

## OTHER VEGETARIAN DISHES, PREPARED USUALLY FOR DOMESTIC MEALS

### RECIPE NO. 115.

#### 1. 'Rāzmāh Goagji'. (E-Dried Beans cooked with Turnips) (H-'Sūkhē Rājmaḥ aur Shalgam').

This is a favourite Domestic Dish of Kashmīrī, and is very nutritious, as well as delicious. It is a satisfying Vegetable Dish and goes very well with Plain Cooked Rice.

Buy preferably big Red French Beans, but other varieties like Lima, Kidney etc., also will do. Also buy fresh Purple Top, Snow Ball or Golden Ball varieties of Turnips. Their greens are cooked separately.

#### Ingredients :-

- |                        |              |
|------------------------|--------------|
| 1. Turnips, -          | 2 kgs.       |
| 2. Dried Beans, -      | 250 gm.      |
| 3. Mustard Oil, -      | 2 tbsps.     |
| 4. Red Chili Powder, - | 1 tsp.       |
| 5. Cloves, -           | 2 nos.       |
| 6. Cumin Seeds, -      | 1/2 tsp.     |
| 7. Asafoetida, -       | a pinch.     |
| 8. Salt, -             | about 1 tsp. |
| 9. 'Vañ Masālā', -     | 10 gms.      |

#### Preparation :-

1. Clean, wash and soak the Beans in a litre of water, for about 12 hours before cooking.
2. Wash the Turnips. Cut off the Green Tops. Pare and quarter these. Then cut each quarter horizontally, if the pieces are too big, into halves, so that each piece is about the size of a

walnut, or a little bigger. Shave off the sharp corners and edges of each piece. The green tops, parings, and these shavings, are very nutritious, and are cooked separately (See the next Recipe).

#### Method of Cooking :-

1. Heat the oil, till the foam settles, in the body of a pressure cooker. Add Cloves, Cumin Seeds and Asafoetida, Stir and then add the soaked Beans, along with the water in which these were soaked. Boil under full pressure for 15 minutes. Remove the cooker from heat and let it cool till the pressure comes to normal. Then remove lid.
2. Add the dressed Turnip pieces after washing, also the Chili Powder and the Salt. Close the lid and again pressure cook for 10 to 15 minutes. Remove from heat and let cool.
3. Open the lid, add crushed 'Vañ Masālā' and mix gently with a ladle, and serve hot after transferring to a Bowl.

If a pressure cooker is not available, the Beans require more time to get tender. In that case the soaked Beans and Turnip pieces are cooked together, from the very beginning.

### RECIPE NO. 116.

#### 2. 'Goagji Hāk'. (E-Cooked Turnip Greens) (H-'Shalgam aur unke Pattōn kī Bhāji').

Turnip Greens (Leaves) are not sold separately in the market, but while thinning the plantation, surplus young plants, some having developed small turnip bulbs, are uprooted and sold in market. Otherwise the Green sorted Leaves, after discarding coarse

stems, along with parings and shavings got from dressing of Turnips (See RECIPE NO. 115.) used for other Turnips Dishes, are cooked for this very nutritious Dish, which contains Vitamins and Minerals in abundance. Amongst the vegetables cooked usually, Turnip Greens, Spinach and Carrots, have the highest Vitamin A content, and amongst these the Turnip Greens have also the highest Vitamin B content, besides other essential Minerals.

#### Ingredients :-

1. Turnip Greens, along with Turnip parings and shavings, and also a few small Turnips, -  
1 kg. (Dressed Edible portion).
2. Mustard oil, - 2 tbsp.
3. Salt to taste, - about 1 tsp.
4. Green Chilies, - 4 nos.
5. Cloves, - 2 nos.
6. Asafoetida, - a pinch.
7. 'Varī Masālā', - 10 gm.

#### Preparation :-

1. Sort out green Turnip leaves, and nip off any withered or insect eaten portions. Pull out coarse stalks of the leaves and discard these.
2. Select good parings and shavings. These are mostly got while dressing Turnips, for cooking alone, or with Beans, Lotus Roots, Meat and Fish etc. If pulled out small Turnip plants have been purchased, select their good leaves also.
3. More small or big Turnips, desired to be cooked with the Green, should be cut into 1/4 inch thick slices.
4. Rinse the above thoroughly in water, and then shred the leaves, parings and shavings.
5. Slice the Green Chilies, lengthwise into halves, and discard seeds and stems. Keep aside.

#### Method of Cooking :-

1. In a litre of water, pressure cook the prepared Turnip Greens etc., for 10 minutes. Remove cooker from the stove, and cool it in water.

Strain and squeeze out the Soup, from the boiled Greens etc., by means of a Colander. Retain it in a bowl.

2. Turnip a little, with hands, the boiled Greens, Turnip slices and parings etc.
3. In a 'Pañlā', heat the oil till foam disappears. Add Cloves and Asafoetida. Stir with a ladle, and add the mashed Greens etc., along with the Soup, Salt and sliced Green Chilies. Stir again and mix with a ladle, and cook for 15 minutes. The body of the cooker itself can be used for cooking in place of a 'Pañlā'.
4. Add crushed 'Varī Masālā'. Stir again with the ladle and serve hot with Plain Cooked Rice.

#### RECIPE NO. 117.

3. 'Taliṭh Muji Chetiē'. (E-Fried grated Radishes.)  
(H-'Tali huyī kaḍukash kar kē Mūlī').

#### Ingredients :-

1. Radishes, preferably White Round, - 1/2 kg.
2. Mustard oil, - 1/2 cup.
3. Red Chili Powder, - 1 tsp.
4. Salt, - 1/2 tsp.
5. Caraway Seeds, - 1/4 tsp.
6. 'Varī Masālā', - 10 gm.
7. Curd, - 1 tbsp.

#### Preparation :-

1. Cut the roots and green tops of Radishes and scrub and wash these.
2. Grate the washed Radishes by means of a Grater.

#### Method of Cooking :-

In a steel 'Kadhī', heat the oil till foam disappears. Add the grated Radishes, and go on turning frequently with a broad flat steel spatula (H-'Paltā'). When the grated Radishes get cooked, and the moisture also evaporates side by side, these will begin to

get fried. Continue turning till oil begins to separate. Add Chili Powder, Caraway Seeds, Salt and beaten Curd. Mix and turn with the spatula, till the grated Radishes are done. Add crushed 'Varī Masālā'. Mix with the spatula again. Serve. This is also served as a Side Dish.

### RECIPE NO. 118.

4. 'Alā Vāṅgan, Yā Tōrēlā Vāṅgan'. (E-Brinjals Cooked with Bottle Gourds or Sponge/Ridge Gourds) (H-'Laukī yā Tōrī/Tōrayi, aur Baiṅgan').

