

VEGETARIAN DISHES OF KASHMIRI PANDİTŚ

A. Cooking of Staples and Other Cereal Dishes :-

The Dishes are same as mentioned previously in the 'Index of Non-vegetarian Staple and Cereal Dishes', except 'Nēñi Polāv, Koākar Polāv' and 'Biryāñ' (Item 4, 5 and 6). Their Ingredients and Method of Cooking are also the same.

B. 'Chāmāni Seiñ'. (E-Domestic Cheese Preparation) (H-'Panīr kē Sālan').

Amongst the 'Panīr' Preparations, only 'Qaliyā' of 'Panīr' and 'Veth Chāman', are generally served in Big Vegetarian Feasts. Sometimes 'Mēṭhī-Panīr' replaces 'Qaliyā'. Other 'Panīr' preparations are mostly used in Domestic Menus. (See 'Index Of Vegetarian Dishes'-Chapter 11.)

For making 'Panīr' at home, read 'How to make 'Panīr', RECIPE NO. 4.

RECIPE NO. 78.

I. 'Chāmāni Qaliyā'. (E-'Qaliyā' of Domestic Cheese) (H-'Panīr kē Qaliyā').

Ingredients :-

1. 'Panīr', -	1 Kg.
2. Milk, -	1 cup.
3. Brokem Dry Ginger, or Sliced Green Ginger, -	10 gm.
4. An.seeds, whole, -	10 gm.
5. Salt to taste, -	1 to 2 tsps.
6. Asafoetida, -	a pinch.
7. Turmeric, -	2 tsps.

8. Curd, -	1 cup.
9. Aniseed Powder, -	2 tsps.
10. Ginger Powder, -	1 tsp.
11. Mustard oil, -	1 tsp.
12. Cumin Seeds, -	1 tsp.
13. Cloves, -	3 nos.
14. Caraway Seeds, -	1/2 tsp.
15. 'Garam Masālā', -	1 tsp.
16. Green Cardamom, -	
17. Black Cardamom, Cinnamon and Black Pepper Powders, each, -	1/2 tsp.

Preparation :-

Dice, with a sharp knife, the 'Panīr' into about 3/4" cubes.

Method of Cooking :-

In Kashmīr, for preparing 'Qaliyā', earthenware cooking vessels (a 'Ḍēg' to cook 2 to 3 kg. 'Panīr' and a 'Leij' for quantities upto 1 kg.), are usually used. The baked clay imparts a special aroma to the 'Qaliyā'. However, where an earthenware vessel is not available, a steel or a tinned copper or brass 'Paṭlā' is used.

1. In a 'Kadāhī', deep fry, on medium heat, the diced 'Panīr' in the Mustard oil, till it turns golden yellow, and the edges of the pieces fry a little brown. While frying, keep on turning the diced Cheese with a perforated ladle (H-'Jhamā'), so that it is fried uniformly. Take out the fried Cheese, after draining the oil by means of the perforated ladle. Remove the 'Kadāhī' from the stove.
2. Now, in a 'Paṭlā', of about 3 litres capacity, boil for half an hour, the fried Cheese, in a litre of

water, after adding to it, the cup of Milk, broken Dry Ginger or sliced Green Ginger, the Aniseeds, Turmeric, Salt and half a pinch of Asafoetida.

3. Strain the Soup through a colander or a cloth, and keep it in a bowl. Sort out the Cheese pieces and keep in another bowl, and throw away the boiled Ginger, Aniseeds and other sediments left in the colander or the cloth.
4. To the strained Soup, add the Curd, Aniseed and Ginger Powders, after mixing these with a spoon, or churning with a small churning stick (H-'Bilōnī') into a homogenous sauce. Pour this into the 'Paḷila' or an earthenware vessel, after washing its inside. Resume heating it, and keep on stirring with a steel or wooden ladle, so that the Curd does not crack and separate, till it comes to a boil. Add the boiled Cheese pieces, and let boil for another 20 minutes.
5. Meanwhile after straining the oil left over from frying of the Cheese, to remove any sediments, heat it again in the 'Kadāhī', and add to it Cloves, Cumin Seeds, and the remaining half pinch of Asafoetida. Stir till the Cumin Seeds and Cloves get a little fried, but not charred, and add this oil along with the Spices to the boiling Cheese. Stir and let boil for five minutes more.
6. Add Caraway Seeds, somewhat crushed Green Cardamoms, the Black Cardamom, Cinnamon and Black Pepper Powders, and also the 'Garam Masālā'. Mix gently with the steel or wooden ladle, and let the pot, after covering it with a lid, simmer on very low heat for another 10 minutes. 'Chāmani Qaliyā' is ready. Serve it piping hot, ladling directly on hot Plain Cooked Rice, as is usually done in all Big Feasts and Dinners.

