and brown the other side.
5. Serve with sliced onion and lemon.

### Dupiaza

250 g mutton  
 2 onions, sliced  
 ½ tsp ginger paste  
 ½ tsp garlic paste  
 ¼ tsp turmeric powder  
 ½ tsp chilli powder  
 2 tbsp oil or ghee  
 1 cup water  
 1 green mango (peeled and sliced) or  
 1 tomato (chopped) or  
 2-3 tamarind (cut and steamed) or  
 1 tbsp dried mango powder

1. Heat oil or ghee. Fry the onions till golden and set aside.
2. Put the meat and spices in the pan and brown.
3. Add one cup water. Cook till the meat is tender and dry.
4. Add the fried onions and any one of the souring agents (sliced green mango, chopped tomato, tamarind or dried mango powder) and cook.
5. Stir and leave on a slow fire for about ten minutes.

### Kima

250 g minced meat  
 ½ tsp chilli powder  
 ¼ tsp turmeric powder  
 2 green chillies  
 ½ onion (sliced fine)  
 2 sprigs coriander leaves (chopped)  
 ½ tsp salt  
 2 tbsp ghee  
 ½ cup water

1. Wash the minced meat and add the spices and green chillies to it. Set aside.
2. Heat ghee. Fry the sliced onions and add the minced meat to it.
3. Fry till brown, stirring all the time.
4. Add the chopped coriander leaves, salt and stir till the mixture turns dark.
5. Add half a cup of water and cook till dry.

### Korma

250 g mutton (cut into small pieces)  
 ½ onion (sliced)  
 ¼ tsp chilli powder  
 1 tsp coriander powder  
 ½ tsp garlic paste  
 ½ tsp ginger paste  
 ¼ tsp salt  
 1 cup curd  
 ½ onion (fried and ground into a paste)  
 2 tbsp ghee  
 ½ cup water

1. Fry the sliced onions in ghee.
2. Add the spices and brown them, sprinkling a little of the curd occasionally.
3. Add the pieces of meat and brown them too, till dry.
4. Add the remaining curd and a little water.
5. Cover and cook till the meat becomes tender.

### Pasande

500 g mutton, veal or chicken

250 g onion paste

1 tsp ginger paste

1 tsp garlic paste

1 tsp garam masala

1 tsp salt

*ghee for frying*

1. Bone the meat and cut into small pieces.
2. Rub the onion paste and spices into the meat and let it stand for at least half an hour.
3. Heat some ghee in a frying pan.
4. Add the meat mixture and fry till soft and quite dry.
5. Cook the meat till done on a low flame.

### Ran mussallam

1 leg of mutton (about 1½ kg)

½ cup curd

1½ tbsp poppy seed paste

1 tbsp ginger paste

1 tbsp onion paste

4 dried figs made into paste

1 tbsp pickle berry paste

1 tbsp coriander powder

1½ tbsp gram powder

1 tbsp salt

1½ tbsp garam masala

½ cup ghee

1. Drain water from the curd.
2. Blend all the prepared spices with it.
3. Prick the leg of mutton all over with a fork and then coat with the spiced curd.
4. Let it marinate for a couple of hours. Brush with ghee.
5. Put two large skewers through the leg of mutton to balance it over a barbecue.
6. Broil slowly over an open fire that is not too fierce. Brush occasionally with ghee and the leftover curd mixture.
7. Take care that it does not burn but is browned evenly.
8. Alternatively, you can roast the spiced leg in an oven, occasionally coating it with the spiced curd and ghee.

### Reshmi kima

250 g mutton (boneless and cut into small pieces)

½ tsp ginger paste

½ tsp garlic paste

½ tsp salt

1 tsp coriander powder

½ tsp chilli powder

1 cup water

1. Put the pieces of mutton in a pan with ginger and garlic pastes and water.
2. Cook till the meat is soft and dry.

3. Place the meat on a clean masala stone and pound to shreds.
4. Separate the shreds lightly with your fingers and sprinkle with salt, coriander and chilli powder.
5. Heat some ghee. Fry the pounded meat in it.
6. This is good as a breakfast dish served with fried eggs. It can be served with rice and lentils too.

### Seekh kababs

250 g finely minced meat

1 tsp curd

¼ tsp pepper

½ tsp salt

1 tsp coriander powder

1 tsp ginger paste

2 tbsp ghee for brushing

1 onion (sliced)

1. Mix curd and spices together and add to the meat.
2. Press handfuls of this mixture around the skewers.
3. Brush with ghee.
4. Hold them over the fire, turning them round to broil the kababs evenly.
5. Serve with sliced onions or spring onions, if available.

### Shab degh

500 g meat

1 kg sweet potatoes

2 tsp chilli powder

1 tsp turmeric powder

1½ tsp salt

1½ tsp ginger paste

1 tsp garlic paste

½ cup ghee

1 onion (sliced)

2 tsp garam masala

a few sprigs of coriander leaves

4 cups water

1. Peel, cut and prick the sweet potatoes.
2. Heat ghee. Fry the meat with spices.
3. Add sweet potatoes, sliced onion and garam masala and cook till dry.
4. Add coriander leaves and water. Simmer overnight in a closed pan.

### Shami kababs

250 g finely minced meat

4 tsp Bengal gram

½ tsp salt

¼ tsp cumin seeds powdered

¼ tsp garam masala

½ tsp chilli powder

½ tsp ginger paste

1 cup water

1 egg

½ lemon

ghee for frying

1. Put the minced meat, gram and the spices in a pan with water.
2. Cook till the meat becomes soft and there is no water left. Take it off the fire.

