

INDEX OF VEGETARIAN DISHES OF KASHMIRIS (MAINLY OF PANDİTS)

(Note: 'Kashmīrī' names of dishes are followed within brackets by their English (E) and then their Hindī (H) versions. Kashmīrī and Hindī words are written within inverted commas.)

A. Staple and other Cereal Dishes.

These are same as mentioned in the previous 'Index of Non-vegetarian Dishes' Part A, except 'Neñi Polāv', 'Koākhar Polāv', and 'Biryān', (Items 4, 5 and 6)

B. 'Chāmañi Sein' (E-Domestic Cheese Preparations)(H-'Panīr Kē Salān').

1. 'Chāmañi Qaliyā'. (E-'Qaliyā' of 'Panīr')(H-'Panīr kā Qaliyā').

RECIPE NO. 78.

2. 'Veth Chāman' (E-Big cooked pieces of 'Panīr')(H-'Panīr kē Pakāye Badē Tukdē').

RECIPE NO. 79.

3. (a). 'Mīth Chāman'.

(b). 'Mīth Chāman Tā Niul Karā'. (E-'Panīr and Fenugreek without or with Green Peas')(H-'Mēthī Panīr yā Mēthī Panīr aur Sabz Matar').

RECIPE NOS. 80 & 81.

4. (a). 'Chāman Pālāk'.

(b). 'Chāman Pālāk Tā Ōluv'. (E-'Panīr and Spinach without or with Potatoes')(H-'Pālāk Panīr, yā Pālāk Panīr aur Ālū').

RECIPE NOS 82 & 83.

5. 'Chāman Vāᅇgan'. (E-'Panīr and Brinjals')(H-'Panīr aur Baiᅇgan').

RECIPE NO. 84.

6. 'Chāman Tā Alā, Yā Tōrēlā, Yā Lār'. (E-'Panīr and Bottle Gourd or Sponge or Ridge Gourd or Cucumber')(H-'Panīr aur Laukī, yā Ghiyā-Tōrī yā Tōrī yā Khīrā').

RECIPE NOS. 85, 86, 87.

7. 'Chāman Tā Maonji, Yā Baᅇᅇgūpī Yā Phūl Gūpī'. (E-'Panīr' and Knol-Khol or Cabbage or Cauliflower)(H-'Panīr aur Gāᅇth Gōbhī yā Baᅇᅇ Gōbhī yā Phūl Gōbhī').

RECIPE NOS. 88, 89 & 90

C. Twenty main Vegetable and Legume Dishes Generally Served in Big Dinners and Feasts of Pandīts.

1. 'ᅇamā' Ōluv'. (E-'ᅇam' Potatoes)(H-'ᅇam Ālū').

RECIPE NO. 91.

2. 'Moanji Rōᅇganjōsh' (E-Knol-khol 'Rōᅇgan Jōsh')(H-'Gāᅇth Gōbhī kā Rōᅇgan Jōsh').

RECIPE NO. 92.

3. 'Alā Rōᅇganjōsh'. (E-'Rōᅇgan Jōsh' of Pumpkin)(H-'Kaᅇᅇ kā Rōᅇganjōsh').

RECIPE NO. 93.

4. 'Naᅇᅇir Yaᅇhean'. (E-Lotus Roots cooked with Curd)(H-'Bhēᅇ kī Yaᅇhñī').

RECIPE NO. 94.

5. 'Alā Yaᅇhean'. (E-Bottle Gourd cooked in Curd)(H-'Laukī kī Yaᅇhñī').

6. (a) Hāk. (E-Collards and Kales)(H-'Karam kā Sāᅇ').

(b) 'Hāk Tā Naᅇᅇir, Yā Vāᅇgan'. (E-Collards or Kales cooked with Lotus Roots or Brinjals)(H-'Karam Sāᅇ aur Bhēᅇ, yā Baiᅇgan').

