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COOKING OF TWENTY MAIN VEGETABLE AND LEGUME DISHES GENERALLY SERVED IN BIG DINNERS AND FEASTS OF PANDITS IN KASHMIR

Amongst the various Vegetable and Legume Preparations, the Methods of Cooking of which are described hereafter, only the following Dishes are generally served in Weddings, Feasts and Big Dinners, in addition to 'Chāmāni Qaliyā' and 'Veth Chāman', Vide RECIPE NOS. 78 and 79. These Vegetable Dishes are, of course cooked in small quantities for Domestic Menus as well, along with other Vegetable preparations, described in the next Chapter. The Vegetables etc. used in these Dishes are given here within brackets.

1. 'Damā Ōluv', - (Potatoes).
2. 'Moānji Rōgan Jōsh', - (Knol Khol).
3. 'Alā Rōgan Jōsh', - (Pumpkin).
4. 'Naḍier Yaḡheān', - (Lotus Roots).
5. 'Alā Yaḡheān', - (Bottle Gourd).
6. 'Hāk', - (Collards and Kales).
7. 'Naḍier Yā Ōlav Churma', - (Lotus Roots, or Potatoes).
8. 'Naḍier Pālāk', - (Lotus Roots and Spinach).
9. 'Chock Vāngan', - (Brinjals).
- 9a. 'Choki Muji', - (Radishes).
10. 'Mīṭh Tā Niūl Kara', - (Fenugreek and Green Peas).
11. 'Niūl Karā Tā Khuh', - (Green Peas and semi dried Milk).
12. 'Baṇḍ Gūpī, Yā, Baṇḍ Gūpī Tā Ōluv', - (Cabbage and Potatoes).
13. 'Karēlā Doaḍ Lāgīth, yā Bhariṭh', - (Bitter Gourds).

14. 'Damā Phūl Gūpī, Yā Damā Phū Gūpī Tā Niūl Karā', - (Cauliflower and Green Peas).
15. 'Hedar', - (Mushrooms).
16. 'Kanā-Gechh Yaḡheān', - (Morels).
17. 'Muji Chetiēn', - (Radishes).
18. 'Puḍānā Burān', - (Mint Leaves).
19. 'Rāzmāh', - (Beans).
20. 'Dahī Balā', - (Legumes and Curd).

RECIPE NO. 91.

1. 'Damā Ōluv', (E-'Dam' Potatoes) (H-'Dam Ālū').

Ingredients :-

1. Round Potatoes of uniform medium size, - 1 kg.
2. Mustard oil, - 1 cup.
3. Cumin Seeds, - 1 tsp.
4. Cloves, - 3 nos.
5. Asafoetida, - 1 pinch.
6. Red Chili Powder, - 2 tsp.
7. Turmeric, - 1/2 tsp.
8. Ginger Powder, - 1 tsp.
9. Aniseed Powder, - 1 tsp.
10. Salt to taste, - about 1 tsp.
11. Curd, - 1/2 cup.

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| 12. 'Garam Masālā', - | 1 tsp. |
| 13. Mixed Big Cardamom, Cinnamon and Black Pepper Powders, - | 1 tsp. |

Method of Cooking :-

1. Boil the Potatoes, in their jackets, in enough water to immerse these wholly, for 10 to 15 minutes, till these are done, and their skin can be peeled off easily.
2. Cool the boiled Potatoes in cold water, and peel these by using thumb and the fore finger nails. Prick through the peeled Potatoes on all sides, with a sharpened match stick or a thin twig.
3. In a 'Kadāhī', deep fry the peeled and pricked Potatoes, in the Mustard oil, on medium heat, turning these frequently with a perforated ladle (H-'Jhamā') till these are uniformly fried to a golden yellow colour and lose almost all moisture and become light. Take out of the oil with the perforated ladle, draining all oil, and keep aside. Remove the 'Kadāhī' from the stove.
4. Transfer the left over oil to a steel 'Paṭīlā', of about 2 litres capacity. Add Cloves, Cumin seeds and Asafoetida, to the still hot oil. Stir with a ladle, and resume heating, while adding Red Chili Powder and Turmeric, along with a tablespoon of water. Stir again with a ladle, till oil takes colour of Chilies and Turmeric and begins to separate. Now add, well beaten Curd to which a little water has been added, along with Aniseed and Ginger Powders. Continue stirring till the Curd and Spices blend together, with the oil.
5. Add the fried Potatoes, and turn these with a broad steel spatula (H-'Paltā'), so that the spiced sauce covers these all over, and the Potatoes get soaked in it. Add enough water to immerse the Potatoes wholly, and cook on low heat, for half an hour after covering the 'Paṭīlā' with a lid.
6. When the Spiced Gravy and oil, soaks to the very core of the Potatoes, and these turn brown, also the gravy thickens, and oil begins to separate, add 'Garam Masālā', and the mixture of Cardamom, Cinnamon and Black Pepper Powders. Turn gently with the spatula to let the Spices get mixed. 'Dama Ōlav' are ready.

In big Dinners, usually one 'Ḍam Ālū', with a little thick gravy, is served to each person. In Kashmirī a Potato is called 'Ōluv' (Singular), and Potatoes are called 'Ōlav' (Plural).

RECIPE NO. 92 & 93.

2. & 3. 'Moāñji Rōgan Jōsh, Yā (Pārim) Alā Rōgan Jōsh', (E-'Rōgan Jōsh' of Knol Khol, or 'Rōgan Jōsh' of Pumpkins) (H-'Gāñth Gōbhi yā Kadū kā Rōgan Jōsh').

Both these Dishes are cooked almost in the same manner as are 'Ḍam Ālū'. Vide RECIPE NO. 91. The only difference is in the Preparation of these Two Vegetables before cooking.

Note :- In Kashmirī One Knol Khol is called 'Moēṇḍ' and more than one 'Moāñji'. One Pumpkin is called 'Al', and more than one 'Alā', 'Pārim' means 'foreign' (Variety).

Ingredients :-

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| 1. Knol Khol, - | 1 ½ kg. or |
| Pumpkin, - | 1 ½ kg. |
| 2. Mustard Oil, - | 1 cup. |
| 3. Cumin Seeds, - | 1 tsp. |
| 4. Cloves, - | 3 nos. |
| 5. Asafoetida, - | 1 tsp. |
| 6. Red Chili Powder, - | 2 tsps. |
| 7. Turmeric, - | 1 tsp. |
| 8. Ginger Powder, - | 1 tsp. |
| 9. Aniseed Powder, - | 1 tsp. |
| 10. Curd, - | 1/2 cup. |
| 11. Salt, - | about 1 tsp. |
| 12. 'Garam Masālā', - | 1 tsp. |

Preparation :-

1. For 'Moāñji Rōgan Jōsh', purchase fresh Knol Khol, of medium size, with soft skins and

without fibrous cores. Cut off leaves. Soft leaves can be cooked separately. Pare the fibrous skins of the Knol Khol, and then cut these into 1 ½" thick round slices. Cut slices, of more than 2" in diameter, into 2 semi-round halves.

- In the case of 'Alá Rogan Jōsh', buy a mature Pumpkin. Cut it with a knife into about 2" wide long slices. Pare off, with the knife, the rind and also the soft pulpy fibrous inner lining, along with seeds etc., of every slice. Then cut further, each pared slice, into 2" or 1 ½" pieces. Shave off, with the knife the sharp edges and corners of every piece, to make these somewhat round. Wash the pieces and keep aside, in a colander, to drain water.