RECIPÉ NO. 79.

2. 'Veth Chāman' (E-Big cooked pieces of Domestic Cheese) (H-'Panīr kē badē tukdē pakāyē huyē').

This is the Second Main Dish, generally served in Vegetarian Feasts.

Ingredients :-

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| 1. 'Panīr', - | 1 kg. |
| 2. Mustard oil, - | 1½ cup. |
| 3. Cloves, - | 5 nos. |
| 4. Cumin Seeds, - | 1 tsp. |
| 5. Asafoetida, - | a pinch. |
| 6. Red Chili Powder, - | 2 tsp. |
| 7. Turmeric, - | 2 tsps. |
| 8. Curd, - | 1 cup. |
| 9. Milk, - | 1/2 cup. |
| 10. Ginger Powder, - | 1 tsp. |
| 11. Aniseed Powder, - | 2 tsps. |
| 12. Mixed Coriander - Cumin Seeds Powder, - | 1 tsp. |
| 13. Mixed Big Cardamom, Cinnamon and Black Pepper Powder, - | 1 tsp. |
| 14. 'Garam Masālā' - | 1 tsp. |
| 15. Salt to taste, - | 1 tsp. |

Preparation :-

Slice, with a sharp knife the 'Panīr', into about 3" x 2" oblong pieces of about 1/2" or a little more in thickness.

Method of Cooking :-

1. In an iron, steel or brass 'Kadāhī', deep fry, on medium heat, the 'Panīr' pieces, to a golden light brown colour. Turn the pieces frequently with a perforated ladle (H-'Jhamā'), so that these fry uniformly on all sides, and do not get charred on any side. Take the pieces out of the 'Kadāhī' by means of the perforated ladle, after draining all oil. Keep these in a plate. Remove the 'Kadāhī' from the heat for a while.
2. Meanwhile in a steel or tinned brass or copper 'Paḷilā', of about 2 litres capacity, boil half a litre of water after adding the Milk, 1 tsp of Turmeric, half a pinch of Asafoetida and the Salt. Add the fried pieces of 'Panīr', and let these cook for half an hour, on medium heat.

3. To the oil, left over in the 'Kadāhī', add Cloves, Cumin Seeds and the remaining half pinch of Asafoetida, and resume heating on low flame. Stir with a steel ladle, and add Chili Powder and the remaining one tsp. of Turmeric, along with a tablespoon of water. Stir till oil takes colour. Add well beaten or churned Curd, and go on stirring for a minute so that Curd blends with the oil etc. Add this sauce to the boiling Cheese in the 'Paṭilā'. Add also Ginger, Aniseed and Coriander - Cumin Powders. Stir again with the ladle and let the pot simmer for half an hour more on slow heat. Meanwhile stir frequently, so that no caking takes place at the bottom of the pot.
4. When gravy thickens, and the oil begins to separate, add Big Cardamom, Cinnamon and Black Pepper Powders, along with the 'Garam Masāla'. Turn gently with a broad spatula. 'Veth Chāman' is ready for serving. Generally one piece, with a little thick gravy is served to each guest, in Feasts or Dinners with elaborate Menus.

RECIPE NOS. 80 TO 83.

3. (a). 'Mīth Chāman'.
- (b). 'Mīth Chāman Ṭā Niel Matar'.

(E-Domestic Cheese and Fenugreek without or with Green Peas) (H-'Meṭhī Panīr, yā Meṭhī Panīr aur Matar').

4. (a). 'Chāman Pālak'.
- (b). 'Chāman Pālak Ṭā Ōlūv'.

(E-Domestic Cheese and Spinach, without or with Potatoes) (H-'Pālak Panīr, yā, Pālak Panīr aur Ālū').

These four Dishes are usually partaken at Domestic Meals. Only 'Meṭhī Panīr', is sometimes served in big Dinners and Feasts in place of 'Veth Chāman'. (RECIPE NO. 79)

Ingredients :-

1. 'Panīr', - 1/2 kg.
2. Fenugreek leaves, - 1 kg (For 3-a).
3. Green Peas, - 250 gm. (For 3-a)
4. Spinach, - 1 kg. (For 4-a).
5. Potatoes, - 1/2 kg (For 4-b).
6. Mustard oil, - 1 cup.
7. Cloves, - 3 nos.
8. Cumin Seeds, - 1 tsp.
9. Red Chili Powder, - 1 tsp.
10. Turmeric, - 1 tsp.
11. Ginger Powder, - 1 tsp.
12. Aniseed Powder, - 1 tsp.
13. Asafoetida, - a pinch.
14. Curd, - 1/2 cup.
15. Green Chillies, - 3 nos.
16. Green Coriander leaves, - 5 sprigs.
17. 'Garam Masāla', - a tsp.
18. Salt to taste-about, - 1 tsp.
19. Onions, - 2 nos.
20. Garlic, - 3 Cloves.
21. Green Ginger, - a 2" piece.