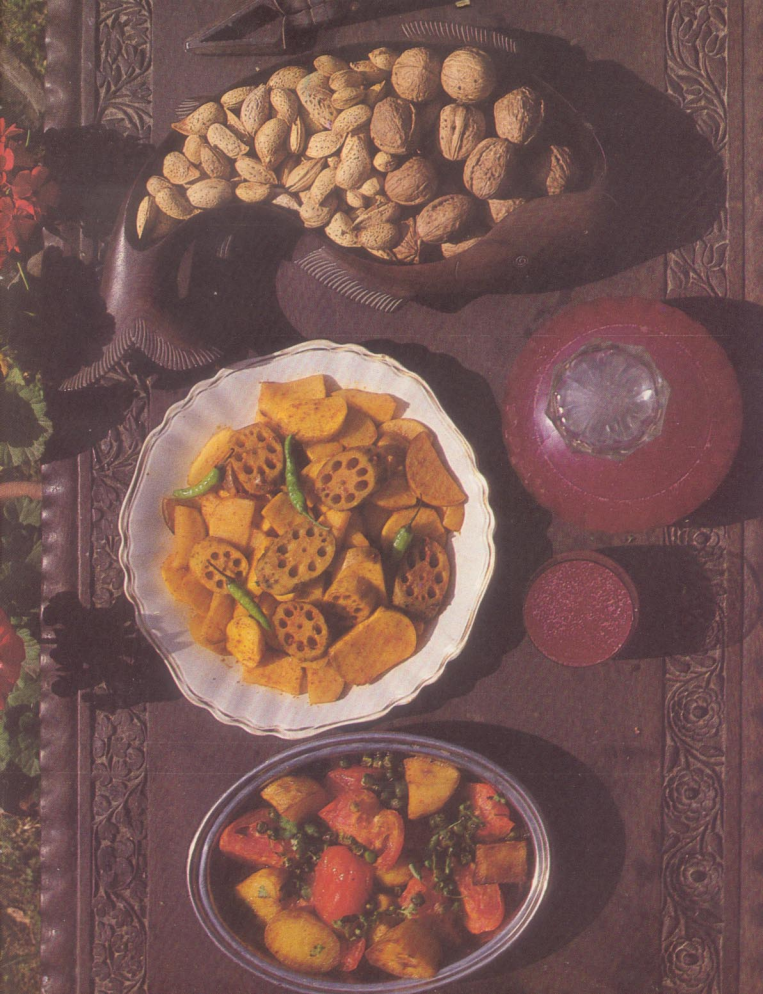
RECIPE NOS. 96 (a) and (b)

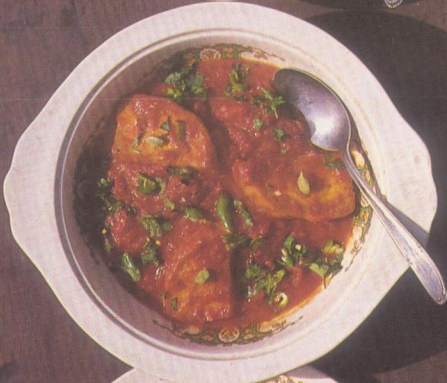
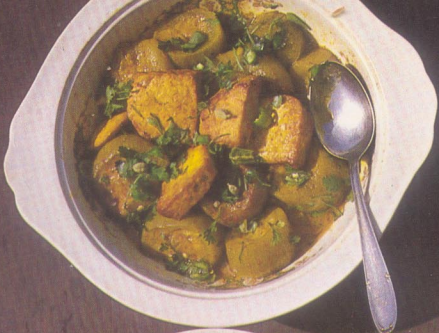
7. 'Naᅇᅇir Yā Ōluv Churmā'. (E-Fried Chips of Lotus Roots or Potatoes)(H-'Bhēᅇ yā Ālū kī Kurkuñ').

RECIPE NOS. 97 & 98

8. 'Naᅇᅇir Pālāk'. (E-Lotus Roots and Spinach)(H-'Bhēᅇ aur Pālāk').

RECIPE NO. 99.