Method of Cooking :-

- Deep fry, on medium flame, the Knol Khol or the Pumpkin pieces, as the case may be, in Mustard oil, in a steel 'Kadāhī', turning these frequently with a perforated ladle (H-'Jhamā'), so, that these get fried uniformly on all sides, to a golden brown colour. Take out the fried pieces from the oil with the ladle, draining all oil and keep aside in a plate. Remove the 'Kadāhī' from the stove, and transfer oil to a thick steel or tinned brass or copper 'Paṭilā', of about 2 litres capacity.
- Add the Cloves, Turmeric, Red Chili Powder and Asafoetida, along with a tablespoon of water, to this hot oil. Stir with a broad flat steel spatula (H-'Paltā'), and resume heating the oil. When the oil takes colour of Turmeric and Chilies, and begins to separate, add the Curd, after beating with a little water, along with Ginger and Aniseed Powders and Salt. Stir again with a ladle or the spatula, and cook for a minute or two more, on medium heat, till the Curd blends with the oil and the Spices. Add 2 cups of water. Continue stirring and bring to boil.
- Add the fried Knol Khol or Pumpkin pieces, to the boiling sauce and cook on low heat for about 15 minutes or more, till the pieces are done, the gravy thickens and the oil begins to separate.
- Add 'Garam Masālā', and turn with the spatula, to let it mix, and cook for a minute more. 'Moanji' or 'Alá' 'Rōgan Jōsh' is ready to be served. Usually, in Big Feasts or Dinners, with

a big menu, one piece with a little gravy, is served to each guest, but in Domestic Meals even 3 or 4 pieces are enjoyed with Plain Cooked Rice, by a person.

RECIPE NO. 94.

4. 'Naḍeir Yaḡhean̄'. (E-Lotus Roots cooked with Curd) (H-'Kamal kē Jadh kī Yaḡhn̄').

This Dish is almost a must in Big Vegetarian Dinners and Feasts, with big menus, and is usually cooked in an earthenware pot (K-'Ḍēg'). Generally, one piece with a spoonful of the Curdy Gravy, is served to each guest. It is also prepared in an earthenware smaller pot, a 'Leij', or in a steel 'Paṭilā', for Domestic Meals. Each person takes 3 or 4 pieces, with a liberal serving of its delicious Gravy, with Plain Cooked Rice.

Note :- A stalk of Lotus Roots is called a 'Naḍur' in Kashmīrī, and more than one stalk 'Naḍeir'.

Ingredients :-

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| 1. Lotus Roots, of above 1" diameter, - | 1 kg. |
| 2. Mustard oil, - | 1 cup. |
| 3. Curd, - | 1 kg. |
| 4. Milk, - | 1 cup. |
| 5. Cloves, - | 3 nos. |
| 6. Cumin Seeds, - | 1 tsp. |
| 7. Asafoetida, - | a pinch. |
| 8. Ginger Powder, - | 1 tsp. |
| 9. Aniseed Powder, - | 2 tsps. |
| 10. Black Pepper Powder, - | 1 tsp. |
| 11. Black Cardamom Powder, - | 1/2 tsp. |
| 12. Cinqnamon Powder, - | 1/2 tsp. |
| 13. Caraway seeds, - | 1/2 tsp. |
| 14. 'Garam Masālā', - | 1 tsp. |
| 15. Salt, - | about 1 tsp. |
| 16. Sugar, - | 1/2 tsp. |
| 17. Green Cardamoms, - | a few. |

Preparation :-

Scrape the Lotus Roots with a knife and cut off root heads, and any bad ends of the stalks. Cut horizontally, into about 2" pieces. Wash thoroughly to clean the outside, and remove mud etc. from the holes of the pieces.

Method of Cooking :-

1. In an earthenware pot ('Leij'), or in a steel or tinned copper or brass 'Pañilā', boil, for half an hour, the prepared Lotus Root pieces, in enough water to keep these immersed wholly during boiling. To save time, only 5 to 10 minutes of pressure cooking is enough. Take out with a perforated ladle or strain through a colander, the boiled pieces, and retain the Soup in a steel bowl, and let it cool.
2. Add to the Soup the Curd, Milk, Aniseed and Ginger Powders, Sugar and Salt, and blend the ingredients, by churning with a small churnstick (H-'Bilōñ'), to a Curdy Sauce.
3. Now, in the cooking vessel, heat the oil on a medium flame, till foam disappears. Add the Cloves, Cumin Seeds and Asafoetida. Stir with a steel ladle, and add immediately the prepared Sauce. Continue stirring with the steel ladle, so that Curd does not crack, till the Sauce comes to a boil.
4. Add boiled Lotus Root pieces, and let these cook on a low heat, for another 15 to 20 minutes, turning these now and then with the ladle. When the Curdy Gravy thickens, add Caraway Seeds and Cardamom, Cinnamon and Black Pepper Powders, along with the 'Garam Masālā'. Mix the Spices by stirring with the ladle. A few crushed Green Cardamoms may be added. 'Naḍier Yaḳḱheāñ' is ready for serving.

RECIPE NO. 95.

5. 'Alā Yaḳḱheāñ'. (E-Bottle Gourd cooked with Curd) (H-'Laukī kī Yaḳḱhñi').

In Dinners this preparation is sometimes, a substitute for 'Naḍier Yaḳḱheāñ' (RECIPE NO. 94.). The

Method of Cooking is almost same for the two dishes. The main difference is in 'Preparation' of the Bottle Gourds in place of Lotus Roots, and in the Gourd pieces being fried, instead of being boiled, before the final stage of cooking.

Ingredients :-

Ingredients are same as in the case of 'Naḍier Yaḳḱheāñ', except in substituting one or two Bottle Gourds, weighing about 1 ½ kg, in place of 1 kg. of Lotus Roots. Bottle Gourds should be fresh, soft skinned, immature and long, of about 2 ½" diameter each.

Preparation :-

Scrape the skin of the Bottle Gourds by a knife, and slice these horizontally into 1 ½" thick round pieces, discarding the stems along with half an inch of the ends and wash. 'Al' (Bottle Gourd) is also called 'Kāsheir Al' or 'Zīth Al' in Kashmīrī language. 'Alā' in plural of 'Al'.

Method of Cooking :-

1. Deep fry in oil the slices of Bottle Gourds, in two or three instalments, turning these two or three times, with a perforated ladle (H-'Jhamā'), till these shrink a little by dehydration and the edges become a little brown. Take out with the perforated ladle, draining all oil, and keep in a plate.
2. Instead of adding Lotus Root soup, as in the case of 'Naḍier Yaḳḱheāñ', here add a cup of water to the Curd, Milk, Aniseed and Ginger Powders, Sugar and Salt, and mix, as before, with a churn stick (H-'Bilōñ'), and add this Sauce to the left over oil. Hereafter process of cooking is same as that of 'Naḍier Yaḳḱheāñ'. (RECIPE NO. 94).
It is a nice Dish for Domestic Meals, also is loved by those who do not like hot preparations, and is enjoyed with Plain Cooked Rice especially.

Scraped Bottle Gourds are washed and their slices cut lengthwise or cut horizontally into round pieces, which are dried in sun in season. These are called 'Alā Hachi', and are also, after reconstitution by soaking for a little while in hot water, used for making, 'Alā Yaḳḱheāñ', or other Dishes in off season, when fresh Bottle Gourds are not available.

RECIPE NO. 96.

6. (a) 'Hāk', (E-Collards or Kales) (H-'Karam kā Sāg').

'Karam kā Sāg', called 'Hāk' in Kashmīr, is a daily must in the diet of almost all 'Kashmīris. It is eaten with Plain Cooked Rice, throughout the year, as a green leafy vegetable, and is a great source of Vitamins and Minerals in their diet. 'Hāk' and 'Baṭā' (Plain Cooked Rice), is what every Kashmīrī asks for, in his prayers. It is said, that 'Hāk' is a 'Divine Leaf', and a blessed food article granted to the 'Rishi Kashyap', and his progeny, and is called 'Shākh-āmbanī'. Even in Feasts, 'Hāk' is always served. Whole leaves are boiled in water, with a little Mustard oil, whole Red Kashmīrī Chilies, and Salt, and then Condimented with a little 'Varī Masālā'. Whole mature Red Chilies are dried in sun in autumn, when these are available, and then stocked by every house in Kashmīr for the year's consumption. Cooked 'Hāk' is a delicious Vegetable Preparation, enjoyed by poor and affluent alike.