#### Ingredients :-

- |  |              |
|--|--------------|
| 1. Brinjals (Long or Round), -               | 250 gm.      |
| 2. Bottle Gourds or Sponge / Ridge Gourds, - | 1 kg.        |
| 3. Mustard Oil, -                            | 1/2 cup.     |
| 4. Green Chilies, -                          | 5 nos.       |
| 5. Capsicum. (Optional), -                   | 1.           |
| 6. Asafoetida, -                             | a pinch.     |
| 7. Cloves, -                                 | 2 nos.       |
| 8. Salt to taste, -                          | about 1 tsp. |
| 9. Cumin Seeds, -                            | 1 tsp.       |
| 10. 'Varī Masālā', -                         | 10 gm.       |

#### Preparation :-

1. Pare the Brinjals, and slice these lengthwise in long sections, each about  $1\frac{1}{2}$ " to  $3/4$ " in thickness.
2. Scrape the skin of Bottle Gourds, or if Sponge / Ridge Gourds are used, pare their skins lengthwise in strips. These parings are cut into 2" pieces, fried, sprinkled with Red Chili Powder and Salt and served as a Side Dish.
3. Slice, horizontally, into half inch thick round slices, the scraped Bottle Gourds or the pared Sponge / Ridge Gourd.

4. Wash the Brinjal sections and also the Gourd slices.
5. After washing, chop Chilies and also the Capsicum, after slitting and removing their seeds.

#### Method of Cooking :-

1. In a 'Kadāhī', deep fry in the oil the Brinjal sections, turning these often by a perforated ladle (H- 'Jhamā'), till these are golden brown. Take these out with the ladle, draining all oil.
2. To the left over oil, after cooling it a bit by removing the 'Kadāhī' from the stove for a minute or two, add the Cumin Seeds, Cloves, and Asafoetida. Stir, and add the prepared Bottle Gourd or Sponge / Ridge Gourd slices, and with a ladle turn frequently, and let cook for 10 minutes, till these too get a little fried. Now transfer these to a pressure cooker, and add a cup of water, and the fried Brinjals. Pressure cook for 5 minutes. Remove the cooker from the stove, and when pressure is normal, open the lid and add the chopped Green Chilies and Capsicum, along with crushed 'Varī Masālā'. Cook without pressure for 2 to 3 minutes more. Transfer to a Service Bowl and serve with Plain Cooked Rice etc.

The cooking can be done without the use of a pressure cooker, in the very 'Kadāhī', in which frying was done. That way cooking will take a little longer time.

### RECIPE NOS. 119 & 120.

5. (a) 'Buzā Vāṅgan'.  
(b) 'Foátā Vāṅgan'.  
(E-(a) Roasted and Mashed (b) Boiled and Mashed Brinjals mixed with Curd) (H-'Baiṅgan kā Rāyīṭā, (a) Bhūn kē yā, (b) Ubāl kē').

These are generally Side Dishes, but go well with 'Chapāṭī' or Plain Cooked Rice.

## RECIPE NO. 121.

### Ingredients :-

1. Brinjals (preferably Big Round), - 1 kg.
2. Curd, - 1/2 kg.
3. Green Chilies, - 5 nos.
4. Salt, - 1 tsp.
5. Red Chili Powder, - 1/2 tsp.
6. Caraway Seeds, - 1/2 tsp.
7. Green Coriander, - a few sprigs.
8. Sugar, - 1 tsp.

### Preparation :-

1. Slit Green Chilies and remove seeds. Wash and chop the Chilies and also sorted Coriander leaves.
2. Beat or churn the Curd in a bowl.

### Method of Cooking :-

- (a) In case of 'Buzá Vāngan', cover the Brinjals with a paste of clay, and bake these under live charcoals, or in an oven, or on a gas flame. After these bake well, and are done, cool these and remove the clay cover and also peel the skins carefully, so that they do not get soiled. Mash these in a bowl, and add the beaten Curd along with Salt, Sugar and Caraway Seeds. Mix with a spoon and transfer to a Steel, a Chinaware or a Glass Service Bowl. Sprinkle Red Chili Powder on the surface, and garnish with the chopped Green Chilies and Coriander leaves. Serve.
- (b) In case of 'Foátá Vāngan', instead of baking the Brinjals, boil these, preferably in a pressure cooker, for 10 minutes. After cooling peel the skin of Brinjals. Remaining process of preparation is same, as in the case of (a) ('Buzá Vāngan').

'VĀNGAN' (Brinjals) is plural of 'VĀNGUN' (a Brinjal).

6. 'Vāngan Bhurtá', (E-Curry of Boiled and Mashed Brinjals with Tomatoes, Onions etc.) (H-'Baingān kā Bhurtā').

This is a Dish enjoyed equally with Plain Cooked Rice, 'Chapāṭi' or 'Parānthā'.

### Ingredients :-

1. Brinjals, - 1 kg.
2. Tomatoes, - 1/4 kg.
3. Capsicums, - 2 nos.
4. Mustard Oil, - 1/2 cup.
5. Cloves, - 2 nos.
6. Cumin Seeds, - 1 tsp.
7. Asafoetida, - a pinch.
8. Onions, - Two of medium size.
9. Garlic, - 4 Cloves.
10. Curd, - 1/4 cup.
11. Red Chili Powder, - 1 tsp.
12. Turmeric, - 1 tsp.
13. 'Garam Masālā', - 1 tsp.
14. Caraway Seeds, - 1/4 tsp.
15. Salt, - 1 tsp.
16. Sugar, - 1 tsp.

### Method of Cooking :-

1. Boil whole Brinjals in a pressure cooker, for ten minutes. Cool the cooker, remove its lid, take out the Brinjals, peel and then Mash these in a bowl.
2. Chop the Tomatoes and Capsicums, after washing.
3. After peeling their skins chop the Onions and Garlic cloves, and pound these into a paste.
4. In a steel 'Kadhāhī' or 'Paṭilā', heat the oil till its foam disappears. Remove the vessel from stove for a couple of minutes, to bring down the

temperature of oil to some extent. Add Cumin Seeds, Cloves and Asafoetida. Stir, and add Red Chili Powder and Turmeric, along with a tablespoon of water. Resume heating. Stir again, till the oil takes colour. Add the Onions and Garlic paste and the Curd, and continue turning with a broad flat spatula (H-'Paltā'), till the Curd etc. blend with the oil and Spices.

- Now, add the mashed Brinjals and the chopped Tomatoes and Capsicum, along with Salt and Sugar. Stir. Let cook for ten minutes, frequently turning the contents, so that no caking takes place at the bottom of the vessel. When the oil begins to separate add a tablespoon of water, the Caraway Seeds, and the 'Garam Masālā'. Mix and turn with the spatula. Cook for another couple of minutes, and the 'Bhurīā' is ready for serving.

### RECIPE NO. 122.

- 'Muji Vāᅅgan'. (E-Radishes cooked with Brinjals)(H-'Mūlī Baiᅅgan').

#### Ingredients :-

- Long white fresh Radishes with Leaves, - 1/2 kg.
- Brinjals, - 1/2 kg.
- Mustard oil, - 1/4 cup.
- Cloves, - 2 nos.
- Asafoetida, - a pinch.
- Salt, - 1/2 tsp.
- Green Chilies, - 5 nos.
- 'Varī Masālā', - 10 gm.