3. Beat the egg and add to the meat along with the lemon juice.
4. Grind it all to a fine paste.
5. Make small lime-sized balls. Flatten them.
6. Heat ghee in a frying pan. Fry the kababs on both sides.

### Shikampuri kabab

*Main ingredients as for Shami kababs*

*For stuffing:*

- 2 tbsp cottage cheese (chopped)
- 1 small green chilli
- 2 sprigs coriander leaves
- 2 tsp onions (finely chopped)

1. Chop chilli and coriander leaves and mix with the other ingredients for the kabab stuffing.
2. As in the recipe for Shami kababs, cook and grind the meat mixture to a fine paste.
3. Make slightly large size balls (larger than lime-size). Flatten them out and then turn up the sides a bit.
4. Put a teaspoon of stuffing into each and pull up the sides to cover it.
5. Flatten the kababs slightly. Fry, first on one side and then the other.

### Sookhi curry

- 250 g mutton
- ½ tbsp tomato puree
- 1 clove garlic
- 2 tbsp ghee

- ¼ tsp chilli powder
- ¼ tsp turmeric powder
- ½ tsp coriander powder
- ½ onion (sliced)
- ½ tsp salt
- a little tamarind puree
- 1 cup water
- 4 tbsp bread crumbs

1. Cut the meat into small pieces.
2. Put all the ingredients in a pan except the bread crumbs and tamarind puree.
3. Cook on a low fire.
4. Add salt, tamarind puree and a cup of water and cook till there is very little gravy left.
5. Add the bread crumbs and stir till they become dry and crisp.

### Tikka kababs

- 500 g mutton or beef
- 1 tsp salt
- ¼ tsp chilli powder
- ¼ tsp turmeric powder
- 1 tsp ginger paste
- 1 tsp garlic paste
- ½ cup sour curd
- ghee for cooking
- lemon juice

1. Cut meat into steaks.
2. Blend spices and curd into the steaks.
3. Let the meat marinate in the mixture overnight, or for at least a few hours.

4. Either grill it or brush the pieces with ghee and broil over charcoal.
5. Pour lemon juice over the kababs and serve hot.



### Bheja

2 sheep brains (washed well)  
 ¼ tsp salt  
 ¼ tsp chilli powder  
 ½ tsp green ginger (shredded)  
 1 onion (sliced)  
 ghee for frying

1. Cook the brain in a little water till it is tender and dry.
2. Rub it with salt and chilli powder and strew ginger on it.
3. Heat ghee. Fry the onions in the ghee.
4. Add the brain to it and brown well.

### Kaleji

250 g liver  
 1 tbsp curd  
 ½ tsp salt  
 ½ tsp chilli powder  
 ½ tsp ginger paste  
 ¼ tsp garlic paste  
 ½ onion (sliced)  
 1 cup water

a pinch of caraway seeds  
 1 sprig coriander leaves  
 1 sprig mint leaves  
 2 tbsp ghee

1. Cut the liver into pieces. Wash well and strain.
2. Rub the curd and spices into it.
3. Heat ghee and brown the onion.
4. Add the spiced liver. Cook till the ghee floats to the top.
5. Add a cup of water and cook till dry.
6. Sprinkle with caraway seeds, chopped coriander and mint leaves.
7. Add a little water and let it simmer on a slow fire for a few minutes.

### Paya ka salan or Nihari

Head and trotters of lamb  
 2 onions (sliced)  
 1 tsp turmeric powder  
 2 tsp cumin powder  
 ½ tsp chilli powder  
 2 tsp salt  
 4 cloves  
 4 peppercorns  
 a small piece of ginger (shredded)  
 4 cloves of garlic  
 a few sprigs of coriander leaves  
 ½ cup ghee  
 10 cups water  
 juice of 1 lemon

1. Clean and chop the head and trotters of the lamb.
2. Fry the sliced onions in ghee.

3. Add the turmeric powder first and then the other powdered spices and salt. Brown well.
4. Add the head and trotters to the spices and brown well. Stir till all the water in the meat dries up and there is no smell left.
5. Add cloves, peppercorns, ginger, garlic, coriander leaves and eight cups of water.
6. Let it cook on a slow fire for several hours.\*
7. Squeeze lemon juice into it before serving.

\* It is usually put on the fire at night and eaten in the morning. But it can be cooked easily and quickly in a pressure cooker.

### Shikampuri dumba

12 kg whole lamb (approx.)

2 tbsp coriander seeds  
2 tbsp red chillies  
1 tbsp cumin seeds  
1 tbsp mustard seeds

roasted and powdered finely

a few almonds

a few pistachios

1½ kg onions (sliced and fried)

salt\*

1½ kg small potatoes

1 kg carrots

1 kg sweet potatoes

1 kg beans

½ kg peas

(cleaned and peeled)

12 eggs (hard-boiled)

8 tbsp ginger paste

\* Allow about 1 tbsp of salt for every kg of meat.

4 tbsp garlic paste

4 cups curd

1 tsp saffron

2 tsp garam masala

1½ kg ghee

1. Skin and clean the lamb. Take out the organs and clean the insides thoroughly. Wash well.
2. Brown the spices and nuts individually in ghee and then mix and divide into two parts.
3. Mix one half of the spices and nuts mixture to half the fried onions.
4. Add the cleaned, peeled and diced vegetables, hard-boiled eggs, some salt and the ginger and garlic pastes.
5. Stuff this inside the lamb. Sew up the belly after stuffing.
6. Heat the remaining ghee in a large pan (large enough to accommodate the lamb). Add the remaining fried onions.
7. Add the stuffed lamb and roast.
8. After four or five hours, when the lamb is partly cooked, add curd, saffron and garam masala and the remaining salt. Cook for another hour.
9. Add the remaining half of the browned spices and let it simmer for 10 minutes.