Ingredients :-

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| 1. 'Hāk', - | 1 kg. |
| 2. Mustard Oil, - | 1/2 cup. |
| 3. Asafoetida, - | a pinch. |
| 4. Cloves, - | 4 nos. |
| 5. Whole Kashmīrī Red Chilies, or
Green Chilies, - | 4 nos. |
| 6. Salt, - | about 1 tsp. |
| 7. 'Varī Masālā', - | 20 gm. |

Preparation :-

Sort out good 'Hāk' leaves, nipping off insect eaten, stained and withered portions of leaves. Rinse leaves thoroughly in water.

Method of Cooking :-

'Hāk' is generally cooked by 'Kashmīris' in an earthenware cooking vessel (K-'Leij'). A steel or tinned copper or brass 'Paṭīlā', will also do. Heat the Oil in the vessel till its foam disappears. Add Cloves

and the pinch of Asafoetida. Stir with a ladle, and add immediately 2 cups of water, and then the Salt and the whole Red or Green Chilies, after slitting open every Chili and discarding the seeds and stems. If whole Dried or Green Chilies are not available, a teaspoon or half of Red Chili Powder may be added instead. When the water and Spices etc., boil, add the 'Hāk' leaves, and turn with the ladle till these become limp, and get immersed in the gravy. Cook for half an hour, and when leaves become tender, add the 'Varī Masālā' after crushing it and serve, preferably hot. To save time nowadays, the leaves are pressure cooked.

'Hāk', cooked by the above method is called 'Chhatā Hāk'. No frying in oil is done. Dressed Knol Khol along with leaves, Cabbage leaves, Turnips, Spinach and many other Vegetables are also prepared in this manner.

'Hāk' is also cooked as above, after boiling in plain water first. It is then called 'Sivā Hāk'. If after boiling, and straining the water, it is pounded, and then cooked as above, it is, in that case, called 'Dagā Hāk'.

'Hāk' leaves, dried in shade, are cooked during winter, when fresh 'Hāk' is not available at many places. Dried leaves are reconstituted by boiling before cooking. Nowadays fresh 'Hāk' is available almost throughout the year.

In late autumn, after repeated picking of 'Hāk' leaves during previous 6 or 7 months, the denuded stalks of the plants stop providing leaves during cold and snowy months of winter. In the following early spring, a crop of fresh tender leaves, sprout on the stalks. These small leaves are called 'Kānūl' in Kashmīrī and are usually cooked with Meat or 'Panīr', and form much cherished Dishes.

6. (b). 'Hāk Tā Naḍeir Yā Vāṅgan'. (E-Collards or Kales Cooked with Lotus Roots or Brinjals) (H-'Karam kā Sāg aur Bhēṅ yā Baiṅgan').

Ingredients :-

Same as in (a) plus 1/4 kg. Lotus Roots or Brinjals and extra 1/4 cup oil.

Preparation :-

Sort 'Hāk' leaves and clean these as in (a). Scrape the Lotus Roots, and cut the root heads and bad ends with a knife. Cut slantwise, about 1/4" thick slices. If Brinjals are used, cut these lengthwise into about 1" thick slices, along with their stems.

Method of Cooking :-

Fry the Lotus Root or Brinjal slices in the oil. Take these out by a perforated ladle, draining all oil. Keep aside. Then start cooking 'Hāk' as in (a). When it is limp, add the fried Lotus Root or Brinjal slices and finish cooking as in (a).

RECIPE NOS. 97 & 98.

7. 'Naḍier Yā Ōlov Churmá'. (E-Fried Chips of Lotus Roots or Potatoes) (H-'Kamal-kē-Jadh yā Ālū kī Kurkurī').

This is a crunchy Side Dish generally served in Big Vegetarian Wedding Dinners and other Feasts. Along with other Dishes, half a dozen chips are served to each guest. For Domestic Meals these are also prepared as a Side Dish.

Ingredients :-

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| 1. Lotus Roots, - | 1/2 Kg., or |
| Potatoes, smooth and big, - | 1/2 kg. |
| 2. Mustard Oil, - | 1/2 cup. |
| 3. Red Chili Powder, - | 1 tsp. |
| 4. Salt, - | 1 tsp. |

Preparation :-

1. With a knife scrape Lotus Root stalks to remove the brown skin. Cut off their root heads and also withered ends. Cut each stalk horizontally into about 2" pieces. Then slit, each piece lengthwise, into Chips of a pencil thickness. Wash thoroughly with water.
2. In case of Potatoes, pare these, and first cut each into 1/2 inch thick round slices. Further cut these slices into about 1/2" size chips. Wash thoroughly with water.

Method of Cooking :-

In a 'Kadhī', on a medium flame, deep fry in the Oil the Lotus Root or Potatoe Chips, in two or three instalments, turning these frequently with a perforated ladle (H-'Jharmā'), so that these fry uniformly to a golden brown colour, and become crisp. It is better to use more oil for deep frying.

Later on the left over oil can be used for any other preparation. Thus time will be saved, by deep frying all the Chips, in one instalment. The Chips, fried on medium heat become crisp without getting charred. Take out the fried chips by means of the perforated ladle, draining all oil and put these in a plate. Sprinkle Salt and Chili Powder at the time of serving. Sprinkling Salt before hand, the Chips lose their crispness, by absorbing moisture from the air.

RECIPE NO. 99.

8. 'Naḍier Pālak', (E-Lotus Roots and Spinach) (H-'Kamal-kē-Jadh aur Pālak').

This is a Side Dish served in Big Feasts and Dinners. It is also a very good Dish for Domestic Meals and is enjoyed with Plain Cooked Rice.

Ingredients :-

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| 1. Lotus Roots, - | 250 gm. |
| 2. Spinach, - | 1 kg. |
| 3. Mustard Oil, - | 1 cup. |
| 4. Cumin Seeds, - | 1 tsp. |
| 5. Cloves, - | 3 nos. |
| 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, - | 1/2 cup. |

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| 12. 'Garam Masāla', - | 1/2 tsp. |
| or 'Varī Masāla', - | 1/2 tsp. |
| 13. Green Chilies, - | 3 nos. |
| 14. Green Coriander, - | a few sprigs. |

Preparation :-

1. Scrape the Lotus Roots with a knife, and cut root heads and any withered ends of the stalks. Slice horizontally into 1/4" thick round pieces. Wash thoroughly and remove mud from holes, and keep in a colander to drain water.
2. Sort out good leaves of Spinach, discarding coarse stems, if any. Wash and Shred the leaves, and keep in a colander to drain water.
3. Wash, slit and discard seeds of Green Chilies, and chop these. Chop also sorted and washed Coriander Leaves, and their tender Stems. Keep aside in a plate.

Method of Cooking :-

1. In a steel 'Kadāhī' or 'Paṭlā', fry in oil, the Lotus Root slices for a few minutes, frequently turning these with a perforated ladle. Take out with the same ladle after draining all oil, and keep aside in a bowl.

Add Cumin Seeds, Cloves and Asafoetida to the Oil, after removing the 'Kadāhī' or 'Paṭlā' from the stove for a minute or two, to cool the oil a bit. Stir, and add Turmeric and the Red Chili Powder, along with a table spoon of water. Stir again till oil takes colour, and then add shredded Spinach, and go on turning with a steel ladle. After the Spinach leaves become limp, get cooked for a few minutes in the oil, and the water comes out of the leaves, add the fried Lotus Root pieces, beaten Curd, Ginger and Aniseed Powders, and continue turning with the ladle, till the Curd and Spices blend with the Vegetables and almost all water evaporates.