Note : Item nos. 19, 20 and 21 are optional.

Preparation :-

1. Dice, with a sharp knife, the 'Panīr' into about 3/4" cubes. In case of 'Meṭhī Panīr', for big Dinners, the 'Panīr' is cut into rectangular pieces about 2" X 3" and of about 1/2" thickness.
2. Sort out good leaves of Spinach or Fenugreek, according to the preparation selected, and discard coarse stems. Wash thoroughly the leaves.
3. If Potatoes are used, pare and dice these into about 3/4" cubes. Shell the Green Peas, if these are to be added.

- Use of Onions, Garlic and Green Ginger is optional, but these add flavour to the Dishes. Peel Onions and Garlic cloves. Scrape the Green Ginger, and grind or pound the three things into a coarse paste by an Electric Grinder, or by using a 'Sil Battā', or a Pestle and Mortar (H-'Hāvan Daṣṭa'). Keep aside the paste in a bowl.
- Chop the Green Chilies, and also the sorted and washed Coriander leaves, if these are available. These also add to the flavour, and garnish the Dishes. Keep aside in a bowl.

Method of Cooking :-

- Boil in a 'Paḷlā' the prepared Fenugreek leaves or the Spinach in a cup of water for 5 minutes. Strain and squeeze out the water, through a colander. Retain the liquid in a bowl. Pound or grind the Fenugreek or Spinach to a coarse paste, by means of the Pestle and Mortar or on the 'Sil Battā' or in the Electric Grinder. Keep aside the paste in another bowl.
- Deep fry in oil, the diced Cheese, or its rectangular pieces, and also the diced Potatoes, if used together with Spinach. Fry in a steel 'Kadāhī', on a medium flame, while turning by means of a perforated ladle (H-'Jhamā') for uniform frying. When fried to golden colour take out the Cheese or Potatoes by means of the perforated ladle draining all oil. Keep aside in plates.
- Now cool a little the left over oil, by removing the 'Kadāhī' from the stove for a minute or two,

and then add the Cloves, Cumin Seeds and Asafoetida. Stir with the ladle, and add immediately the Chili Powder and Turmeric, along with a tablespoon of water. Stir again till oil takes colour and begins to separate. Add only the Fenugreek or Spinach paste in the case of 3a. or 4a. preparations. Add also the shelled Green Peas in the case of 3b. preparation. Keep on turning with a broad flat spatula (H-'Paltā'), till the Vegetables get a bit fried and the oil begins to separate. At this stage of cooking add the paste of Onions, Garlic and Green Ginger, if desired.

- Add the Curd, Ginger and Aniseed Powders, and Salt. Continue turning with the spatula and let cook for another 5 minutes, till all ingredients blend well.
- Now add the fried Cheese, and also the fried Potatoes (in the case of 4.b 'Cheese cooked with Spinach and Potatoes'), along with the liquid got from straining the Fenugreek or Spinach after boiling. Turn and mix gently with the spatula, and mind that the Cheese pieces do not split. Let the vessel simmer for 10 minutes or so, on low heat till oil again begins to separate.
- Add 'Garam Masālā', and turn and mix again gently with the spatula.
- Transfer to the serving bowl, and garnish with Chopped Coriander leaves and Green Chilies. Serve with Plain Cooked Rice, 'Chapāṭīs', 'Nāns', 'Parāṅthās', 'Luchayīs' or Bread slices.

RECIPE NO. 84.

5. 'Chāmān Vāngan'. (E-Domestic Cheese and Brinjals) (H-'Panīr' and Brinjan').

Ingredients :-

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| 1. 'Panīr', - | 1/2 kg. |
| 2. Brinjals, long or round, - | 1/2 kg. |
| 3. Mustard oil, - | 1 cup. |
| 4. Cloves, - | 3 nos. |
| 5. Cumin Seeds, - | 1 tsp. |
| 6. Asafoetida, - | a pinch. |
| 7. Red Chili Powder, - | 1 tsp. |
| 8. Turmeric, - | 1 tsp. |
| 9. Ginger Powder, - | 1/2 tsp. |
| 10. Aniseed Powder, - | 1/2 tsp. |
| 11. Curd, - | 1 tbsp. |
| 12. 'Garam Masālā', - | 1/2 tsp. |
| 13. Salt to taste, - | about 1 tsp. |

Preparation :-

1. Cut, with a sharp knife, the Cheese into oblong pieces, about 1 1/2" to 2" each, and about half an inch in thickness.
2. Slice Brinjals lengthwise, each piece about 1/2" to 1" in thickness. Pare skin if it is tough.