9. 'Çhoek Vāngan' (E-Sour Brinjals)(H-'Khatē Baingān').
RECIPE NO. 100.
- 9a. 'Çhoekī Muji', (E. Sour Radish slices.) (H. 'Khatī Mūlī').
RECIPE NO. 100 (a)
10. 'Mīṭh Ṭā Niūl Karā'. (E-Fenugreek and Green Peas)(H-'Mēṭhi aur Harē Matar').
RECIPE NO. 101
11. 'Niūl Karā Ṭā Khuh'. (E-Green Peas and Semi-Dried Milk)(H-'Matar Khōyā').
RECIPE NO. 102
12. (a). 'Baṇḍ Gūpī'. (E-Cabbage)(H-'Baṇḍ Gōbhī').
RECIPE NO. 103.
- (b). 'Baṇḍ Gūpī Ṭā Ōlav'. (E-Cabbage and Potatoes)(H-'Baṇḍ Gōbhī aur Ālu').
RECIPE NO. 104.
13. (a). 'Karēlā Doaḍ Lāgīṭh'. (E-Bitter Gourds cooked with Curd) (H-'Ḍahī Karēlē').
RECIPE NO. 105.
- (b). 'Bharīṭh Karēlā' (E- Stuffed Bitter Gourds) (H-'Bharē Huyē Karēlē').
RECIPE NO. 106.
14. (a). 'Ḍamā Phūl Gūpī'. (E-'Ḍam' Cauliflower) (H-'Ḍam Phūl Gōbhī').
RECIPE NO. 107.
- (b). 'Ḍamā, Phūl Gūpī, Ṭā, Niūl Karā'. (E-'Ḍam' Cauliflower and Green Peas)(H-'Ḍam Phū Gōbhī aur Harē Matar')
RECIPE NO. 108.
15. 'Raniṭ Hedār'. (E-Mushroom Curry) (H-'Khumbī kā Sālan').
RECIPE NO. 108.
16. 'Kanāgechh Yakhean'. (E-Morels Cooked with Curd)(H-'Guchhī ki Yakhnī').
RECIPE NO. 110.
17. 'Muji Chetien' (E-Raw grated Radish with Curd etc.)(H-'Mūlī Ḍahī Rāyīṭā').
RECIPE NO. 111.
18. 'Puḍnā Burān'. (E-Mint with Curd etc.) (H-'Puḍīnā kā Rāyīṭā').
RECIPE NO. 112.
19. 'Rāzmāh', (E-Dried Beans or Green Mature Beans from Pods)(H-'Sūkhē Yā Harē Rājmāh').
RECIPE NO. 113.
20. 'Ḍahī Balā' (E-Cutlets of Green-Gram Meal or Black-Gram Meal with Curd)(H-'Ḍahī Balē, Mūng yā Uraḍ kē')
RECIPE NO. 114.
- D. Other Vegetable Dishes etc. Cooked for Everyday Domestic Meals mostly.**
1. 'Rāzmāh Gogaj'. (E-Tumips and Dry Beans) (H-'Rājmāh aur Shalgān').
RECIPE NO. 115.
2. 'Goagji Hāk'. (E-Turnips and Turnip Greens) (H-'Shalgān aur unke Paṭṭoṅ kī Bhājī')
RECIPE NO. 116.
3. 'Ṭaliṭh Muji Chatien'. (E-Fried grated Radishes) (H-'Ṭalī huyī Kaḍū-kash kar kē Mūlī').
RECIPE NO. 117.
4. 'Alā Vāngan, Yā, Ṭorēlā Vāngan'. (E-Bottle or Sponge or Ridge Gourds and Brinjals) (H-'Laukī yā Ṭōṅ yā Ṭorayī aur Baingān').
RECIPE NO. 118.
5. (a). 'Buzā Vāngan'. (E-Roasted and Mashed Brinjals with Curd) (H-'Bhunē huyē Baingān kā Rāyīṭā').
RECIPE NO. 119.
- (b). 'Fotā Vāngan'. (E-Boiled and Mashed Brinjals with Curd) (H-'Ubāl kē Baingān kā Rāyīṭā').
RECIPE NO. 120.
6. 'Vāngan Bhurṭā'. (E-Curry of boiled and mashed Brinjals with Tomatoes, Onions etc.) (H-'Baingān kā Bhurṭā').
RECIPE NO. 121.
7. 'Mujā Vāngan'. (E-Radishes and Brinjal) (H-'Mūlī Baingān').
RECIPE NO. 122.
8. 'Ōlav Vāngan'. (E-Potatoes and Brinjals (H-'Ālu Baingān')
RECIPE NO. 123.
9. (a). 'Baji Alā Puḍnā Ṭravīṭh'. (E-Pumpkin with Mint) (H-'Kaḍū Puḍīnā dāl kē').
RECIPE NO. 124.
- (b). 'Baji (Pārim) Alā Ṭamar Ṭā Gōr Ṭravīṭh'. (E-Pumpkin with Tamarind and Brown Sugar) (H-'Kaḍū Imlī aur Gud dāl kē').
RECIPE NO. 125.