2. When the Spinach begins to get fried, is almost done along with Lotus Roots, and the oil begins to separate, add a cup of water and stir. Let cook for another 10 minutes or so, till the water soaks

into the Spinach and the Lotus Roots. Turn twice or thrice in the meanwhile, so that no caking, at the bottom, takes place.

3. When oil again begins to show, add 'Garam Masāla' or crushed 'Varī Masāla'. Stir and transfer to a Serving Bowl, and garnish with the chopped Green Chilies and Coriander Leaves. Serve.

RECIPE NOS. 100 & 100 a.

9. 'Çhoek Vāᅅᅅan'. (E-Sour Brinjals) (H-'Khatē Baingan').

It is a Dish generally served in Wedding Vegetarian Dinners and Feasts, a piece or two to each guest. It is also prepared in small quantities for Domestic Meals, usually as a Side Dish like a pickle.

'Vāᅅᅅan' is one Brinjal, and 'Vāᅅᅅan' more than one.

Ingredients :-

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| 1. Brinjals, preferably of long varieties, - | 1/2 kg. |
| 2. Mustard oil, - | 1 cup. |
| 3. Tamarind, - | 100 gm. |
| 4. Sugar, - | 2 tsp. |
| 5. Cumin Seeds, - | 1/2 tsp. |
| 6. Cloves, - | 2 nos. |
| 7. Asafoetida, - | a pinch. |
| 8. Red Chili Powder, - | 1 tsp. |
| 9. Turmeric, - | 1 tsp. |
| 10. Ginger Powder, - | 1/2 tsp. |
| 11. Aniseed Powder, - | 1/2 tsp. |
| 12. 'Garam Masāla', - | 1/2 tsp. |

Preparation :-

1. After cutting tips of the stems and the sepals, slice lengthwise the Brinjals along with the stems, through the middle, into four or 8 sections, each piece about an inch across. If Black

or White Round Brinjals are used, these have to be sliced into more sections. Wash and keep aside in a colander to drain water.

2. Meanwhile, in a cup of boiling water, in a steel bowl, soak the Tamarind. When it gets soft, mash it with the fingers, in the water in which it was soaked. Remove from the Pulp the hull pieces, stones and strings by fingers or by straining it through a colander into another steel or glass bowl.

Method of Cooking :-

1. In a steel 'Kadāhī', on medium heat, deep fry the Brinjal Slices, turning these often with a perforated ladle (H-'Jhamā'), so that these fry uniformly on all sides, to a golden brown colour. Take these out with the help of the perforated ladle, draining all oil.
2. After removing the 'Kadāhī', for a minute or two, from the stove, in order to bring down the temperature of the oil a bit, add Cumin Seeds, Cloves and Asafoetida. Stir with a broad steel spatula (H-'Paltā'), while adding the Red Chili Powder and Turmeric, along with a tablespoon of water. Resume heating while stirring the Oil and the Spices till oil takes colour and begins to separate.
3. Add a cup of water and the Tamarind pulp, Sugar, Salt and Aniseed and Ginger Powders. Mix with the spatula, and add the fried Brinjal Slices. Let boil for 15 to 20 minutes, turning the Brinjal Slices frequently with the spatula. When the gravy thickens and oil begins to separate, add 'Garam Masālā' and mix it with the spatula. Stop heating and transfer to a steel bowl for service.

When fresh Brinjals are not available, even Dried Brinjal Slices (K-'Vāngan Hachi'), after soaking these in hot water for about 15 minutes, are used.

9. a. **Radish Slices are also cooked as above, and the Dish is called 'Çhoeki Muji'. (E-Sour Radish) (H. 'Khatti Mūlī'). (RECIPE NO. 100. a.)**

RECIPE NO. 101.

10. 'Mīth Tā Niūl Karā' (E-Fenugreek and Green Peas)(H-'Meṭhī aur Harē Matar').

In addition to its being served as a Side Dish in Wedding Vegetarian Dinners and Feasts, it is a very good Dish for Domestic Meals. Fenugreek is especially a good source of Vitamin 'A', and also has other Vitamins and Minerals.

Ingredients :-

1. Fenugreek Leaves, - 1 kg.
2. Tender Green Peas in Pods, - 1 kg.
3. Mustard oil, - 1 cup.
4. Curd, - 1 cup.
5. Cumin Seeds, - 1 tsp.
6. Cloves, - 2 nos.
7. Asafoetida, - a pinch.
8. Red Chili Powder, - 1 tsp.
9. Turmeric, - 1 tsp.
10. Aniseed Powder, - 1 tsp.
11. Ginger Powder, - 1 tsp.
12. 'Garam Masālā', - 1 tsp, or
'Varī Masālā', - 10 gm.
13. Green Chilies, - 3 nos.
14. Coriander Leaves, - a few sprigs.
15. Green Ginger, - 2" pc.
16. Salt, - about 1 tsp.
17. Sugar, - 1 tsp.

Preparation :-

1. Shell the Green Peas and keep in a plate.
2. Sort out good Fenugreek Leaves, along with tender Stems. Wash thoroughly with water, and keep in a colander.

3. After washing the Green Chilies, slit these and remove seeds. Rinse Leaves of Coriander. Scrape Green Ginger. Chop the three and keep in a bowl.

Method of Cooking :-

1. If Peas are not quite tender, boil these in a cup of water, after adding the Sugar, for 5 minutes in a pressure cooker. Keep aside along with Soup. Tender Peas need no boiling.
2. Again pressure cook the Fenugreek, in a cup of water, for five minutes. Let it cool. Strain and squeeze out the water through a colander. Retain the liquid, and pound to a paste the boiled Fenugreek Leaves, by means of a Pestle and Mortar (H-'Hāvan Dasā'), or grind these on a 'Sil Battā' or in an Electric Grinder. Keep the paste in another bowl.
3. Heat the oil in a steel 'Kadhī' or a steel 'Paṭīlā' of suitable size. When foam settles, add Cloves, Cumin Seeds and Asafoetida. Stir with a steel broad spatula (H-'Paltā') and add the prepared Fenugreek paste. Go on turning with the spatula, till water evaporates, and it gets fried and the oil begins to separate.
4. Add beaten Curd, Turmeric and Red Chili, Ginger and Aniseed Powders. Continue turning with the spatula, till Fenugreek paste, Curd and Spices blend together.
5. Now add the boiled Peas, along with its Soup, or unboiled tender Peas, and also the liquid got from straining the Fenugreek after boiling. Turn and mix with the spatula and cook for about 15 minutes on low heat. Turn twice or thrice during cooking so that no caking takes place at the bottom of the vessel. Add and mix 'Garam Masālā' or crushed 'Varī Masālā'. Remove from heat the 'Paṭīlā', and transfer the Dish to a Bowl. Garnish with the chopped Green Chilies, Coriander Leaves and Green Ginger. The Dish is ready for serving. If fresh Green Peas are not available, reconstituted dehydrated Peas, or tinned Green Peas, can be used instead.

RECIPÉ NO. 102.

11. 'Niul Kará Ṭá Khuh'. (E-Semi-dried Milk and Green Peas) (H-'Khōyā Matar').

Whole Milk condensed by boiling to the consistency of a stiff dough, and sold in chunks by 'Halvāyīs', is called 'Khōyā'. It is also used in making Indian Sweets, especially 'Barfi', 'Kalāqanḍ' and 'Pēde' etc.