### Zaban

1 sheep tongues

1 tsp ginger paste

1 tsp garlic paste

1 tsp green papaya paste

1 tsp salt

1 tsp pickle berry

1 tsp chilli powder

1 tsp coconut (desiccated)  
 1 tsp poppy seeds  
 ½ cup curd  
 2 onions (sliced)  
 2 sprigs coriander leaves (chopped)  
 2 sprigs mint leaves (chopped)  
 2 sprigs curry leaves (chopped)  
 2 green chillies (chopped)  
 1 cardamom pod  
 ¼ tsp caraway seeds  
 2 cloves  
 ⅛ tsp saffron  
 ½ cup ghee  
 2 cups water

1. Braise the tongues on the fire to remove the skin. Wash well in water to which a few onion slices have been added.
2. Rub with ginger, garlic, papaya pastes and salt. Set aside for an hour.
3. Grind together pickle berry, chilli powder, desiccated coconut and poppy seeds.
4. Blend with curd and add to the meat.
5. Fry the sliced onions. Add the curd and meat mixture and brown.
6. Sprinkle chopped coriander, mint and curry leaves and green chilli.
7. Add two cups of water. Cook till meat is tender.
8. Finally add cardamom powder, caraway seeds, cloves and saffron.
9. Cover and simmer on a slow fire.



### Ande ka chila

4 eggs  
 1 small onion  
 1 green chilli  
 1 sprig coriander leaves  
 ¼ tsp salt  
 ghee for frying

1. Beat the eggs till light and frothy.
2. Chop onion, chilli and coriander.
3. Add to the beaten eggs. Add salt to the mixture. Beat together again.
4. Heat ghee in a frying pan.
5. Spread tablespoons of the mixture in the pan.
6. Fry one side and then the other.

### Ande ka khagina

1 onion (finely chopped)  
 4 eggs  
 1 tsp turmeric powder  
 1 green chilli (chopped)  
 salt to taste  
 2 sprigs coriander (chopped)  
 1 tsp ghee

1. Heat ghee. Fry the onions lightly.

2. Beat the eggs in a bowl.
3. Add spices and the beaten eggs to the onions.
4. Cook slowly, stirring all the time to break any lumps.  
Add salt.
5. Garnish with coriander leaves.

### Ande ki curry

500 g onions (sliced)  
 ½ tsp chilli powder  
 ½ tsp salt  
 1 tsp ginger paste  
 ½ tsp garlic paste  
 2 tbsp tamarind pulp  
 1 cup water  
 2 tbsp ghee  
 4 eggs (hard-boiled)

1. Cook the sliced onions and spices together in ghee till the onions become quite pulpy.
2. Sprinkle a few drops of water and cook a little longer.
3. Add the tamarind pulp and a cup of water.
4. Cook till the gravy thickens and the ghee oozes out.
5. Make small incisions in the hard-boiled eggs or cut them into halves and add to the curry.



### Jhinga curry

250 g cleaned prawns  
 2 cups water  
 1 onion (sliced)  
 1½ tsp ginger paste  
 2 cloves garlic  
 2 tsp coriander powder  
 1 tsp chilli powder  
 ½ tsp turmeric powder  
 1½ tsp gram (roasted)  
 ½ tsp cumin seeds  
 1 tsp almonds  
 2 cloves  
 1 cardamom pod  
 3 tsp poppy seeds  
 a small piece of copra  
 1 coconut  
 2 tbsp tamarind puree  
 2 small green chillies  
 a few sprigs of coriander leaves  
 ½ tsp salt  
 juice of 1 lemon  
 ½ cup ghee

1. Boil prawns in salted water. Set aside.
2. In another pan, heat ghee. Fry the onion to a golden brown.



3. Grind and add all the ingredients except prawns, tamarind, fresh coconut, green chillies, coriander leaves and lemon.
4. Cook, stirring constantly. Sprinkle a little water occasionally.
5. Add prawns with the water in which they were boiled. Stir.
6. Extract coconut milk and add along with tamarind puree.
7. Add whole green chillies, coriander leaves and salt.
8. Cook on a slow fire, stirring occasionally.
9. Squeeze lime juice over the curry before serving.

### Jhinga sabzi

1 cup fresh prawns or  
 ¼ cup or dried prawns  
 2 onions (sliced)  
 ½ cup broad beans (cut into small pieces)  
 ½ cup brinjals (sliced)  
 ½ cup potatoes (diced)  
 1 tsp bojwar  
 1 tsp garam masala of cloves, cinnamon and pepper  
 ½ tsp turmeric powder  
 2 tsp chilli powder  
 1 tsp salt  
 3 tomatoes  
 a few sprigs of coriander leaves  
 2-3 green chillies  
 2-3 tbsp oil

1. Heat oil in a pan. Fry onions till golden brown.
2. Add the vegetables (except tomatoes), prawns and dry spices and stir.

3. Add enough water to cook.
4. Once the water dries up, chop and add the tomatoes, coriander leaves and green chillies.
5. Cook till the moisture dries up and the oil oozes out.

### Machchli kabab

4 fillets of fish  
 ½ tsp salt  
 ½ tsp chilli powder  
 ¼ tsp turmeric powder  
 ½ tsp garlic paste  
 1 tsp coriander powder  
 ½ small onion (fried and ground to a paste)  
 oil or ghee for frying

1. Mix and rub the spices over the fillets.
2. Set aside for a couple of hours in a closed dish.
3. Heat oil in a pan. Fry the fillets.
4. The leftover spices can also be fried and put over the fish or kept for use in vegetable dishes.