#### Preparation :-

- Cut the green tops of the Radishes. Sort out fresh and good green Leaves. Pull out the coarse stalk of every leaf and discard these. Shred the Leaves.
- After cutting off their thin roots, and side rootlets, wash and scrub the Radishes. Cut these with a knife slantwise, into half inch thick slices.

- Pare the Brinjals, and cut these lengthwise into half inch thick sections.
- Wash and rinse thoroughly the shredded Radish leaves, Brinjals sections and the Radish slices.
- Slit the Green Chilies, and after removing seeds, chop these.

#### Method of Cooking :-

- In half a litre of water, pressure cook the dressed Vegetables for 5 minutes. Cool the cooker, remove the lid and strain the boiled Vegetables through a colander, and with hands, squeeze out as much liquid as possible. Retain all this Soup.
- Mash a little the Vegetables with hands.
- Heat oil in a steel 'Kadāhī' or 'Paᅅlā', till the foam settles. Add Cloves and Asafoetida. Stir, and add the mashed Vegetables, Salt and chopped Green Chilies. Turn and stir with a ladle, and fry for a few minutes, and then add the Soup. Stir again and cover with a lid, and cook further for 10 minutes. Add crushed 'Varī Masālā'. Mix with the ladle. 'Muji Vāᅅgan' is ready. It is enjoyed with Plain Cooked Rice, especially if eaten along with fried 'Panīr', or with Lotus Root or Potato Chips, sprinkled with Chili Powder and Salt.

In Kashmirī, 'Muj' is singular of 'Muji' (Radishes), and 'Vāᅅgan' is singular of 'Vāᅅgan' (Brinjals).

### RECIPE NO. 123.

- 'Ōluv Vāᅅgan'. (E-Potatoes cooked with Brinjals)(H-'Ālū Baiᅅgan').

#### Ingredients :-

- Potatoes, - 1/2 kg.
- Brinjals, - 1/2 kg.
- Mustard Oil, - 1/2 cup.
- Cumin Seeds, - 1 tsp.
- Cloves, - 2 nos.
- Asafoetida, - a pinch.

- |                        |              |
|------------------------|--------------|
| 7. Red Chili Powder, - | 1 tsp.       |
| 8. Turmeric, -         | 1 tsp.       |
| 9. Aniseed Powder, -   | 1 tsp.       |
| 10. Ginger Powder, -   | 1/2 tsp.     |
| 11. 'Garam Masālā', -  | 1/2 tsp.     |
| 12. Salt, -            | about 1 tsp. |
| 13. Curd, -            | 1 tbsp.      |
| 14. Green Chilies, -   | 3 nos.       |

#### Preparation :-

1. Pare and dice Potatoes into 1" cubes or so.
2. Pare Brinjals, and slice these lengthwise into about 1/2" x 1" sections. Soft skinned Brinjals need not be pared. Wash thoroughly the slices. Long variety of Brinjals is preferred for this Dish.
3. Slit the Green Chilies, and remove seeds. Chop these coarsely.

#### Method of Cooking :-

1. Deep fry the Potatoes in a steel 'Kadāhī', to a golden colour. Take out these with a perforated ladle (H- 'Jhamā'), to drain all oil. Then fry the Brinjal slices to a light brown colour, and with the ladle out take these also, after draining all oil.
2. Remove the 'Kadāhī' from the heat for a couple of minutes, so that the temperature, of the left over oil, comes down a bit and then add Cloves, Cumin Seeds and Asafoetida. Stir. Now add immediately Red Chili Powder and Turmeric, along with a tablespoon of water. Stir till oil takes colour, and begins to separate.
3. Add two cups of water, beaten Curd, the Ginger and Aniseed Powders, and stir again. Resume heating and bring to boil.
4. Add the fried Potatoes and Brinjal slices. Cook for 15 minutes or so, till the Vegetables are done, and the gravy thickens. Add 'Garam Masālā'. Stir and serve with Plain Cooked Rice or 'Chapāṣ'.

#### RECIPE NOS. 124 & 125.

#### 9. 'Baji Pārim Alā,

(a) Puḍnā Ṭrāvīth.

(b) Tamar Tā Gōr Ṭrāvīth.'

(E-(a) Pumpkin cooked with Mint (b) Pumpkin cooked with Tamarind and Brown Sugar) (H-(a) 'Kaḍū Puḍīnā dāl kē' (b) 'Kaḍū Imli aur Gud dāl kē').

Apart from 'Alā Rōgan Jōsh', (RECIPE NO. 93), generally, Pumpkin is cooked in the following two forms.

- (a) Cooked after paring its skin, and Condimented with Mint and Chilies.
- (b) Unripe Pumpkins cooked along with Skin (rind), and Condimented, after adding Brown Sugar and Tamarind Pulp. This preparation is savoured with 'Pūrīs' usually.

#### a. Ingredients :-

- |                        |                 |
|------------------------|-----------------|
| 1. Pumpkin, -          | 1 1/2 kg.       |
| 2. Mustard oil, -      | 1/4 cup.        |
| 3. Cloves, -           | 2 nos.          |
| 4. Asafoetida, -       | a pinch.        |
| 5. Red Chili Powder, - | 1 tsp.          |
| 6. Salt to taste, -    | about 1 tsp.    |
| 7. Dry Mint crushed, - | 1 tsp. or       |
| Green Mint Leaves, -   | a dozen or two. |
| 8. Green Chilies, -    | 3 nos.          |

#### Preparation :-

1. Cut the Pumpkin vertically, into about 1 1/2" wide, long slices. Pare the outer hard rind with a sharp knife. Pare also the inner pulpy and fibrous lining of each slice, along with its seeds. Cut each long slice further, into about 2" pieces. Wash.

2. Slit the Green Chilies and remove seeds. Chop these.
3. Wash the Mint Leaves, and pound these into a coarse paste, along with the chopped Green Chilies.

#### Method of Cooking :-

In the body of a Pressure cooker, heat the oil till the foam disappears. Add Cloves and Asafoetida. Stir, and add the dressed Pumpkin pieces. Close the lid of the cooker, and cook under full pressure for 10 minutes. Remove cooker from the stove, and cool it till pressure comes to normal. Remove the lid, and add the Mint and Green Chili paste, Red Chili Powder and Salt. If there is not enough moisture add a little water. Stir. Resume heating for a couple of minutes and serve.