Ingredients :-

- | | |
|--------------------------|---------------|
| 1. 'Khōyā', - | 250 gm. |
| 2. Green Peas in pods, - | 1 kg. |
| 3. Mustard Oil, - | 1 tsp. |
| 4. Cloves, - | 2 nos. |
| 5. Cumin Seeds, - | 1 tsp. |
| 6. Asafoetida, - | a pinch. |
| 7. Ginger Powder, - | 1 tsp. |
| 8. Aniseed Powder, - | 1 tsp. |
| 9. Caraway Seeds, - | 1/2 tsp. |
| 10. Raisins, - | 10 gm. |
| 11. Almond Kernels, - | 10 gm. |
| 12. Cashew nuts, - | 10 gm. |
| 13. Green Chilies, - | 3 nos. |
| 14. Coriander Leaves, - | a few sprigs. |
| 15. Green Ginger, - | a 2" pc. |
| 16. 'Garam Masālā', - | 1 tsp. |
| 17. Salt, - | 1 tsp. |
| 18. Sugar, - | 1 tsp. |

Preparation :-

1. Shell the Peas and wash.
2. Grate the 'Khōyā' or crush it by hand into a coarse meal.

3. Stem and wash the Raisins, blanch the Almond Kernels, and split the Cashew nuts.
4. Wash the Green Chilies and sort the Coriander Leaves. Split and remove seeds of Chilies and scrape the Green Ginger piece. Chop the three and keep in a bowl.

Method of Cooking :-

1. Boil the Peas in half a litre of water, after adding a tsp of Sugar. If the Peas are not tender, pressure cook these for five minutes, in two cups of water, after adding the Sugar.
2. In a steel 'Kadahi', heat the Oil and when foam disappears, add the Cloves, Cumin Seeds and Asafoetida. Stir, and add the boiled Peas, along with their Soup. Add also Aniseed and Ginger Powders, Caraway Seeds and the Salt, along with the grated 'Khōyā'. Go on turning with a broad flat steel spatula (H-'Paltā') and let cook for ten minutes. In between add the Raisins, blanched Almond Kernels and split Cashew nuts.
3. Then, when the oil begins to separate, add 'Garam Masālā' and mix with the spatula and transfer to a Bowl. Garnish with the chopped Green Chilies, Coriander Leaves and Green Ginger. Serve.

If fresh Green Peas are out of season, reconstituted, dehydrated Green Peas, or tinned Green Peas can be substituted.

RECIPE NOS. 103 & 104.

12. 'Baṇḍ Gūpī, Yā Baṇḍ Gūpī Ṭā Ōlav' (E-Cabbage without or with Potatoes) (H-'Baṇḍ Gōbhī, yā Baṇḍ Gōbhī aur Ālū').

These Dishes are served in Big Vegetarian Dinners, and are equally liked in Domestic Meals.

Ingredients :-

1. Cabbage, - 1 kg.
2. Potatoes, - 250 gm. (Optional).
3. Mustard oil, - 1/2 cup.

4. Turmeric, - 1 tsp. (Optional).
5. Red Chili Powder, - 1 tsp.
6. Ginger Powder, - 1/2 tsp.
7. Aniseed Powder, - 1 tsp.
8. Salt, - about 1 tsp.
9. Cloves, - 2 nos.
10. Cumin Seeds, - 1 tsp.
11. Asafoetida, - a pinch.
12. 'Varī Masālā', - 10 gm. or 'Garam Masālā', - 1 tsp.
13. Green Chilies, - 3 nos.
14. Caraway Seeds, - 1/2 tsp.

Preparation :-

1. Peel the outer withered leaves, if any, of the Cabbage, quarter it by a knife, and if sections are big, cut each quarter vertically again into two. Then shred these sections horizontally, so that pieces of leaves fall apart. Rinse thoroughly with water and in a colander let water drain out.
2. Pare Potatoes, in case these are desired to be added to the Cabbage. Dice these into about 1" cubes.
3. Chop the Green Chilies, after slitting these and removing the seeds.

Method of Cooking :-

1. In a 'Paṭlā' or a 'Kadāhī', deep fry in oil the diced Potatoes, to a golden brown colour, and keep these in a plate after draining the oil by means of a perforated ladle (H-'Jharnā'). Remove the cooking vessel from the stove, for a couple of minutes, to let the oil cool a bit. This is done when we want Potatoes with Cabbage.
2. Then add Cumin Seeds, Cloves and Asafoetida to the left over hot oil, and stir with a broad flat spatula (H-'Paltā'). Resume heating, and immediately add Turmeric (if desired to make the Dish yellow), and Red Chili Powder, along with a tablespoon of water. Stir for a minute. When oil gets coloured and begins to separate, add the

- shredded Cabbage and go on turning with the spatula, till it is cooked to a good extent, and becomes limp, and the liberated water gets almost evaporated.
3. Now add a cup of water, Salt, Aniseed and Ginger Powders and the fried Potatoes. Turn with the spatula to mix the Spices. Cook on low heat for another ten minutes or so, till the Cabbage and Potatoes are done, the gravy thickens and the oil begins to show. Turn with the spatula two or three times while cooking, so that no caking takes place, at the bottom of the cooking pot.
 4. Add crushed 'Varī Masālā, or 'Garam Masālā', Caraway Seeds and chopped Green Chilies. Again turn gently to mix the Spices. Let cook for a minute or two more. The Dish is ready to be served.

RECIPE NOS. 105 & 106.

13. 'Karēlá Doaḍ Lagit yā Bharīṭh Karēlá' (E-Bitter Gourds: A. Cooked with Curd B. Stuffed.) (H- (A) 'Ḍahī Karēlē', (B) 'Bharē huyē Karēlē').

Bitter Gourds are usually cooked in the following two ways :-

- A. Scraped, sliced lengthwise into two halves, and cooked with Curd etc.
- B. Scraped, lengthwise, slit open, and after removal of seeds etc., Stuffed with Condiments etc., secured with a thread, so that fillings do not come out, and then cooked.

A. Ingredients :-

1. Bitter Gourds, - 1/2 kg.
2. Mustard Oil, - 1/2 cup.
3. Curd, - 1 cup.
4. Cloves, - 2 nos.
5. Cumin Seeds, - 1 tsp.
6. Asafoetida, - a pinch.
7. Turmeric, - 1/2 tsp.

8. Chili Powder, - 1/2 tsp.
9. Ginger Powder, - 1/2 tsp.
10. Aniseed Powder, - 1 tsp.
11. 'Garam Masālā', - 1 tsp.
12. Salt, - 2 tsp.

B. Ingredients :-

Item 1 to 12, same as in 'A' and in addition to those,

1. Panīr, - 100 gm. or
for Non-vegetarians Minced Meat, - 125 gm.
2. Potatoes, - 100 gm.
3. Green Peas, - 100 gm.
4. Green Ginger, - a piece.
5. Green Chilies, - 2 nos.
6. Curd, - 1 tsp.
7. Caraway Seeds, - a pinch.
8. A few stemmed and washed Raisins, and
blanced Almond Kernels, - (Optional).

Preparation :-

- A. Scrape the bitter Gourds with a knife and slice lengthwise into halves. In a plate, sprinkle a teaspoon of Salt on the inside and outside of these halves, and leave these aside for a few minutes. Then squeeze out as much bitter juice as possible, by pressing between the palms of two hands. Wash in water discarding mature seeds, and squeeze out water again.
- B. 1. Scrape the Bitter Gourds with a knife. Incise lengthwise on a side, and take out seeds. Sprinkle a teaspoon of Salt on the inside and outside of all the Gourds, and leave these aside for a few minutes. Then squeeze out bitter juice by pressing between palms of hands. Wash with water and squeeze out water again.
2. Pare Potatoes, and chop these fine. Shell the Peas, chop Green Chilies, after slitting and discarding seeds. Scrape and chop the Green Ginger piece. Grate the Cheese. Mix all things and keep in a bowl.