10. (a). 'Voastáhák'.
 RECIPE NO. 126.
- (b). 'Voastáhák Tā Chāman'. (E-'Voastáhák' or 'Voastáhák' with Domestic Cheese) (H-'Voastáhák, yā, Voastáhák aur Panīr').
 RECIPE NO. 127.
11. 'Chhatá-Goagji Yā Muji Yā Baṇḍ Gūpī'. (E-Boiled, mildly spiced Turnips or Radishes or Knol-Khols or Cabbage) (H-'Shalgam yā Mullī yā Gānth Gōbhī Yā Baṇḍ Gōbhī ubāl kē kam Masālcḍār').
 RECIPE NOS. 128, 129, 130 & 131.
12. 'Chhatá, Goagji-Naḍur, Yā, Moañji-Naḍur, Yā Muji-Naḍur'. (E-Boiled Mildly Spiced Turnips or Knol-Khols or Radishes with Lotus Roots) (H-'Shalgam yā, Gānth Gōbhī yā Mullī aur Bhēñ' Ubāl kē kam masālcḍār').
 RECIPE NOS. 132, 133 & 134.
13. 'Rāzmāh Hembá'. (E-Varieties of Beans in tender pods) (H-'Rājmāh kī Harī Phaliyān.')
- RECIPE NO. 135
14. 'Ḍam Bhandī'. (E-'Ḍam'- Okra) (H-'Ḍam Bhandī').
 RECIPE NO. 136.
15. 'Chūñth Yā, Bam-Chūñth, Yā, Amrūd, Tā Vāṅgan'. (E-Apples or Quinces or Guavas and Brinjals) (H-'Seb yā Bihī yā Amrūd aur Baiṅgan kī Bhājī').
 RECIPE NOS. 137, 138 & 139.
16. 'Gāglā Vaṭheir Tā Moaṅg'. (E-Colocasia Leaves and Green-Gram) (H-'Arbī kē Paṭṭē aur Mūṅg').
 RECIPE NO. 140.
17. 'Tālīth Arbī'. (E-Fried Cutlets of boiled Colocasia Bulbs) (H-'Tālī huyī ubālī Arbī').
 RECIPE NO. 141.
18. 'Ōluv Vāṅgan, Ruvāṅgan, Gandá Tā Veth Marchāvāṅgan'. (E-Curry of Potatoes, Brinjals, Tomatoes, Onions and Capsicums) (H-'Ālū, Baiṅgan, Tamātar, Pyāz aur Simlā Mirch kā Sālan.').
 RECIPE NO. 142.
19. (a). 'Karā, Arhar, Chanā, Mahā, Moaṅgá Yā Museir Ḍāl'. (E-Cooked whole or hulled and split, Peas, Red-Gram, Gram, Black-Gram, Green-Gram or Lentils.)
- (H-'Matar, Arhar, Chanē, Uraḍ, Mūṅg yā Masūr kī Ḍāl').
- (b). 'Sabzi Īravīth Ḍālá'. (E-'Ḍāls' with Vegetables added) (H-'Ḍālēñ Sabziyāñ ḍāl kē').
 RECIPE NOS. 143 TO 154.
20. 'Sāmbar', (E-Pulses cooked with Vegetables and Tamarind etc.) (H-'Sāmbhar').
 RECIPE NO. 155.
21. 'Kharā Mahá Ḍāl'. (E-'Ḍāl' of husked Black-Gram) (H-'Khadī Uraḍ kī Ḍāl').
 RECIPE NO. 156.
22. 'Hoakhá Siuñ'. (E-Curries of dried slices of, Bottle Gourds or Brinjals or Apples or Tomatoes or Turnips and also Turnip Greens or Cauliflowerets or Lotus Roots) (H-'Sukhā kē Laukī, Baiṅgan, Seb, Tamātar, Shalgam, Shalgam kē Paṭṭōñ, Phūl Gōbhī yā Bhēñ kā, Sālan.').
 RECIPE NO. 157.
23. 'Alá Yā Būṅḍī Rāyīṭā'. (E-'Boiled grated Bottle Gourd or Small Fritters with Curd') (H-'Laukī, yā, Bēsan Būṅḍī kā Rāyīṭā').
 RECIPE NOS. 158 and 159.
24. 'Tamar Tā Kēlá Chetiēñ'. (E-Sauce made of Tamarind and Bananas etc.) (H-'Imī aur Kēlē kī Chatmī').
 RECIPE NO. 160.
25. 'Samōsá'. (E-Fried Triangular patties stuffed with green Peas, Potatoes etc.) (H-'Samōsā').
 RECIPE NO. 161.
26. 'Ruvāṅgan Chetiēñ'. (E-Tomato Ketchup) (H-'Tamātar Chetiñ').
 RECIPE NO. 162.
27. 'Kishmish Chetiēñ'. (E-Condimented sauce of Raisins) (H-'Kishmish kī Chetiñ').
 RECIPE NO. 163.
28. 'Cooked Leaves and Bulbs of dozens of Wild Plants etc. are eaten by Kashmīrīs. These are now proved to be good for health, being very good sources of Vitamins and Minerals etc., such as 'Kreḥh, 'Chōñchur', 'Nāramnōr', 'Haṇḍ', 'Pambāhāk', 'Chokáladar', 'Kṛes', 'Obuj', 'Kuná', 'Choká Cheiñ', 'Ṭariboed', 'Gulá', 'Vailadar' (Raw), 'Soḥhal', 'Nunar', 'Vopalhāk' etc.