#### b. Ingredients :-

- |  |          |
|--|----------|
| 1. Pumpkin, not fully ripe, -          | 1½ kg.   |
| 2. Mustard oil, -                      | 1/4 cup. |
| 3. Cloves, -                           | 2 nos.   |
| 4. Cumin Seeds, -                      | 1 tsp.   |
| 5. Asafoetida, -                       | a pinch. |
| 6. Tamarind, -                         | 25 gm.   |
| 7. Brown Sugar, -                      | 50 gm.   |
| 8. Red Chili Powder, -                 | 1/2 tsp. |
| 9. Turmeric, -                         | 1 tsp.   |
| 10. Aniseed Powder, -                  | 1/2 tsp. |
| 11. Ginger Powder, -                   | 1/2 tsp. |
| 12. Coriander and Cumin Seed Powder, - | 1½ tsp.  |
| 13. Salt -                             | 1/2 tsp. |
| 14. 'Garam Masāla', -                  | 1/2 tsp. |
| 15. Caraway Seeds, -                   | a pinch. |

#### Preparation :-

1. Cut the Pumpkin into about 1½" by 2" pieces as in (a), without paring the outer Skin, but only the inside pulp etc.

2. Soak the Tamarind, in a boiling cup of water, for 10 minutes. While lukewarm, mash the Tamarind in the very water, and strain the Pulp through a colander, and discard hull pieces, stones and fibres etc. Add the Brown Sugar to the pulp and mix well with a spoon. Use a steel bowl.

#### Method of Cooking :-

1. In the body of a pressure cooker, heat the oil till the foam disappears. Remove cooker from the stove for a couple of minutes, to bring down the temperature of the oil a bit, and then, add the Cumin Seeds, Cloves and Asafoetida, Stir and immediately. Red Chili Powder and Turmeric, along with a tablespoon of water. Stir again till oil takes colour and begins to separate. Add the dressed Pumpkin pieces and half a cup of water, stir, and resume heating the cooker after closing the lid. Cook under full pressure for five minutes. Then remove cooker from the stove, and let the pressure come to normal. Open the lid and transfer the cooked mas to a steel 'Pañāl'.
2. Add the mixture of the Tamarind Pulp and Brown Sugar. Turn and mix gently with a broad steel spatula (H- 'Paltā'). The Pumpkin pieces should not get mashed. Cook on low heat and turn with the spatula once or twice to avoid caking at the bottom. When water dries up, and oil begins to separate, add 'Garam Masāla' and the Caraway Seeds. Again turn gently and serve.

#### RECIPE NOS. 126 & 127.

10. (a) 'Voastā Hāk'. (E-'Voastā Hāk' cooked alone) (H-'Voastāhāk').
- (b) 'Voastā Hāk Ṭā Ḍhāman'. (E-'Voastā Hāk' cooked with Domestic Cheese) (H-'Voastāhāk aur Panīr kā Sālan').

For details about this Green Vegetable, called 'Voastā Hāk', read RECIPE NO. 60.

#### Ingredients :-

1. 'Voastā Hāk', - 1/2 kg.

2. 'Panīr', - 1/2 kg. (for b. only).
3. Mustard oil, - 1/4 cup.
4. Cloves, - 2 nos.
5. Cumin Seeds, - 1/2 tsp.
6. Asafoetida, - a pinch.
7. Curd, - 1/4 cup.
8. Turmeric, - 1/2 tsp.
9. Red Chili Powder, - 1/2 tsp.
10. Ginger Powder, - 1/2 tsp.
11. Aniseed Powder, - 1/2 tsp.
12. 'Garam Masālā' - 1/2 tsp,  
or 'Varī Masālā', - 10 gm.
13. Salt, - 1/2 tsp. or to taste.

Note : Double the quantity of items 3 to 13 are required if 'Panīr' is being added to 'Voastāhāk', i.e., for (b).

#### Preparation :-

1. Sort out good 'Voastā Hāk' leaves, with tender stems only, discarding coarse stalks and roots. Thoroughly rinse in water and shred the leaves.
2. Cut the Domestic Cheese ('Panīr') into about 1½" to 2" oblong pieces of about 1/2" thickness, in the case of (b). only.

#### Method of Cooking :-

1. In a steel 'Kadāhī', fry the Cheese in oil frequently turning it with a perforated ladle (H-'Jharnā'), so that it fries evenly to a golden yellow colour. Drain all the oil by taking out the fried pieces with the perforated ladle. This is done in case of (b), when 1/2 cup of oil is used.
2. Remove the 'Kadāhī' from the stove, for a minute or two, to bring down the temperature of the oil a bit, and then add the Cloves, Cumin Seeds and Asafoetida. Stir with a broad flat steel spatula (H-'Paltā'), and add Red Chili Powder and Turmeric, along with a tablespoon of water. Stir and turn till oil takes colour, and begins to separate. In case of (a), when fried 'Panīr' has

not to be added, only the 1/4 cup of oil is heated before adding the Spices.

3. Add well beaten Curd 1/4 cup for (a) and 1/2 cup in case of (b), and resume heating on a medium flame. Go on stirring till the Curd blends with the oil and the Spices. Add the shredded 'Voastā Hāk', and go on turning with the spatula, till it gets well mixed with the sauce, and first cooks in its own moisture, then gets fried, and after 15 or 20 minutes reduces to a thick pasty mass.
4. Now add Aniseed and Ginger Powders, along with a cup of water. Turn and mix with the spatula.
5. Add the fried 'Panīr', pieces, in the case of 'Voastāhāk and Panīr' i.e., Dish (b). For both (a) or (b) now bring to boil, and cook on low heat for 10 to 15 minutes, till most of the water gets absorbed and evaporated, and oil again begins to separate.
6. Add crushed 'Varī Masālā' or 'Garam Masālā'. Either of the Dishes is ready for serving. These are enjoyed equally with Plain Cooked Rice or 'Chapāṭīs'.

#### RECIPE NOS. 128, 129, 130 & 131.

#### 11. 'Chhatā' - Goaggi, Muji, Moanji Yā Baṇḍ Gūpī'.

(E-Boiled and mildly Spiced Turnips, or Radishes or Knol Khols or Cabbage)(H-'Shalgam yā Mūli yā Gāṇṭh Gōbhī yā Baṇḍ Gōbhī'ubāl kē, kam Masālēḍār').

These are preparations usually cooked by 'Kashmīrī' families for Domestic Meals, and go very well with Plain Cooked Rice (K-'Batā'), and are not much Spiced.

#### Ingredients :-

1. 'Turnips' or Radishes excluding leaves, or Knol Khols, or Cabbage, - 1 kg.
2. Mustard oil, - 1 to 2 tbsps.



3. Asafoetida, - a pinch.
4. Cloves, - 2 nos.
5. Red Chili Powder, - 1/2 tsp., or  
Green Chilies, - 4 nos.
6. 'Vaṛī Masālā', - 10 gm.
7. Salt, - 1 tsp. or to taste.

#### Preparation :-

#### A. 'Turnips', (Purple Top or Snow Ball varieties preferably).

Cut the green tops and roots. Wash thoroughly. With a sharp knife, whittle into shavings of about 1" length and breadth, and of about 1/4" thickness. Rinse with water.

#### B. Radishes.

Prepare like Turnips and rinse with water.

#### C. Knol Khol.

Cut the side leaves and the tops. Pare the fibrous rind, and whittle as in the case of Turnips. Discard the fibrous core, if found in any. Add tender good leaves and tops after shredding. Rinse both in water thoroughly.