Method of Cooking :-

- A. 1. In a steel 'Kadāhī', heat oil on medium flame, till foam settles. Fry the prepared bitter Gourd halves in it, frequently turning with a broad flat spatula (H-'Paltā'), so that these get evenly and lightly fried on both sides. Add Cumin Seeds, Cloves and Asafoetida, and fry and turn for a minute more.
2. Add beaten Curd, along with a teaspoon of Salt, the Turmeric, Chili, Ginger and Aniseed Powders, and a cup of water. Turn and mix with the spatula thoroughly. Continue stirring till it comes to a boil and the Curd does not crack.
3. Simmer for 15 minutes on low flame, and when oil begins to separate, and gravy thickens, add 'Garam Masālā' and mix with the spatula and serve.
- B. 1. In a steel 'Kadāhī', heat a tablespoon of oil, till foam disappears. Add the mixed chopped Potatoes, Green Chilies and Ginger also the Peas and grated Cheese along with a little Salt, a quarter teaspoon each of the Turmeric, Ginger, Aniseed and Red Chili Powders, the Caraway Seeds, chopped balanced Almond Kernels, Raisins, and half a cup of water. Go on turning with the spatula, till the Cheese, Potatoes and Peas get well cooked, and almost all the water evaporates. Remove the 'Kadahi' from the stove, and let this Stuffing cool a little.
2. With a spoon stuff all the prepared Gourds with the above dressing, distributing it equally. Tie a piece of thread around each Gourd, to secure the Stuffing, so that it does not come out while cooking.
3. Resume heating the remaining oil, in the 'Kadāhī', after cleaning it. When the foam disappears, add the cloves, Cumin Seeds, and the Asafoetida. Stir and add immediately the remaining Chili, Turmeric, Ginger and Aniseed Powders, along with beaten or churned Curd with half a cup of water. Go on stirring till all things blend and come to a boil.

4. Now place the stuffed Gourds side by side in the boiling sauce. Simmer on low heat, frequently turning the Gourds with a spatula, till almost all water evaporates, and the Gourds are done and get fried to a brown colour.
5. Sprinkle 'Garam Masālā' on all sides of the cooked and stuffed Gourds, while turning these gently. Now these are ready to be served. One piece per guest is usually served and the threads are removed by them before eating these.

In case of preparation of 'Stuffed Bitter Gourds', for Non-vegetarians, grated 'Panīr' is replaced by Minced Meat. Other Ingredients and the process of Preparation and Cooking of the Stuffing etc. are the same as above.

RECIPE NOS. 107 & 108.

14. (a). 'Ḍamā Phūl Gūpī' (E-'Ḍam' Cauliflowers) (H-'Ḍam Phūl Gōbhī').
- (b). 'Ḍamā Phūl Gūpī' Ṭā Niul Karā'. (E-'Ḍam' Cauliflowers and Green Peas) (H-'Ḍam, Phūl Gōbhī aur Harē Matar').

These Dishes are served in Big Dinners and are cooked for Domestic Meals as well.

Ingredients :-

- | | |
|--|----------|
| 1. Cauliflower, - | 1 kg. |
| 2. Green Peas, only for (b), - | 1 kg. |
| 3. Mustard oil, - | 1/2 cup. |
| 4. Cloves, - | 3 nos. |
| 5. Cumin Seeds, - | 1 tsp. |
| 6. Asafoetida, - | a pinch. |
| 7. Turmeric, - | 1 tsp. |
| 8. Red Chili Powder, - | 1 tsp. |
| 9. Ginger Powder, - | 1 tsp. |
| 10. Aniseed Powder, - | 1 tsp. |
| 11. Mixed Coriander and Cumin-seed Powder, - | 1 tsp. |
| 12. 'Garam Masālā', - | 1 tsp. |
| 13. Curd, - | 2 tbsps. |

- | | |
|------------------------|---------------|
| 14. Green Chillies, - | 3 nos. |
| 15. Green Ginger, - | a 2" pc. |
| 16. Green Coriander, - | a few sprigs. |

Preparation :-

1. Shell the Peas; if used in combination with Cauliflower.
2. Break up the Cauliflower into flowerets, after cutting off the side leaves and stems. Pare the left over main stem and slice the soft pith into 1/2" round pieces.
3. Rinse with water and keep aside in a colander to drain water.
4. Chop the Green Chillies, after slitting and removing their seeds. Scrape and chop green Ginger, and sorted Coriander Leaves after washing.

Method of Cooking :-

1. In a steel or tinned brass or copper 'Pañīā', heat oil till the foam settles. Add Cloves, Cumin Seeds and Asafoetida. Stir with a flat broad steel spatula (H-'Paltā'), and remove the vessel from the stove, for a minute or two, to bring down the temperature of the oil a little. Add Turmeric, Red Chili Powder and a tablespoon of water. Stir again with the spatula, till oil takes colour and begins to separate.
2. Resume heating and add beaten Curd, Ginger and Aniseed Powders, and again turn with the spatula till the Curd blends with Spices and Oil. Now for (a) preparation, add Cauliflowerrets and the slices of the stem only. For (b.) preparation add the shelled Green Peas also. Go on turning the Vegetables, with the spatula, till the blended sauce covers evenly the Vegetables. Cover the 'Pañīā' with a lid to cook the Vegetables etc., in their own moisture. In between, turn the contents once or twice, by holding with the two hands, the rim of the 'Pañīā', at two opposite points with a cloth, tilting the vessel a bit, and moving it up and down in a winnowing manner. By turning the contents, in this manner, instead of turning with a spatula, the cooked soft flowerets do not split or get mashed.
3. When the Cauliflowerrets and Peas are done, sprinkle 'Garam Masāā' and the mixture of

Coriander and Cumin Seeds Powder, and again turn the Vegetables in the above manner. Transfer to a Serving Bowl and garnish with chopped Green Chillies, Green Ginger and Coriander Leaves. Serve.

Sometimes for Domestic Meals the body of a pressure cooker is used, for cooking in place of a 'Pañīā'. After adding the prepared Vegetables and turning the contents, cooking under pressure saves time. Deep fried big slices of Potatoes may be added to the Cauliflowerrets in place of Green Peas .

RECIPE NO. 109.

15. 'Raniṭh Hedar', (E-Mushroom Curry) (H-'Khumbī kā Sālan').

Mushrooms have always been a delicacy in food, due to their flavour and also nutritive value. Out of hundreds of varieties of these fleshy Fungi, only a few are edible. Mushrooms collected at random from forests etc., should not be eaten, as some of these can be deadly poisonous. Cultured Mushrooms are freely available in the market nowadays.

Two, well known species are, White Button Mushrooms (*Agaricus biporus*) and *Dhīngrī* (*Agricus pieurotus*). Mushrooms are a rich source of a easily digestible Protein, biologically classed between that of animals and vegetables. These have also Vitamins and Minerals, in good quantities and are low in starch. Usually Mushrooms are cooked as under :-

Ingredients :-

- | | |
|-----------------------|----------|
| 1. Fresh Mushrooms, - | 500 gm. |
| 2. Mustard oil, - | 1/2 cup. |
| 3. Cumin Seeds, - | 1 tsp. |
| 4. Salt, - | 1 tsp. |
| 5. Cloves, - | 3 nos. |
| 6. Asafoetida, - | a pinch. |
| 7. Turmeric, - | 1 tsp. |
| 8. Aniseed Powder, - | 1 tsp. |
| 9. Ginger Powder, - | 1/2 tsp. |

- | | |
|--|----------|
| 10. Red Chili Powder, - | 1/2 tsp. |
| 11. Curd, - | 1 cup. |
| 12. 'Garam Masālā', - | 1/2 tsp. |
| 13. Mixed Coriander and
Cumin Seeds Powder, - | 1/2 tsp. |

Preparation :-

Split, by a knife, Mushrooms into halves lengthwise, rinse in water, and keep in a colander to drain the water.