### Machchli ki molee

250 g prawns or fish  
 1 clove  
 a small piece of cinnamon  
 1 tsp ginger paste  
 1 tsp garlic paste  
 ¼ tsp turmeric ground to a paste  
 ½ tsp salt  
 2 coconuts (whole) paste

1 tsp poppy seeds (roasted and ground)  
 ½ tsp green chilli paste  
 1 cup coconut milk  
 a few curry leaves  
 a few slices of onion  
 1 tbsp oil

1. Steam or gently cook the fish or prawns with clove and cinnamon. Set aside.
2. Blend the prepared spices with coconut milk.
3. Add to the fish and simmer till the gravy thickens.
4. Heat oil in a separate pan. Fry the curry leaves and onions lightly.
5. Add to the mixture and cover.

### Machchli masala

500 g fillets of fish  
 ½ tsp salt  
 ½ tsp chilli powder  
 ½ tsp turmeric powder  
 1½ tsp coriander powder  
 1 tsp garlic paste  
 1 small onion (fried and ground to a paste)  
 oil or ghee for frying

1. Mix and rub the spices over the fillets.
2. Leave them to marinate for several hours in a closed dish.
3. Shallow-fry the fillets.
4. The leftover spices can also be fried and either put over the fish or kept for use in a vegetable dish.

### Machchli mussallam

1 kg fish (cleaned but not boned)  
 curd\*  
 2 tbsp sweet sesame oil  
 1 tsp salt  
 2 onion (sliced)  
 1 onion (sliced and fried)  
 1½ tsp ginger paste  
 1 tsp garlic paste  
 3 green chillies  
 1 tsp fenugreek seeds  
 oil for cooking  
 1 cup water

\* The curd should cover the fish.

1. Mix the required curd, sesame oil and salt.
2. Marinate the fish for an hour or so in this mixture.
3. In the meantime, grind separately to a fine paste, one of the sliced onions, the fried onion, ginger and garlic pastes and green chillies.
4. Heat oil in a pan. Fry the fenugreek seeds till brown.
5. Add the remaining onion and the prepared masala paste and brown.
6. Add the fish along with the curd and a cup of water.
7. Cover and cook.



### Murgh-e-mussallam

- 1 chicken
- 1½ tsp salt
- ½ tsp pepper
- 1 onion (fried and ground to a paste)
- 3 tsp ginger paste
- 1 cup curd
- 2 onions (sliced)
- 2 tbsp almonds (sliced)
- 2 tbsp raisins
- 2 lemons
- 4 hard-boiled eggs (boiled, peeled and chopped)
- 4 small potatoes (boiled, peeled and chopped)
- 1 cup ghee
- 2 cups water

1. Rub salt and pepper on the chicken and prick all over with a fork.
2. Mix together the onion and ginger pastes.
3. Blend the paste into curd and rub over the chicken. Let it marinate for two or three hours.
4. Brown the sliced onions, almonds and raisins in a little ghee.
5. Squeeze lemon juice over it.
6. Pack this mixture together with the hard-boiled eggs and potatoes inside the chicken. Either tie or sew it up.

7. Heat ghee in a large pan and place the chicken in it. Fry till the masala looks well cooked and oil oozes out.
8. Add two cups of water. Close the lid firmly and cook on a slow fire.

*Note:* Partridge and quail can be cooked in the same way, and served in a nest of fried potatoes and boiled quail's eggs.

### Murgh curry

- 1 chicken
- 1 onion (sliced)
- 1-2 green chillies
- 1 tsp chilli powder
- ½ tsp turmeric powder
- 1½ tsp salt
- 2 tsp poppy seeds
- 2.5 cm piece ginger
- 4 cloves garlic
- 4 tsp coriander seeds (roasted and powdered)
- 1 cup curd
- 1 tomato or
- 2 tbsp tomato puree
- 1 cup milk or coconut milk
- a pinch of saffron
- 1 lemon
- ½ cup ghee

grind together

1. Heat ghee. Fry the sliced onion and chillies.
2. Joint the chicken and add with the rest of the spices and a little salt.
3. Brown well, sprinkling a little curd from time to time. Put in the rest of the salt.
4. Blend in the tomato puree, milk and saffron.

5. Cover and cook till tender.
6. Before serving, squeeze the juice of a lemon over it.

### Murgh seekh par

1 whole chicken (cleaned)  
 2 tsp chilli powder  
 1½ tsp salt  
 2 tsp coriander powder  
 2.5 cm piece ginger  
 4-5 garlic cloves  
 ½ tsp cumin seeds  
 2 tsp onion paste  
 1 tsp garam masala  
 ½ cup curd  
 2 tbsp ghee

1. Make incisions in the flesh of the chicken so that the spices can penetrate it.
2. Grind the spices very fine and mix with the curd.
3. Coat the chicken with this mixture and put some of it inside the chicken as well.
4. Brush ghee over it.
5. Put the chicken on a spit or a large skewer and broil it evenly over an open fire.

### Sookhi murgahi

1 chicken (whole or jointed)  
 1½ tsp salt  
 1 tsp garlic paste  
 2 tsp ginger paste

2.5cm piece cinnamon  
 2-3 cloves  
 2 green chillies  
 2 sprigs of coriander leaves  
 2 eggs  
 2 cups water  
 oil for deep-frying

1. Rub salt, garlic and ginger pastes over the chicken.
2. Put in a covered pan over the fire with cinnamon, cloves and water.
3. Once the water begins to boil add green chillies and coriander.
4. When the water dries up and the chicken is tender, take it off the fire and let it cool.
5. Beat the yolks and whites of the eggs separately and then blend them.
6. Brush the cooked chicken with the beaten eggs and fry to a golden brown.