#### D. Cabbage.

Peel off any withered covering leaves, and then discard the coarse stalk. Quarter the Cabbage vertically through the middle with a knife, and then shred. Rinse the shredded and separated leaves with water thoroughly.

2. Slit Green Chilies and remove seeds, if Red Chili Powder is not used.

#### Method of Cooking :-

1. In a steel or tinned brass or copper 'Paṭīlā', heat the oil till foam disappears. Add Asafoetida and Cloves, and then the one prepared Vegetable, selected for cooking. Go on turning with a ladle till it gets a little cooked in the oil and its own moisture, for 5 minutes, and turns a little limp.
2. Add a cup of water or more according to the need. Add also the Chili Powder or Green

Chilies, and the Salt. Stir and mix with a ladle, and cover with a lid. Cook for fifteen minutes or more, till the Vegetable is done. Then add crushed 'Vaṛī Masālā'. Stir and serve hot with Plain Cooked Rice preferably.

#### RECIPE NOS. 132, 133, & 134.

#### 12. 'Çhhatā - Goagji Naḍur, or Moan̄ji Naḍur, or Muji Naḍur'.

(Boiled, Mildly Spiced, Turnips or Knol Khol or Radishes cooked with Lotus Roots) (H-'Shalgam, yā Gānth Gōbhī, yā Muḷī, aur Kamal kē Jadh ubāl kē kam Masālēḍār').

Cooking method of these three Dishes, is almost same as in the case of RECIPE NOS. 128 to 130. The only difference is, that Lotus Roots (K-'Naḍīr') are added to the other Vegetable selected, for combined cooking.

#### Ingredients :-

Same as in the case of RECIPE NO. 128 to 131 (except Cabbage), but with the addition of 250 gm. of Lotus Roots, of over 1" diameter.

#### Preparation :-

After dressing the Turnips, or Knol Khol or Radishes, as in the RECIPE NOS. 128 to 130 the Lotus Root stalks are scrapped, and their root heads and withered ends cut off. These are then cut slantingly, into slices of 1/2" thickness, and are washed thoroughly in several waters to remove mud from holes.

#### Method of Cooking :-

Cooking process is same as in RECIPE 128 to 130, with the only difference of adding, while cooking, the prepared Lotus Root slices, along with any one of the other prepared Vegetable selected, i.e., Turnips or Radishes or Knol Khol.

### RECIPE NO. 135.

#### 13. 'Rāzmāh Hembá' (E-Variou Green Beans cooked along with tender Pods) (H-'Rājmāh kī Harī Phalyān pakā kē').

Many varieties of tender unripe Green Beans in Pods (Kidney, French, Lima, String, Butter, Pole and Broad Beans etc, are cooked after shelling along with any tender Pods. These are both delicious and nutritive.

#### Ingredients :-

- |                                  |                        |
|----------------------------------|------------------------|
| 1. Unripe Green Beans in Pods, - | 1 kg.                  |
| 2. Mustard oil, -                | 1/4 cup.               |
| 3. Cumin Seeds, -                | 1 tsp.                 |
| 4. Cloves, -                     | 2 nos.                 |
| 5. Asafoetida, -                 | a pinch.               |
| 6. Turmeric, -                   | 1 tsp.                 |
| 7. Red Chili Powder, -           | 1/2 tsp.               |
| 8. Ginger Powder, -              | 1/4 tsp.               |
| 9. Aniseed Powder, -             | 1/2 tsp.               |
| 10. Coriander-Cumin Powder, -    | 1/2 tsp.               |
| 11. 'Garam Masālā', -            | 1/2 tsp.               |
| 12. Salt, -                      | 1 tsp. or to taste.    |
| 13. Onions, -                    | 2 medium size.         |
| 14. Garlic, -                    | 3 Cloves.              |
| 15. Tomatoes, -                  | 2 nos. of medium size. |
| 16. Green Ginger, -              | 1" piece.              |
| 17. Green Coriander, -           | a few sprigs.          |
| 18. Green Chillies, -            | 2 nos.                 |

Note : Use of items 13 to 18 optional, but these add flavour.

#### Preparation :-

1. After washing, cut the tips and remove side strings of the tender Bean Pods. Chop these into uniform small pieces of desired length, from

1/4" to 1 1/2". If any pod is somewhat mature, tough and fibrous, use only its shelled Beans.

2. Rinse in water the items 13 to 18, if desired to be used. Dip Tomatoes in boiling water, take out and peel their skins. Scrape the Ginger piece. Slit the Green Chillies and discard seeds. Pick the Green Leaves and soft stems of Coriander sprigs. Peel, the skin of Onions and Garlic cloves after cutting roots and tops. Chop fine all these six items, and keep aside in a plate.

#### Method of Cooking :-

1. Heat the oil, in the body of a pressure cooker. When foam disappears, remove cooker from the heat for a minute or two, and after the temperature comes down a bit, add Cumin Seeds, Cloves and Asafoetida. Stir with a broad flat spatula (H-'Paltā') and add Turmeric, Chili Powder and Salt, along with a tablespoon of water. Stir again till oil takes colour and resume heating. Add the chopped tender Beans Pods, along with the shelled Beans and a cup of water. Turn and mix with the spatula. Close the lid of the pressure cooker, and then cook under full pressure for ten minutes. Stop heating.
2. When the pressure subsides, open lid, and add the Ginger and Aniseed Powders and also the chopped Onions, Tomatoes, Green Ginger etc. Go on turning with the spatula, while resuming the heating of the cooker without the lid. Cook for a few minutes more till oil begins to show. Add 'Garam Masālā', stir again and serve.

### RECIPE NO. 136.

#### 14. 'Ḍam Bhiṇḍī'. (E-'Ḍam' Okra) (H-'Ḍam Bhiṇḍī').

#### Ingredients :-

- |                                  |          |
|----------------------------------|----------|
| 1. Tender unripe 'Bhiṇḍis', -    | 1/2 kg.  |
| 2. Mustard Oil, -                | 2 tbsps. |
| 3. Red Chili Powder, -           | 1/2 tsp. |
| 4. Salt, -                       | 1/2 tsp. |
| 5. Mango Powder, (H-'Amchūr'), - | 1/2 tsp. |

6. 'Garam Masālā', - 1/2 tsp.  
 7. Coriander-Cumin Powder, - 1 tsp.

#### Preparation :-

1. Wash and wipe the 'Bhiṇḍīs' with a cloth. Lady's Finger, Okra, and Gumbo, are other names of 'Bhiṇḍī'.
2. Slit each lengthwise on a side and keep these in a plate.
3. In a cup mix the 'Garam Masālā', with Red Chili, Mango and Coriander-Cumin Powders, and the Salt.
4. Sprinkle a pinch of the mixed Spices, inside every Okra through its slitted side, and put these aside in a plate for 1/2 an hour, to allow the Spices to soak in.