Method of Cooking :-

1. In a steel 'Kadhāhī', deep fry in oil the Cheese pieces. Turn frequently with a perforated ladle (H-'Jhamā') till, the pieces are fried golden brown, evenly on all sides. Take these out with the perforated ladle, draining all the oil. Keep the fried Cheese aside in a plate.

2.

Next, deep fry Brinjal slices in the oil, again constantly turning these with the perforated ladle, till these also get fried brown, uniformly on all sides. Take the fried slices out with the perforated ladle, again draining all oil. Keep aside the slices too, in a plate.

3. Now cool the left over oil a bit, by removing the 'Kadhāhī' from the stove for a couple of minutes, and then add Cumin Seeds, Cloves and Asafoetida. Stir, and add Chili Powder and Turmeric, along with a tablespoon of water.
4. Stir and resume heating. After a minute, when oil takes colour, and begins to separate, add beaten Curd, and go on stirring with the ladle, till this gets blended and also fried a bit.
5. Add 2 cups of water and Ginger and Aniseed Powders. Stir again and add the fried Cheese pieces and Brinjal slices. Let cook, on low heat, till gravy thickens and oil begins to show. Then add 'Garam Masālā', and serve.

It is a nice palatable combination, and is served with Plain Cooked Rice or 'Chapātīs' etc.

RECIPE NOS. 85, 86 & 87.

6. 'Chāmān Tā Alā, Yā Tōrēlā yā Lār'. (E-Domestic Cheese with Bottle Gourds, or Sponge or Ridge Gourds, or Cucumbers) (H-'Panīr' aur Laukī, yā Ghiyā Ṭōrī yā, Tōrāī yā Khīrā').

Ingredients :-

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| 1. 'Panīr', - | 1/2 kg. |
| 2. Bottle Gourds, or, Sponge or Ridge Gourds, or Cucumbers, - | 1 kg. |
| 3. Mustard oil, - | 1 cup. |
| 4. Cloves, - | 3 nos. |
| 5. Cumin Seeds, - | 1 tsp. |
| 6. Asafoetida, - | a pinch. |

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| 7. Turmeric, - | 1 tsp. |
| 8. Ginger Powder, - | 1/2 tsp. |
| 9. Aniseed Powder, - | 1 tsp. |
| 10. Curd, - | 1 tbsps. |
| 11. 'Varī Masālā', - | 10 gm or |
| 'Garam Masālā', - | 1/2 tsp. |
| 12. Green Chilies, - | 5 nos. |
| 13. Salt to taste, - | about 1 tsp. |

Preparation :-

1. With a sharp knife, cut the Cheese into oblong pieces of about 1½" to 2", and of about 1/2" in thickness.
2. Scrape the Bottle Gourds with a knife. If Sponge or Ridge Gourds or Cucumbers are used, pare with the knife their skins length-wise. Then slice each, horizontally, into 1" thick round pieces in every case.
3. Chop the Green Chilies, after slitting and removing the seeds.

Method of Cooking :-

1. In a steel 'Kadāhī', deep fry in the oil the Cheese pieces, turning frequently with a perforated ladle (H-'Jhamā'), till these fry uniformly on all sides, to a golden brown colour. Take out the fried pieces, with the perforated ladle, after draining all oil, and keep aside in a plate. Remove 'Kadāhī' from the stove.
2. To the left over oil, after it gets a bit cool, add Cloves and Cumin Seeds and stir. Then, in the same 'Kadāhī', or after transferring the oil etc., to a steel or tinned brass or copper 'Paṭīlā', add the prepared slices of Bottle, Sponge or Ridge Gourds, or of Cucumbers, i.e., of the one Vegetables chosen for cooking with the Cheese. Stir and resume heating.
3. Now add Turmeric, Asafoetida, Ginger and Aniseed Powders, beaten Curd and Salt. Turn frequently with a broad flat spatula (H-'Paltā'), and cook for 10 minutes. Then add the fried pieces of Cheese and a cup of water. Turn gently

with the spatula. Let cook for another 15 minutes or so, in between turning the contents two or three times with the spatula, to avoid caking at the bottom. When oil begins to show and the gravy thickens, add the chopped Green Chilies and crushed 'Varī Masālā' or 'Garam Masālā'. Turn and cook for a minute more, and serve hot, preferably with Plain Cooked Rice.