### Sufeed korma

1 chicken or  
 1 kg mutton (with bones cut into pieces)  
 4 cloves  
 6 peppercorns  
 2 cardamom pods  
 1½ tsp ginger paste  
 1 tsp garlic paste  
 4 green chillies  
 1½ tsp salt  
 ¼ cup ghee

1. Heat ghee and fry the dry spices whole.

2. Add chicken, ginger and garlic pastes, green chillies and salt.
3. Cook slowly till the chicken flesh becomes tender. (No water should be added for cooking).
4. This can be served either hot or cold. Ideal for picnics.



### Badam ki kheer

2 l unskimmed milk  
 2 tbsp rice (finely pounded)  
 1½ cups sugar (or according to taste)  
 1 cup almonds (pounded)  
 1 cup whipped cream  
 2-3 silver leaf

1. Boil the milk well (stirring all the time so that the skin does not form).
2. Add the pounded rice and beaten cream while stirring.
3. When the mixture becomes rich and creamy, add almonds and sugar.
4. Cook a little longer till it thickens.
5. Take off the fire and pour into a dish to set.
6. Decorate with silver leaves.

### Channe ka meetha

½ cup split Bengal gram  
 1 l milk  
 ½ cup ghee

1 cup sugar  
 a few almonds and pistachios (sliced)

1. Wash and soak the gram overnight in about half a litre of milk.
2. In the morning, cook it with the rest of the milk, till the gram becomes soft and the milk thickens.
3. Mash well.
4. Add ghee and brown.
5. Add sugar and brown again.
6. Arrange in a dish. When the mixture cools, garnish with sliced almonds and pistachios.

### Faluda

1 l milk  
 a little gelatine or china grass\*  
 4 tbsp sugar  
 ¼ tsp cardamom powder  
 1 tbsp rose water

For garnishing:

assorted nuts, rose petals and powdered cardamom seeds

\* 3 strands of china grass per cup of milk makes a nice light consistency.

1. Soak the china grass in a little water for about half an hour.
2. Boil the milk till rich and creamy.
3. Add the soaked china grass, and when it dissolves, add sugar, cardamom and rose water.
4. Cook a little longer.
5. Remove from fire and beat till light and frothy or pour it from one saucepan to another till it cools.

6. Pour into a glass dish and set in the refrigerator.
  7. Before serving, garnish with nuts, rose leaves and crushed cardamom seeds.
- If this mixture is put in an ice tray in a freezer, it makes a delicious ice-cream.

### Feerni

1 tbsp fine old rice  
 ½ l milk  
 2 tbsp sugar  
 1 tbsp kewra or rose water  
 silver leaf, rose petals and nuts for garnishing

1. Wash the rice and soak it in water for an hour or so.
2. Drain and pound the rice.
3. Add a little milk to the pounded rice to make a paste.
4. Boil the rest of the milk and add the rice paste to it. Stir continuously so that lumps do not form.
5. When the mixture becomes thick and creamy, add sugar and cook a little longer.
6. Add essence and cover.
7. Take off the fire and stir while it cools.
8. Put into an earthenware dish or in individual dishes and leave to set.
9. Decorate with silver leaf, rose petals and nuts.

### Gajar ka halwa

1 kg carrots  
 1 l milk  
 1 cup sugar  
 rose water for taste  
 ¼ tsp saffron  
 silver leaf and nuts for garnishing  
 coconut (grated) optional  
 ½ cup ghee

1. Grate the carrots after removing the hard centres and the skin.
2. Boil in milk till the milk dries up.
3. Add ghee and brown.
4. Add sugar and cook till reddish brown.
5. Add rose water and saffron.
6. Garnish with sliced almonds, pistachios and raisins. If using coconut, put it in at this time.
7. Cover with silver leaf.

### Gulab jamun

250 g fine semolina  
 125 g dried milk  
 125 g almonds (ground)  
 3 tbsp ghee  
 2-3 eggs  
 ½ cup sugar  
 ¼ cup water  
 oil for frying  
 rose water

1. Fry semolina, dried milk and ground almond separately, with a tablespoon of ghee, each.

2. Beat the whites and yolks of the eggs separately. Blend together.
3. Mix the semolina, dried milk and ground almond together with the eggs.
4. Knead till the dough can be formed into small rolls  $\frac{1}{4}$ " thick and about  $1\frac{1}{2}$ " long.
5. Heat oil. Reduce heat after putting in the rolls. Deep-fry until golden brown.
6. Drain well.
7. Meanwhile, boil sugar and water, together, till it forms into a thick syrup.
8. Flavour with rose water.
9. Drop the hot rolls or gulab jamuns into this syrup and serve.

### Jilebi

1 cup flour  
 $\frac{1}{2}$  cup sugar  
 3 cardamom pods (seeds only)  
 a pinch of saffron  
 $\frac{1}{2}$  cup water  
 ghee for frying  
 a small funnel

1. Mix the flour with enough cold water to make a batter to the consistency of thick cream.
2. Let it stand in a warm place for 24 hours to ferment.
3. Make a thick sugar syrup flavoured with cardamom seeds and saffron. Keep it warm.
4. Heat ghee in a pan.
5. Fill a small ordinary funnel (with your finger over the outlet) with the fermented batter.

6. Hold it over the hot ghee and remove your finger to let the batter run into continuous circles into the ghee.
  7. Deep-fry the jilebis. When crisp, separate them. Put them in the warm sugar syrup.\*
  8. After two to three minutes, remove them from the syrup and drain.
- \* The syrup will soak into the jilebis and keep them crisp.