#### Method of Cooking :-

In a steel 'Kadāhī', on medium flame, heat the oil, till foam disappears. Lay the prepared Okra pods in the oil, side by side in layers, and cover the 'Kadāhī' with a fitting lid or a 'Thāli' (Metal Plate), so that these are cooked in the steam, formed from their own moisture. Frequently turn these with a broad flat spatula, so that these get cooked and then fried uniformly. Every time after turning the Okras, replace the lid. Within fifteen to twenty minutes when Okra pods are done, these are ready for serving. This is usually a Side Dish.

#### RECIPE NOS. 137, 138 & 139.

15. 'Chūṇth, Yā Bam Chūṇth, Yā Amrūḍ, Ṭā Vāṅgan'. (E-Apples, or Quinces, or Guavas, cooked with Brinjals') (H- 'Seb, yā, Bihī, yā Amrūḍ, aur Baingan kā Salan').

Apples, both sweet and tart, and Quinces are, usually, during season, cooked with Brinjals or Potatoes or with both. Quinces (Bihī), are not available generally outside Jammū and Kashmīr. Instead of Quinces or Apples, seedless portion of Guavas,

may be cooked with Brinjals, and this preparation also, tastes good with Plain Cooked Rice.

#### Ingredients :-

- |                               |                    |
|-------------------------------|--------------------|
| 1. Apples, preferably tart, - | 1/2 kg., or        |
| Quinces, -                    | 1/2 kg., or        |
| Guavas, -                     | 1 kg.              |
| 2. Brinjals, -                | 1/2 Kg.            |
| 3. Cumin Seedes, -            | 1 tsp.             |
| 4. Cloves, -                  | 2 nos.             |
| 5. Asafoetida, -              | a pinch.           |
| 6. Mustard Oil, -             | 1/2 cup.           |
| 7. Chili Powder, -            | 1/2 tsp.           |
| 8. Turmeric, -                | 1 tsp.             |
| 9. Aniseed Powder, -          | 1 tsp.             |
| 10. Ginger Powder, -          | 1/2 tsp.           |
| 11. 'Garam Masālā', -         | 1/2 tsp.           |
| 12. Salt, -                   | 1 tsp or to taste. |

#### Preparation :-

##### A.

1. Quarter the Apples with a knife, and pare the outer skin of each quarter, and also the horny core pieces with seeds. In case of bigger Apples, cut the pared quarters further into halves, vertically or horizontally.

##### B.

2. In case of Quinces, cut each horizontally in the middle. Core the horny capsules containing seeds. (The cores and seeds are valued for their medicinal properties, and are used for making mucilages. So retain and dry these). Pare the outer skins of the cored halves of the Quinces, and slice these into quarter inch thick pieces, of about an inch in length and breadth.
3. With the knife also cut Brinjals, lengthwise through the middle into 1/2" thick sections. Pare the outer skin of each section, only in case it is not fresh and tender.

- C.
- If semi ripe Guavas are used, instead of Quinces, pare these, whittle the outer seedless portion of each fruit and discard the pulpy core with seeds in it.

#### Method of Cooking :-

- In a steel 'Kadāhī' or 'Paṭīlā', fry in the oil the Brinjal sections, turning these often with a perforated ladle. When these fry to an uniform light brown colour, take out by the perforated ladle, draining all oil, and keep these in a plate.
- Remove the 'Kadāhī' or the 'Paṭīlā' from the fire for a couple of minutes, to let the temperature of the oil come down a little. Then add Cumin Seeds, Cloves and Asafoetida. Stir with a flat broad spatula, and add Chili Powder and Turmeric, along with a tablespoon of water. Go on stirring, till oil takes colour. Resume heating and add the prepared Apples or Quinces or Guavas. Turning with the spatula, let the Fruit get a bit fried.
- Add 2 cups of water, Aniseed and Ginger Powders, and the Salt. Turn again, and boil for 5 minutes, and then add the fried Brinjal sections. Cook for a few minutes more, on medium heat, till both Fruit and Brinjals are done. Add 'Garam Masālā'. Stir and serve. Thus three different Dishes are ready to serve.

#### RECIPE NO. 140.

#### 16. 'Gāglā' (Arbī) Vaṭheir Ṭā Moang'. (E-Colocasia Leaves cooked with Green Gram) (H-'Arvī kē Paṭṭē aur Mūng kā Salān').

'Arvī' (Colocasia Antiquorum) and its Leaves, are a rich source of Vitamin A, and have also other Vitamins and almost all essential Minerals too. A good RECIPE for cooking of Colocasia Leaves is as under :-

#### Ingredients :-

- Fresh Colocasia Leaves, - 1/2 kg.

- Green Gram, whole or split, - 250 gm.
- Mustard Oil, - 1/2 cup.
- Cumin Seeds, - 1 tsp.
- Cloves, - 2 nos.
- Asafoetida, - a pinch.
- Turmeric, - 1 tsp.
- Red Chili Powder, - 1/4 tsp.
- Green Chilies, - 4 nos.
- Green Ginger, - a 2" piece.
- Curry Leaves, - a few sprigs.
- Onion, - 1 of medium size.
- Garlic, - 2 cloves.
- Coriander-Cumin Powder, - 1 tsp.
- Ginger Powder, - 1/2 tsp.
- Aniseed Powder, - 1/2 tsp.
- 'Garam Masālā', - 1/2 tsp, or  
'Vaṛī Masālā', - 10 gm.
- Salt, - 1 tsp or to taste.

Note :- Onion and Garlic are optional, and Curry Leaves, subject to availability.

#### Preparation :-

- After cleaning and washing the Green Gram, soak it in a litre of water, for about 12 hours before cooking.
- With the forefinger and thumb, tear off the soft green parts, between the veins (ribs) of the Colocasia Leaves. Discard the ribs along with any stalks. Also discard any rotten, Stained and withered portions of these Green Leaves. Retain only the torn away tender part of the Leaves for cooking.
- Scrape the washed Green Ginger. Peel the Onion and Garlic Cloves. Slit Green Chilies and remove seeds. Pick the leaves of the Curry Leaf sprigs after washing these. Pound or grind to a paste all these five items, by means of a Pestle and Mortar (H-'Hāvan Dastā') or a 'Sil Batā'

or an Electric Grinder. Keep aside the paste in a bowl.

#### Method of Cooking :-

1. In a cup of water, boil the Colocasia Leaf pieces for 5 minutes and then drain and squeeze out all water, using a colander. Pound the boiled Leaves to a paste by means of the Pestle and Mortar, or the 'Sil Battā' or the Electric Grinder.
2. Pressure cook for 15 minutes the soaked Green Gram in the very water left over from that in which it was kept soaking. Remove cooker from heat to bring it to normal pressure, and then open the lid and see that the Gram is done and if it is not, pressure cook for some time more.
3. Meanwhile heat the oil in a steel 'Kadāhī' or 'Paṭīlā', till foam disappears. Remove from the stove the vessel for a couple of minutes to lower the temperature of oil. Then add Cumin Seeds, Cloves and Asafoetida. Stir with a ladle and add Turmeric and Chili Powder, along with the paste of Onion and Garlic etc. Go on stirring again, and resume heating.
4. After a couple of minutes, add the pressure cooked Green Gram, along with its Soup, also the paste of Colocasia Leaves, Aniseed and Ginger Powders, and the Salt. Stir and mix thoroughly.
5. Cook for ten minutes more, while stirring the contents now and then, and add more water while cooking, if needed. When the mass boils down to the consistency of a thin paste, add 'Garam Masālā'. Stir and the Dish is ready for serving.