RECIPE NO. 88, 89 & 90.

7. 'Çhāman Ṭā Moan̄jī, yā Baṇḍ Gūpī, Yā, Phūl Gūpī, (E-Domestic Cheese with, Knol Khol or Cabbage or Cauliflower) (H-'Panīr aur, Gānṭh Gōbhī, yā Baṇḍ Gōbhī, yā Phūl Gōbhī').

Ingredients :-

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| 1. 'Panīr', - | 1/2 kg. |
| 2. Knol Khol or Cabbage or Cauliflower, - | 1 kg. |
| 3. Mustard oil, - | 1 cup. |
| 4. Cloves, - | 3 nos. |
| 5. Cumin Seeds, - | 1 tsp. |
| 6. Asafoetida, - | a pinch. |
| 7. Red Chili Powder, - | 1 tsp. |
| 8. Turmeric, - | 1 tsp. |
| 9. Ginger Powder, - | 1 tsp. |
| 10. Aniseed Powder, - | 1 tsp. |
| 11. Green Chilies, - | 3 nos. |
| 12. Green Coriander, - | a few sprigs. |
| 13. Curd, - | 1 tbsps. |
| 14. 'Varī Masālā', - | 10 gm. or |
| 'Garam Masālā', - | 1/2 tsp. |
| 15. Salt to taste, - | about 1½ tsps. |

Preparation :-

Slice the Cheese, by a sharp knife, into oblong pieces, about $1\frac{1}{2}$ " to 2", and about half an inch in thickness. Keep these in a plate.

2. (a). If Knol Khol's are used, cut off and discard their coarse side leaves, and use only good ones, after cutting these into two or three pieces. Cut horizontally the top, soft skinned portions, of Knol Khol's, along with tender leaves, and split each top into halves. Pare the coarse rinds of the remaining parts of the Knol Khol's, and dice each into about 1" cubes, discarding the fibrous cores, if found in any. Wash these cubes along with tops and leaves, and keep aside in another plate.
- (b). In the case of Cabbage, remove the outer withered covering leaves, if any, and cut off the stalk. Then cut it vertically, through the centre, into four to eight sections. Shred each section horizontally into 1" wide slices. Thus the shredded leaves will also get separated. Wash these, and keep aside in a colander to drain water.
- (c). Separate by hand, or with a knife, the flowerets of the Cauliflower. Pare the middle stalk, and slice the soft pith into $1/2$ " thick rounds. Wash the flowerets and pith slices, and keep aside in a colander to drain water.
3. Chop Green Chilies and also sorted green Coriander leaves after washing, and keep in a separate plate. Discard seeds of Green Chilies before chopping.

Method of Cooking :-

1. Deep fry in oil, the Cheese pieces, in a steel 'Kadāhī', while turning these frequently with a perforated ladle (H-'Jhamā'), till these get fried uniformly to a golden brown colour. Take out with the perforated ladle, after draining all oil, and keep aside in a plate. Remove the 'Kadāhī' from the stove, and transfer oil, after straining, to a thick bottomed 'Paṭīlā' of steel or of tinned brass or copper, and add Cloves, Cumin Seeds and Asafoetida to the hot oil, and stir.
2. Now heat the 'Paṭīlā', and add Turmeric and Red Chili Powder, along with a tablespoon of water. Stir till oil takes colour, and begins to separate.
3. Then add the prepared Vegetable selected, (diced Knol Khol's with tops and leaves, or shredded Cabbage, or the Cauliflowerets). Turn the vegetable by means of a broad steel spatula (H-'Paltā') for a couple of minutes. Let it cook in the oil, in its own moisture, for about 10 minutes, turning meanwhile the contents 2 or 3 times so that no caking takes place at the bottom of the 'Paṭīlā'.
4. Add beaten Curd, Aniseed and Ginger Powders and Salt, and turn and mix with the Spatula. Cook for another couple of minutes, and then add a cup of water. Turn again the vegetable, and after adding the fried Cheese pieces, let the vessel simmer on low flame for another ten minutes.
5. When the Vegetable is done, the gravy thickens, and oil begins to show, add crushed 'Vari Masālā' or 'Garam Masālā', along with chopped Green Chilies and Coriander leaves. Turn gently again with the spatula, and cook for a minute or two more. The selected Dish is ready to be served hot, preferably with Plain Cooked Rice.



TOP - RCP NO. 165
MID RCP NO. 107 WITH POTATOES
BOT - RCP NO. 166