### Moz ka meetha

6 bananas  
 2 tbsp sugar  
 1 tbsp almonds, walnuts and pistachios (sliced)  
 a little ghee

1. Mash the bananas.
2. Heat a large frying pan. Spread a little ghee in it.
3. Put the mashed bananas in it and fry till brown.
4. Add sugar. Continue frying till it turns brown.
5. Remove from the fire, arrange in a serving dish and scatter the nuts over it.
6. Serve with whipped cream.

### Rasgulla

$\frac{1}{4}$  cups cow's milk  
 $\frac{1}{4}$  tsp lemon juice  
 1 cup sugar  
 $\frac{1}{4}$  cups water for the syrup  
 $\frac{1}{4}$  tsp refined flour

1. Boil the milk. Add lemon juice as it boils.

2. Remove from the stove and leave for a while till the milk curdles completely, leaving a clean whey.
3. Drain the whey and tie the milk-cheese in a cloth bag and suspend it till the rest of the whey drips out. If necessary, the bag can later be kept under a heavy weight to remove the excess whey.
4. Grind the milk-cheese to a coarse paste with the flour.
5. Roll the paste into balls the size of a large marble.
6. Take a wide brass vessel and dissolve the sugar in water. Keep it throughout on a low flame (this is very important).
7. When bubbles start appearing in the syrup drop the milk-cheese balls in carefully and cover the vessel.
8. After an interval of five minutes, turn the balls over and cover again.
9. After every fifteen minutes, remove the lid and swing the vessel in a circular movement and cover again.
10. Repeat this till the balls are soft and spongy and still white.
11. The syrup must not be allowed to thicken to the consistency of honey.

### Shahi tukra or Double roti ka meetha

8 slices of bread  
 1 tbsp almond paste  
 1 cup sugar  
 1 cup water  
 1 l milk  
 a little saffron (ground to a paste)  
 almonds and pistachios for garnishing (sliced)  
 1 cup ghee

1. Cut the slices of bread into neat pieces. Fry them in ghee on a slow fire to a golden colour. Coat them with almond paste.
2. Make a sugar syrup of a single thread consistency and keep it on the flame.
3. Add the fried pieces of bread and keep it on a low flame. Cook till there is no liquid left.
4. Add milk, half a cup at a time, till it is all used up and the mixture is almost but not quite dry.
5. Take it off the flame and add the leftover ghee with saffron and essence.
6. Garnish with almonds and pistachios.

### Sheer khorma

100 g fine vermicelli  
 2½ cups milk  
 2-3 dried dates (shredded and soaked in water)  
 4 tbsp sugar  
 1 tsp raisins  
 a little saffron  
 a few drops of rose essence  
 2 tsp almonds and pistachios (sliced)

1. Broil the vermicelli on a dry griddle to a pale gold. Set aside to cool.
2. Boil the milk and add vermicelli. Cook slowly for fifteen minutes.
3. Add the shredded dates, sugar and raisins and cook further.
4. Soak the saffron in a little milk or water and add to the mixture.
5. Let it simmer for about ten minutes stirring all the time.



6. Take it off the fire and add the essence.
7. The mixture should be thick and creamy. Garnish with nuts before serving.



### Aam ka achar

25 green mangoes (deseeded and cut into 1" pieces)  
 a tiny piece of asafoetida  
 250 g red chillies  
 250 g fenugreek seeds  
 250 g salt  
 50 g turmeric powder  
 mustard oil

1. Grind the asafoetida.
2. Heat some oil in a pan and fry the asafoetida.
3. Fry the red chillies and fenugreek seeds separately. Grind these and the salt very fine.
4. In the same oil, fry turmeric powder and add to the ground spices.
5. Let it cool and then add to the mango pieces and mix well.
6. Fill the spiced mango pieces in a stone jar. Leave for three days.
7. After three days, fill the jar with mustard oil to an inch above the mango and spices.
8. Stir occasionally with a wooden spoon.
9. A little vinegar may be added. This, while acting as a preservative, also makes the fruit soft.

### Nimbu ka achar

25 whole lemons  
 2 tbsp garlic paste  
 1 tbsp mustard seeds  
 1 tbsp ginger paste  
 250 g chilli powder  
 1 tbsp cumin seeds  
 ½ tbsp turmeric powder  
 500 g salt  
 a few green chillies  
 juice of 25 lemons  
 1 cup vinegar

1. Boil the lemons till they change colour and lose oil.
2. Remove from the fire and drain. Spread them out on a clean cloth in the open for a day.
3. Next day, cut each lemon into four pieces.
4. Roast the spices separately and mix them with salt. Also mix in the ginger and garlic pastes.
5. Add to the lemons and put the mixture along with the green chillies in a large jar.
6. Mix the vinegar with the lemon juice and pour over the mixture in the jar.
7. Keep the jar in the sun for a day or two.

### Teetar ka achar

2 kg partridge  
 2 cups water  
 50 g tamarind  
 500 ml vinegar  
 juice of 3 lemons

8 onions (sliced)  
 50 g garlic paste  
 50 g chilli powder  
 3 tbsp salt  
 250 g ginger (shredded)  
 100 g garam masala  
 3 cups mustard oil

1. Cut partridges into pieces and boil them in 2 cups of water and some salt till tender and no water is left.
2. Soak the tamarind in vinegar for fifteen minutes and strain.
3. Heat the oil and add the lemon juice. Strain. Put the strained juice back in the pan and on the fire.
4. When hot, fry the onions to a golden brown.
5. Add the garlic paste, cooked partridges, chilli powder, remaining salt and brown.
6. Add the strained vinegar and tamarind mixture.
7. After one boil, take off the fire and add the ginger and finely powdered garam masala and stir.
8. Bottle when cool.