Method of Cooking :-

- In a steel 'Paṭlā' or 'Kadāhī', heat the oil, till the foam disappears. Remove the vessel from heat for a couple of minutes and then add the Cloves, Cumin Seeds and Asafoetida. Stir with a broad steel spatula (H- 'Paltā'), and add Chili Powder, Turmeric and a tablespoon of water. Stir again with the spatula and resume heating. While stirring, when the oil takes colour, and begins to separate, add beaten Curd, Aniseed and Ginger Powders, along with Salt. Continue stirring till the Curd blends with the Oil and Spices, and the Sauce gets a bit cooked.
- Add the split Mushrooms, and turn with the spatula so that these get evenly covered with the Sauce and then get cooked and fried for a couple of minutes. Then add half a cup of water. Stir and cook for another 5 minutes till oil begins to separate.
- Add 'Garam Masālā', Coriander and Cumin Seed Powder, and mix gently with the spatula. Transfer to a Bowl, and if desired, garnish with some chopped Green Coriander Leaves and Green Chillies. The Dish is ready for Serving.

RECIPE NO. 110.

16. 'Kanāgechh Yaḥhaeñ'. (E-Morels cooked with Curd) (H-'Guchhī kī Yaḥhñ').

Morels ('Guchhī') are very expensive nowadays, as these are not cultivated, but are collected from forests during rains and thunder storms. The quantity collected is very small in comparison to its

demand. These are really delicious, when cooked in the form of a Curry, or a Sweet Dish, or when added to Vegetarian 'Pulāv'. It is said, that presence of some Trace Elements, make the Morels medically a valuable food stuff.

Ingredients :-

- | | |
|-----------------------------------|----------------|
| 1. Dried Morels, - | 100 gm. |
| 2. Mustard Oil, - | 3 tbsps. |
| 3. Cloves, - | 2 nos. |
| 4. Cumin Seeds, - | 1 tsp. |
| 5. Asafoetida, - | a pinch. |
| 6. Curd, - | 1 cup. |
| 7. Ginger Powder, - | 1/2 tsp. |
| 8. Black Pepper Powder, - | 1/2 tsp. |
| 9. Cinnamon Powder, - | 1/2 tsp. |
| 10. Black Cardamom Seed Powder, - | 1/2 tsp. |
| 11. Caraway Seeds, - | a pinch. |
| 12. Aniseed Powder, - | 1 tsp. |
| 13. 'Garam Masālā', - | 1 tsp. |
| 14. Salt to taste, - | about 1/2 tsp. |

Preparation :-

- Soak dried Morels in 2 cups of hot water for half an hour. After absorbing water, these will swell, and any sand or soil inside the folds or inside the Morels will get loose. Rinse thoroughly in several waters, and cut off the root heads to which generally, some soil remains adhered. Rinse once again in a basin full of water. Then pressing between palms of hands, squeeze out the water, and keep aside the reconstituted Morels in a bowl.
- In another steel bowl, by means of a chum stick (H-'Bilōñī'), chum the Curd with a cup of water, Aniseed and Black Pepper Powders, and the Salt.

Method of Cooking :-

- In a steel, tinned copper or brass 'Paṭlā', heat the oil till the foam settles. Remove the vessel

from the stove to let the temperature of the oil come down a bit. Add Cloves, Cumin Seeds and Asafoetida. Stir with a broad steel spatula (H-'Paltā'), and add the prepared Morels. Resume heating and turn with the spatula, to let the Morels get just a little fried.

2. Add the Curd sauce, and go on stirring with the spatula so that the Curd does not crack and the contents come to a boil.
3. Let cook on low flame for fifteen minutes, and when the gravy thickens, and oil begins to show, add Caraway Seeds, Black Cardamom and Cinamon Powders, and the 'Garam Masālā'. Turn the contents with the spatula, so that the Spices mix with the gravy. Stop heating and transfer the ready Dish to a Service Bowl.

In season fresh 'Guchhīs' are sold in markets near forests and need no reconstitution.

RECIPE NO. 111.

17. 'Muji Chetein' (E-Raw grated Radishes with Curd etc.) (H-'Mūlī kā Rāyīṭā').

This is a Side Dish and serves as an appetizer. It is served in Big Dinners, and also used in Domestic Meals. White Round Radishes are generally used. Sometimes Long or Red varieties are also used.

Ingredients :-

- | | |
|-------------------------------|----------|
| 1. Radishes without leaves, - | 1/4 kg. |
| 2. Curd, - | 1 cup. |
| 3. Red Chili Powder, - | 1/2 tsp. |
| 4. Salt, - | 1/2 tsp. |
| 5. Sugar, - | 1/2 tsp. |
| 6. Caraway Seeds, - | a pinch. |
| 7. Green Chillies, - | 3 nos. |

Preparation :-

1. Wash the Radishes. Cut off their Green tops, thin roots and side rootlets. Then wash these

with a light solution of Potassium Permanganate. Grate these by means of a Grater (H-'Kaḍū Kash').

2. With a spoon mix the grated Radishes with the Curd, Red Chillies, Salt, Sugar and Caraway Seeds, in a steel or glass Service Bowl, and garnish with washed and finely chopped Green Chillies after slitting these and removing seeds. Usually a tablespoon of this 'Rāyīṭā' is served to each person in a Dinner.

RECIPE NO. 112.

18. 'Puḍnā Burāēn'. (E-Mint with Curd etc.) (H-'Puḍīnā kā Rāyīṭā').

This is a Side Dish like 'Muji Chetein'. It is also an appetizer and helps digestion. It is served in Dinners and also made for Domestic Meals. Sometimes it is served with Fritters etc. as a Sauce in place of Tomato Sauce.

Ingredients :-

- | | |
|----------------------------------|------------|
| 1. Green Mint sprigs, - | 100 gm. or |
| dried and crushed Mint Leaves, - | 10 gm. |
| 2. Curd, - | 1 cup. |
| 3. Red Chili Powder, - | 1/2 tsp. |
| 4. Salt, - | 1/4 tsps. |

Preparation :-

1. Separate the Mint Leaves from the sprigs, and rinse these first in water and then in light solution of Potassium Permanganate. Pound these into a paste, by means of a Pestle and Mortar ('Hāvan Daṣṭā'), or grind on a 'Sil Battā' or in an Electric Grinder. If dry crushed Mint is used, no pounding is necessary.
2. Mix the Paste or Crush, with Curd and Salt (to taste) in a glass or a steel Service Bowl. A teaspoon or two are served to each guest usually.

RECIPE NO. 113.

19. 'Rāzmāh'. (E-Dried Beans or Beans from mature green Pods) (H-'Sūkhē, yā Harē Rājīmāh').

This is a preparation usually served in Vegetarian Big Dinners and also cooked for Domestic Meals.