This preparation goes equally well with Plain Cooked Rice, 'Chapāṭīs' or 'Nān'. It is both nutritious and tasty.

#### RECIPE NO. 141.

17. 'Ṭalīṭh Gāglā'. (E-Fried Colocasia Bulb Patties) (H-'Ṭalf huyī ubālf Arvī').

When cooked these look and taste somewhat like fried fish. 'Arvī' contains many essential

Vitamins and Minerals. Its Carotene content is especially high.

#### Ingredients :-

- |                        |          |
|------------------------|----------|
| 1. Colocasia Bulbs, -  | 1 kg.    |
| 2. Mustard Oil, -      | 1/2 cup. |
| 3. Red Chili Powder, - | 1 tsp.   |
| 4. Salt, -             | 1 tsp.   |
| 5. 'Garam Masālā', -   | 1 tsp.   |

#### Preparation :-

1. Wash the 'Arvī' thoroughly.
2. Mix in a bowl Chili Powder, Salt and Garam Masālā'.

#### Method of Cooking :-

1. Under full pressure, boil the bulbs for 5 minutes in a pressure cooker.
2. Cool the cooker, take out the bulbs and peel these. Press the boiled and soft 'Arvī' into patties between the palms of hands, and keep in a plate.
3. Fry the patties in shallow oil in a pan, turning these often with a broad flat spatula (H-'Paltā'), till the crust of each turns brown, evenly on both sides. Take out of the pan with the spatula, draining all oil. Serve hot, after sprinkling the mixture of the Spices on both sides of the patties. These form a good Side Dish in Domestic Meals.

#### RECIPE NO. 142.

18. 'Ōluv, Vāṅgan, Ruvāṅgan, Gaṇḍā, Ṭā Veth Marchāvāṅgan', (E-Curry of Potatoes, Brinjals, Tomatoes, Onions, and Capsicums cooked together) (H-'Ālu Baiṅgan, Tamātar, Pyāz, aur Simlā Mirch kā Sālan').

#### Ingredients :-

- |                |         |
|----------------|---------|
| 1. Potatoes, - | 1/2 kg. |
|----------------|---------|

2. Brinjals, -	300 gm.
3. Capsicums, -	100 gm.
4. Tomatoes, -	200 gm.
5. Onions, -	2 medium (op.).
6. Garlic, -	3 Cloves (Optional).
7. Green Chillies, -	3 nos.
8. Green Ginger, -	a 2" piece.
9. Green Coriander, -	a few sprigs.
10. Mustard oil, -	1/2 cup.
11. Cumin Seeds, -	1 tsp.
12. Cloves, -	2 tsp.
13. Asafoetida, -	a pinch.
14. Turmeric, -	1 tsp.
15. Red Chili Powder, -	1/2 tsp.
16. Aniseed Powder, -	1 tsp.
17. Ginger Powder, -	1/2 tsp.
18. 'Garam Masālā', -	1/2 tsp.

### Preparation :-

1. Wash all Vegetables thoroughly.
2. Pare the Potatoes, and dice into 1" cubes.
3. Pare the Brinjals, and cut lengthwise into 1/2" to 1" slices. If the skin of Brinjals is fresh and soft, do not pare.
4. Quarter the Capsicums, and after removing seeds, shred these.
5. Quarter the Tomatoes. Cut each quarter into two, if the size is too big.
6. Slit the Green Chillies and remove seeds. Chop these, together with sorted Coriander Leaves, and the scraped piece of the Green Ginger.
7. After peeling their skins, chop Onions and Garlic Cloves.

Keep all the above prepared things, separately, in a big platter, or in separate plates.

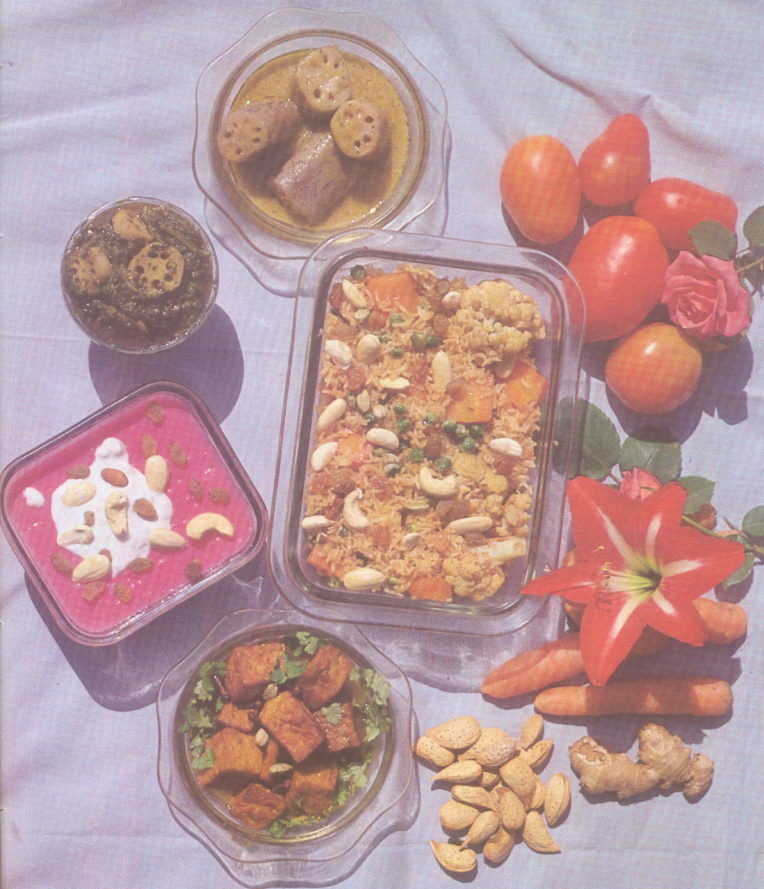
### Method of Cooking :-

1. In a steel 'Kadāhī', or tinned brass or copper 'Paṭlā', fry in oil the diced Potatoes to an even golden colour, by turning these often with a perforated ladle. Take out the fried Potatoes after draining all oil.
2. Then fry the Brinjal slices similarly to a golden brown colour, and take out with the ladle, after draining all oil.
3. If desired to be added, fry the chopped Onions and Garlic, to a light brown colour, and take out after draining oil.
4. Remove the 'Kadāhī' or 'Paṭlā' from the heat for a couple of minutes, to let the temperature of the oil come down a little, and then add Cloves, Cumin Seeds and Asafoetida, while stirring with a ladle. Add immediately the Red Chili Powder and Turmeric, along with a tablespoon of water. Stir again, till oil takes colour and begins to separate.
5. Add 2 cups of water and resume heating. Add Aniseed and Ginger Powders. When boiling starts, add the shredded Capsicums, Tomato pieces, fried diced Potatoes and Brinjals slices. Add also, if desired, the fried Onions and Garlic. Cook for 10 minutes, stirring now and then till the gravy thickens.
6. Add chopped Green Chillies, Gram Ginger and Coriander Leaves, along with 'Garam Masālā'. Stir and cook for a minute or more and serve.