4. 'MÁDUER KHEAN', (E.Sweet Dishes-Desserts.) (H-'Mithē Pakvān'.)

These Dishes are usually served as a last course in both Non-Vegetarian and Vegetarian Dinners, followed by offering 'Qahvāh', 'Pān', 'Ilāchī', 'Supārī', 'Lakhnāvī-Sounf', 'Cigarettes', or 'Huqā' etc. Some Sweet Dishes are also eaten on other occasions and at Breakfast or Teas etc. Generally one of the following Sweet Dishes is served, as a dessert, in Feasts, and some times even two or three are served at a Dinner. Commonly served Dishes are as under :-

1. 'Moḍur Polāv' (E-Sweet condimented 'Bāsmaṭī' Rice)(H-'Mithā Pulāv').

RECIPE NO. 164.

2. 'Khir'. (Sweet Rice pudding) (H-'Chāvalōṅ kī Khīr').

RECIPE NO. 165.

3. 'Firūn'. (E-Custard of Rice flour) (H-'Fimī').

RECIPE NO. 166.

4. 'Kastaerd Sāḍā'. (E-Plain Custard) (H-'Kastārd sāḍā').

RECIPE NO. 167.

5. 'Tāzā Mevā Tā Kṛīm Tṛāvīth Kastaerd' (E-Fruit Custard)(H-'Kastārd, Tāzā Mēvē aur Kṛīm dāl kē').

RECIPE NO. 168.

6. 'Sūji Hālvā' (E-'Halvā' of Semolina) (H-'Sūjī kā Halvā').

RECIPE NO. 169.

7. 'Moḍgā, Yā, Chanā, Yā, Mahā ḍālī Halvā'. (E-'Halvā' of Green-Gram or Chick-peas or Black gram 'ḍāl').(H-'Mūṅg yā Chanā yā Uraḍ kī pithī kā Halvā').

RECIPE NOS. 170, 171, 172.

8. 'Gāziri Halvā'. (E-'Halvā', of grated Carrots) (H-'Gājar kā Halvā').

RECIPE NO. 173.

9. 'Tāzā Mevā Raniṭh'. (E-Condimented Fruit Stews) (H-'Shīrē mēṅ pakāyē huyē Tāzā Mēvē').

RECIPE NO. 174.

10. 'Shuftā' (E-Sweets made of Dry Fruits and Domestic Cheese etc) (H-'Panjīrī').

RECIPE NO. 175.

11. 'Sōṅthī'. (E-Sweet-sour sauce) (H-'Sōṅth').

RECIPE NO. 176.

12. 'Moḍur Ḥūṅth Yā Tṛēlā Yā Ḥērā'. (E-Jams of Apples, Crab apples or Apricots) (H-'Sēb yā Tṛēl yā Khōbanī kā Murabbā').

RECIPE NOS. 177, 178, 179.

13. 'Sīmīni Halvā' (E-'Halvā' of Vermicelli) (H-'Sivaiyāṅ kā Halvā').

RECIPE NO. 180.

14. 'Sīmīni Khir'. (E-Sweet Pudding of Vermicelli)(H-'Sivaiyāṅ kī Khīr').

RECIPE NO. 181.

15. 'Rasgōlā'. (E-Indian Sweet made of Domestic Cheese) (H-'Rasgōlā').

RECIPE NO. 182.

16. 'Rasmalāy'. (E-An Indian Sweet) (H-'Rasmalāyī').

RECIPE NO. 183.

17. 'Gulāb Jāman'. (E-An Indian sweet) (H-'Gulāb Jāman').

RECIPE NO. 184.

18. 'Kālā Jāman'. (E-An Indian Sweet) (H-'Kālā Jāman').

RECIPE NO. 185.

19. 'Amṛīṭī Tā Malāy' (E-'An Indian Sweet Dish) (H-'Amṛīṭī aur Malāyī').

RECIPE NO. 186.

20. 'Malāyī Kulef'. (E-Frozen Condensed Milk with Condiments) (H-'Malāyī Kulfi').

21. 'Ayis Kṛīm'. (E-Ice Cream) (H-'Ayis Kṛīm').

22. 'Kalākand', 'Barfi' and many other Indian Sweets.

(Items 15-22 are generally bought ready-made from 'Halvāyīs' in market, and sometimes some items are made at home as well, by a 'Halvāyī' or a Cook, when required in larger quantities.)