Ingredients

- | | |
|--|-------------------|
| 1. Dried French Beans, - | 1/2 kg. or |
| Mature green pods of Beans
(French, Lima, Kidney etc.)- | 2 kgs. |
| 2. Onions medium, - | 2 nos. |
| 3. Garlic, - | 4 Cloves. |
| 4. Green Ginger, - | a 2" pc. |
| 5. Cumin Seeds, - | 1 tsp. |
| 6. Patatoes, (Optional)- | 250 gm |
| 7. Tomatoes, - | 3 of medium size. |
| 8. Mustard oil, - | a cup. |
| 9. Coriander Leaves, - | a few sprigs. |
| 10. Capsicum, - | one. |
| 11. Green Chillies, - | 3 nos. |
| 12. Tamarind, - | 100 gm. |
| 13. Cloves, - | 3 nos. |
| 14. Asafoetida, - | a pinch. |
| 15. Turmeric, - | 1 tsp. |
| 16. Red Chili Powder, - | 2 tsp. |
| 17. Aniseed Powder, - | 1 tsp. |
| 18. Ginger Powder, - | 1 tsp. |
| 19. Salt, - | 1 1/2 tsp. |
| 20. Sugar, - | 1 tsp. |
| 21. Caraway Seeds, - | 1/2 tsp. |
| 22. 'Garam Masālā', - | 1 tsp. |

Preparation :-

1. After cleaning the dried Beans, and washing with water, let these soak in half a litre of water, for about 12 hours before cooking.
2. In case of Beans in pods, shell these and keep in a bowl.
3. Chop the Onions and also Garlic Cloves, after cutting tops and roots and peeling off their thin skins. Scrape the Green Ginger piece and chop it also. Now pound the three together, along with the Cumin Seeds, into a coarse paste, by means of a 'Sil Battā' or a Pestle and Mortar ('Havan Dastā'), or grind into a paste in an Electric Grinder. Keep the paste aside in a bowl.
4. Pare the Potatoes and dice these into one inch cubes and wash.
5. Quarter each Tomato and keep in a plate.
6. Wash Green Coriander sprigs, and shred their leaves. Also wash and chop Green Chillies and the Capsicum, after slitting these and removing their seeds. Keep together in another bowl.
7. In a steel or glass bowl soak the Tamarind in a cup of hot water, for fifteen minutes. Then mash it with fingers and strain the Pulp through a colander, and discard the hull pieces, stones and strings. Keep the Pulp aside in a glass or steel bowl.

Method of Cooking :-

1. Pressure cook, for 1/2 hour the Soaked Beans, along with the water left over from the water in which these were soaked, and also adding more water to make it to a litre. In case of fresh Beans from pods, only 10 minutes of pressure cooking is enough. After releasing the pressure see that the Beans have become tender, and a boiled Bean can easily be crushed flat by pressing softly between the tips of the thumb and forefinger. If it is not done, more pressure cooking may be needed, till the Beans are done.
2. In a steel 'Paṭilā' or 'Kadhāī', of 2 to 3 litres capacity, heat the oil on medium flame, till the foam disappears. Deep fry the diced Potatoes to an uniform golden brown colour, by turning these often with a perforated ladle (H-'Jhamā'),





and then take these out after draining all oil, and keep in a plate. Remove 'Kadhī' or 'Paṭīlā' from the stove. Use of Potatoes is optional.

3. After a couple of minutes, when the temperature of the left over oil comes down a bit, add Cloves, Turmeric, Chili Powder and Asafoetida, along with a tablespoon of water. Stir till oil takes colour of Chilies and Turmeric, and begins to separate. Resume heating the oil, and add paste of Onions, Garlic, Cumin Seeds and Green Ginger. Go on turning with a broad flat steel spatula (H- 'Paltā'), till most of its water evaporates, and the paste gets a little fried.
4. Now add the boiled Beans, along with their Soup, to the paste. Mix and turn gently with the spatula, and let boil for a minute or two. Add the fried Potatoes if desired. Sometimes Potatoes are not added, but these taste good if used. Add also the Tamarind Pulp, Aniseed and Ginger Powders, Sugar and Salt. Turn with the spatula and let simmer, on medium heat, till the gravy thickens.
5. Add the Tomato quarters, and continue cooking for a couple of minutes more. Now add the 'Garam Masālā' and Caraway Seeds. Turn gently with the spatula, and transfer to a big steel or glass Service Bowl and garnish with chopped Green Chilies, and Capsicum, and the Coriander Leaves. Serve with Plain Cooked Rice or 'Chapāṭīs'.

The Dish is also enjoyed alone at Picnics, and at afternoon Teas.

RECIPE NO. 114.

20. 'Dahi Balā'. (E-Fried Cutlets of Green or Black Gram soaked in Curd) (H-'Mūṅg yā Uraḍ kē Dahī Balē').

This is a Dish sometimes served in Dinners and also at Tea Parties, but is sometimes prepared for Domestic Meals as well.

Ingredients :-

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| 1. Husked and Split 'Dāl' of Black or Green Gram, - | 1 kg. |
| 2. Mustard Oil, - | 2 cups. |
| 3. Curd, - | 1 kg. |
| 4. Milk, - | 1 tsp. |
| 5. Salt, - | 1 tsp. |
| 6. Sugar, - | 1 tsp. |
| 7. Black Pepper Powder, - | 1/2 tsp. |
| 8. Caraway or 'Ajjwāin' Seeds, - | 1/4 tsp. |
| 9. Red Chili Powder, - | 1/4 tsp. |
| 10. Coriander-Cumin Seed Powder, - | 1/4 tsp. |
| 11. Asafoetida, - | a pinch. |
| 12. Raisins, - | 20 gm. |
| 13. Green Chilies, - | 3 nos. |
| 14. Green Coriander, - | 3 sprigs. |

Preparation :-

1. Soak the washed 'Dāl' in a litre of water for 12 hours or so. Drain water and grind the soaked 'Dāl' on a 'Sil Battā' to a somewhat fine dough. In a basin mix with the dough thoroughly, half a teaspoon of Salt, the Black Pepper powder, the pinch of Asafoetida or a teaspoon of its Solution and Coriander-Cumin Seeds Powder (H-'Dhaniyā Zīrā'). Now with the heel, palm and fingers of the right hand, go on rubbing the dough, while adding a little water after every couple of minutes. This will aerate the dough, and make it into a light, thick and frothy batter, after 15 or 20 minutes of rubbing. If you drop a little pellet of this thick batter in water, it should come up and float. If it does not, then further rubbing is needed. Keep it aside in a bowl. Mostly Black Gram 'Dāl' is used.
2. Wash, slit and remove the seeds of the Green Chilies and pick Leaves of Coriander sprigs. Wash these also. Chop the two and keep aside in a plate.
3. Stem and rinse in water the Raisins and keep aside.

Method of Cooking :-

1. Heat oil in a 'Kadahi', till foam disappears.
2. Meanwhile, on a wet cloth on your left hand palm, with your right hand fingers place on it, a walnut size pellet of the prepared spiced dough, and press it a bit into a round of about 2" diameter. Put two or three Raisins in its middle. Fold double the cloth so that the Raisins are enclosed inside the dough, now of a half round shape. Press a little the doubled cloth and unfold it, and transfer gently the prepared half round dough piece (H- 'Balā'), to the 'Kadāhī', and deep fry it. Repeat the process and fry half a dozen pieces at a time, turning these often with a perforated ladle. When these are fried to an uniform golden brown colour and become stiff, take out by the ladle, draining all oil. From the dough of a kg. of 'Ḍal', we can get about 6 dozen pieces. So one can adjust ingredients according to need.
3. In a big steel bowl, churn with a churnstick, or beat with a spoon, the Curd mixed with Milk, half a teaspoon of Salt, and one tsp of Sugar, and keep the batter ready for-use.
4. An hour before serving, soak the Fritters (Fried 'Balē' pieces), in a big bowl of water for 5 or 10 minutes, and then take these out one by one, and squeeze out extra water by pressing between palms. Lay out these, side by side, on a flat dish, and spread on these the churned mixture of etc. Curd, to envelope these all over by this batter.
5. Transfer with a spoon the battered 'Balē' to a broad flat Service Dish of Steel, Glass or Chinaware, placing these side by side, and then covering with any leftover Curd mixture. Garnish with the chopped Green Chillies and Coriander Leaves, after sprinkling the surface with the Red Chili Powder and the Caraway or 'Ajwāin' Seeds. 'Dahī Balē' are ready for serving. 'Balē' is plural of a 'Balā' in 'Hindī'.