### Kairi ki chutney

5 green mangoes  
 1 tbsp salt  
 ¼ tsp turmeric powder  
 2 tbsp chilli powder

2 tbsp mustard seeds  
 2 tbsp mustard oil

1. Remove skin and stones from the mangoes and dice them.
2. Add salt, turmeric and chilli powder to them.
3. Heat oil. Fry mustard seeds in it till they splutter.
4. Add to the spiced mango.

### Navratan chutney

100 g almonds  
 100 g pistachios  
 100 g cashew nuts  
 100 g raisins  
 100 g chilgoza  
 100 g walnuts  
 100 g sultanas  
 100 g dates  
 50 g chilli powder  
 50 g pepper  
 50 g green chillies (chopped)  
 salt to taste  
 400 g vinegar  
 400 g honey  
 juice of two lemons

1. Shred the dry fruit after cleaning it.
2. Mix with the spices.
3. Blend vinegar, honey and lemon juice and pour over the mixture.
4. The chutney is ready for use after a week or so.

### Pudine ki chutney

50 g fresh mint  
1 tsp (or according to taste) salt  
1 tsp chilli powder  
3 tbsp raisins  
2 tbsp sugar candy (misri)  
vinegar

1. Rub the salt and chilli powder into the mint leaves.
2. Grind to a paste with the raisins and sugar candy.
3. Add vinegar and mix well.

### Seb ki chutney

6 sour apples  
2 tsp ginger (shredded)  
1 tsp garlic (crushed)  
3 tsp salt  
3 tbsp sugar  
2 tsp chilli powder  
a few green chillies  
a little vinegar  
raisins and sultanas

1. Peel and cut the apples into pieces.
2. Stew with ginger and garlic till soft.
3. Add the other spices, sugar, vinegar, raisins and sultanas.
4. Cook till the syrup thickens to desired consistency.

### Tamatar ki chutney

1 kg tomatoes  
a few green chillies  
2 tbsp ginger paste  
1 tsp garlic paste  
2 tbsp salt  
4 tbsp sugar  
1 cup vinegar

1. Blanch the tomatoes and cut into pieces.
2. Cook them in a little water with the green chillies, ginger and garlic pastes till soft and pulpy.
3. Add salt and sugar and cook till the chutney has a glazed appearance.
4. Take off the fire. Add vinegar and mix well.



### Kachoomar

1 onion (sliced)  
salt to taste  
2 green chillies (chopped)  
2 sprigs coriander leaves  
lemon juice or vinegar  
1 tomato (chopped) (optional)  
1 cucumber (chopped) (optional)

1. Wash the onion rings. Rinse them twice, rubbing with the fingers to separate the rings.

2. Drain and add salt, chopped green chillies and coriander leaves. Squeeze lemon juice or vinegar over it.
3. Chopped tomatoes or cucumber or both may also be added.

### Masala mirch

*green chillies*  
*a few cloves garlic*  
*salt to taste*

1. Take equal quantities of garlic and salt and pound them together.
2. Slit green chillies and stuff them with this mixture and fry.

### Paneer or Cottage cheese

*1 l milk*  
*2 tbsp lemon juice*  
*salt and pepper to taste*  
*2 sprigs mint*

1. Heat milk in a saucepan. Bring to almost a boil.
2. Add the lemon juice to it.
3. The milk will split and a yellowish whey will rise to the top. When this happens take the saucepan off the fire.
4. After a few minutes, when the milk has curdled fully, strain it through a thick cloth.
5. Hang the milk-cheese up and let the whey drip out.
6. Add salt and pepper to taste.
7. Spread out on a plate and garnish with mint leaves.



### Dosai

*1 cup polished rice*  
*¼ cup split black gram*  
*oil*

1. Wash and soak rice and black gram separately in water for about four hours.
2. Grind separately to a very fine paste. Mix and leave overnight or for about eight hours. Add enough water to make a creamy batter.
3. Heat a flat griddle and brush it with oil or pass a bit of cloth dipped in oil over it.
4. Pour a ladle of the batter on to it and spread it out thinly with the back of the ladle. Cover with a metal lid. When partly cooked put a teaspoon of oil around the dosai, and ease it off with a flat spatula.
5. Turn and cook on the other side. This can be done easily if the griddle is piping hot.
6. Serve with either a savoury filling of Aloo bhujia (p. 13) or Sambar (p. 27) or a chutney (p. 68).

### Idli

*2 cups polished rice*  
*1 cup split black gram*  
*salt to taste*

1. Wash and soak rice and black gram separately in water for about four hours.
2. Grind separately with water to a fine paste. Mix and leave overnight or for about eight hours. The mixture must be of the consistency of thick cream.
3. Add salt to taste.
4. Take a special idli mould, cover the depressions with pieces of damp muslin and pour a spoonful of the batter into each and cover with more pieces of damp muslin.
5. Steam for ten minutes.
6. Serve with Sambar (p. 27) and a chutney (p. 68).

## Samosa

For filling:

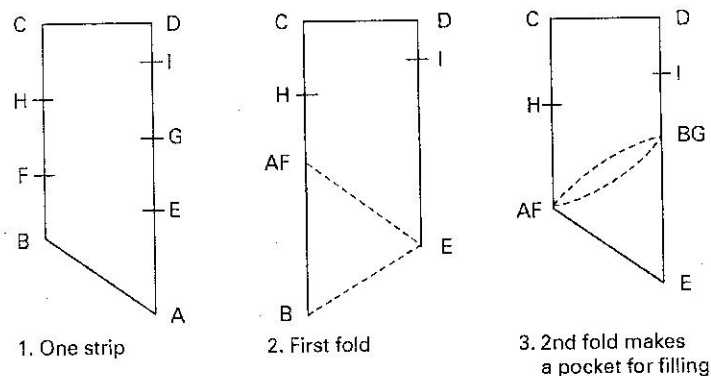
- 1 cup minced meat
- 1 onion (finely chopped)
- $\frac{1}{4}$  tsp salt
- 2 green chillies (chopped)
- 1 tbsp ghee

For covering:

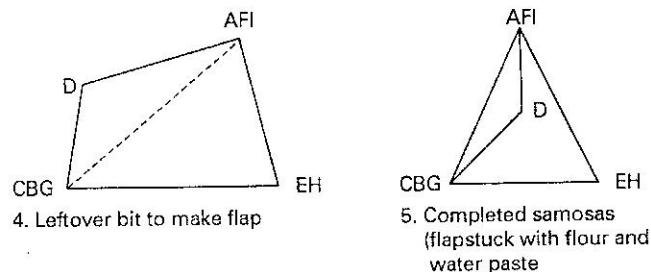
- 1 heaped cup flour
- $\frac{1}{2}$  tsp salt
- 4 tbsp water
- ghee for deep-frying

1. Heat ghee in a pan. Put all the ingredients for the filling in the pan and cook. Fry well but take the pan off the fire before the ingredients brown.
2. Sift the flour and salt together. Add one tablespoon of water at a time and knead to make a stiff dough.
3. Add more water if necessary.

4. Divide into even number of portions.
5. Make a ball out of each and roll it out thinly and evenly.
6. Put pairs of them together with a little ghee in between. Roll these out as thinly as possible.
7. Put a griddle upside down on the stove and let it get smoking hot.
8. Now put one pair of the rolled out dough on the griddle for a minute or two, and then turn it over.
9. After another minute or so, remove from the fire and carefully separate the two layers.



continue this till you come to the end of the strip



10. Repeat with the other pairs.
11. Cut them into strips about 1¼" wide
12. Cover the strips immediately with a cloth.
13. Take one strip at a time, and fold so as to make a triangular pocket.
14. Fill it up with the mince mixture. Fold the open side over neatly (trim it where necessary) and stick it onto the main body with a little paste of flour and water.
15. Make samosas using all the strips in the same way.
16. Heat ghee in a frying pan and deep-fry the samosas.



## Glossary

### *English terms*

### *Hindi equivalents*

#### Cereals and Lentils

Bengal gram	channa
black gram	urad dal
bread	double roti
Egyptian or Yellow lentils	dals
flour	aata
flour, gram	besan
flour, refined	maida
flour, wheat	gehu ka aata
green gram	moong dal
lentil	masoor dal
red gram	arhar dal or tur dal
rice	chaval
semolina	sooji
vermicilli	sevia

#### Vegetables, fruits and nuts

almonds	badam
amarnath (tender)	matth, chaulai sag
apple	seb
banana	kela, moz
beans	sem

brinjal (egg plant, aubergine)	baigan
cabbage	patta gobi, band gobi
carrot	gajar
cucumber	kakdi, kheera
dates	khajoor
dried figs	sookha anjeer
drumsticks	saijan ki phali
fenugreek (leaves)	methi (bhaji)
green mango	kachcha aam, kairi
green marrow	lauki, ghia, kaddu
groundnut	moong phali
gypsy beans	gavar ki phali
nuts	sukha mewa
okra (lady's finger)	bhindi
onion	pyaaz
peas, green peas	matar
pistachio	pista
potatoes	aloo
raisins	kishmish
roselle leaves	ambada ki bhaji
spinach	palak
sweet potatoes	shakarkand
tamarind leaves and flowers	chigur
tomato	tamatar
turnip	shaljam
walnuts	akhrot

## Meat and fish

brain	bheja
chicken	murghi
fish	machchli

liver  
minced meat  
mutton  
partridge  
prawns (shrimps)  
quail  
tongue  
trotters

## Spices, herbs, flavourings

aniseed  
asafoetida  
breadcrumbs  
caraway seed  
cardamom  
chilli  
chillies, green  
chillies, red  
china grass  
cinnamon  
clove  
coconut  
copra  
coriander leaves  
coriander seeds  
cumin seeds  
curry leaves

garlic  
ginger  
green papaya

kaleji  
kima  
gosht  
teetar  
jhinga  
batair  
zaban  
paya

saunf  
hing  
double roti ka choora  
shah zeera  
elaichi  
mirch  
hari mirch  
lal mirch  
faluda  
dalchini  
laung  
nariyal  
khopra  
hara dhania  
dhania  
zeera  
kari patta, meetha neem  
ka patta  
lehsan  
adrak  
hara papita

lemon, lime  
 mango powder  
 mint  
 mustard oil  
 mustard seeds  
 nutmeg  
 onion seeds  
 pepper, peppercorns  
 pickle  
 pickle berry  
 poppy seeds  
 rose water  
 sesame oil  
 sesame seeds  
 silver leaf  
 sugar candy  
 tamarind  
 turmeric  
 vinegar  
 yeast

# Milk and milk products

Butter  
 buttermilk  
 clarified butter  
 cottage cheese  
 cream  
 curd  
 dried milk  
 milk

nimbu  
 amchoor  
 pudina  
 sarson ka tel  
 sarson, rai  
 jaiphal  
 pyaz ke beej  
 kali mirch  
 achaar  
 chironji  
 khus-khus  
 gulab jal  
 til ka tel  
 til  
 warq  
 misri  
 imli  
 haldi  
 sirka  
 khameer

makkhan  
 chhach, lassi  
 ghee  
 paneer  
 malai  
 dahi  
 khoa  
 doodh