If we mix with the above, two more dressed Vegetables, e.g., Carrots, Green Peas, Cauliflower etc., the Dish is then called, in Kashmīr, a 'Saṭāsuōs', that is Curry of 'Seven Vegetables' cooked together.

### RECIPE NOS. 143 to 154.

19. (a) 'Karā, Arhar, Chanā, Mahā, Moṅgā Yā Musurā Dāl'. (E-Cooked whole or hulled and split, Peas, Red Gram, Gram, Black Gram, Green Gram or Lentil) (H-'Matar, Arhar,





TOP - RDP NO 115  
MID - RDP NO 117  
BOT - FRIED FISH PANIR (RDP NO 4)



Chanē, Uraḍ, Mūṅg yā Masūr kī Ḍāl’).

(b) **Sabzīṭravīṭh Ḍālā’.** (E-‘Ḍāls’ cooked with Vegetables)(H-‘Ḍālēñ Sabzīyāñ ḍāl kē’).

Dry edible Legumes, whole, or split, or with husks removed by hulling and then split mostly, are called ‘Ḍāls’. A ‘Ḍāl’, when cooked for eating is also called ‘Ḍāl’ of the respective Legume or the Lentil. Hulled ‘Ḍāl’ is called ‘Ḍhulī huyī Ḍāl’. ‘Ḍālā’ of Peas, many Beans, Lentil, Gram, Black Gram, Red Gram and Green Gram are those usually cooked.

The ‘Ḍāl’ is always soaked for sometime in water before cooking. Husked and split ‘Ḍāl’ gets soaked in lesser time than that of the whole grain. Soaking improves the quality of cooking, and also saves time and fuel. Pressure cooking of ‘Ḍāl’, further reduces the time and fuel, to about one fourth of that required for ordinary cooking, and is therefore very economical. The period of cooking varies with different ‘Ḍāls’ and also depends upon their being cooked in split or whole condition.

While Vegetables are the main sources of Vitamins. ‘Ḍāls’ provide Proteins, and are therefore a must, especially for Vegetarians.

In Kashmīr more water is used for cooking ‘Ḍāl’, as it is mostly eaten with Plain Cooked Rice. So is the case in South India, where ‘Ḍāl’ is eaten in the form of ‘Sāmbār’ with Plain Cooked Rice, ‘Idlī’ and ‘Ḍōsā’ etc. ‘Ḍāl’, when eaten with ‘Chapālī’, ‘Parāñṭhā’ or ‘Nān’, is made of thicker consistence.

The approximate time for cooking of various popular ‘Ḍāls’ in a pressure cooker, under full pressure after the loud hissing sound is heard, is as under:-

1. Split and shelled, Peas, Gram Green Gram, Black Gram, and Red Gram or shelled lentil, - 5 minutes.
2. Whole, Green Gram, Bengal Gram, White Beans or Lentil, - 15 minutes.
3. Red French Beans or ‘Kābulī Chanā’, - 20 minutes.
4. Whole Black Gram, - 1 hour.

Period of soaking of different ‘Ḍāls’, before cooking also varies. Husked and split ‘Ḍāls’ require only 2 to 3 hours soaking in water, while whole unhusked ‘Ḍāls’ and Beans require 10 to 12 hours soaking, before cooking.

Sometimes two or more ‘Ḍāls’ are mixed together for cooking e.g., Bengal Gram and Black Gram or Green Gram, Red Gram and Bengal Gram, or Black Gram and Red or White Beans.

In Kashmīr ‘Ḍāl’ of Green Gram (‘Mūṅg’), whole, split with husk, or split and husked, is commonly cooked. Often Lotus Roots, Turnips, Radishes, Knol Khol, Spinach or ‘Vopal Hāk’, is added to this ‘Ḍāl’ while cooking. When Lotus Roots are cooked with the ‘Ḍāl’, it is called ‘Sasā Naḍur’, and with Turnips ‘Sasā Gogeij’ and so on.

In Southern India, Red Gram or Black Gram ‘Ḍāls’ are cooked with Vegetables, Tamarind Pulp, Chilies, Curry Leaves and other Spices. It is called ‘Sāmbār’, and is a daily must for them. It is eaten there with Plain Cooked Rice, ‘Idlī’, ‘Ḍōsā’ etc.. (See RECIPE NO. 155).

- (a) Among Peas, Red Gram, Bengal or ‘Kābulī Gram, Black Gram, Green Gram and Lentil, select the one ‘Ḍāl’, desired to be cooked. This may be whole, or Split and with or without husk. Even mixture of one or more ‘Ḍāls’ is used sometimes. Except the time allowed for soaking in water, and of pressure or ordinary cooking, the process of cooking etc., is same for all kinds of ‘Ḍāls’ and is as under :-

#### Ingredients :-

1. ‘Ḍāl’ one that is selected, - 250 gm.
2. Turmeric, - 1 tsp.
3. Salt, - 1/2 tsp or to taste.
4. Asafoetida, - a pinch.
5. Whole dried Red Kashmīrī Chilies, - 3 nos., or Red Chili Powder, - 1/2 tsp.
6. Ginger Powder, - 1/2 tsp.
7. Aniseed Powder, - 1/2 tsp.
8. Coriander-Cumin Seeds Powder, - 1/2 tsp.

9. Mustard Oil, or 'Ghī', - 1 or 2 tbps.
10. Cumin Seeds, - 1 tsp.
11. 'Varī Masālā', - 10 gm. or  
'Garam Masālā', - 1/2 tsp.
12. Green Chilies, - 2 nos.
13. Green Coriander, - 2 sprigs.
14. Green Ginger, - a 2" piece.

#### Preparation :-

1. Clean the 'Ḍāl', and wash in several waters.
2. Soak it, before cooking, in a litre of water, for the period given above for this 'Ḍāl'.
3. Slit the dry whole Red Chilies and discard seeds.
4. Wash Green Chilies. Slit and remove seeds. Pick and wash Coriander Leaves. Wash and scrape Green Ginger. Chop the three things and keep in a plate.

#### Method of Cooking :-

1. Pressure cook, for the time given above, the soaked 'Ḍāl', along with the left over water from that in which it was soaked, after adding Turmeric, Salt, Asafoetida and whole Red Chilies or Chili Powder.
  2. Cover the cooker and open its lid. Mash and mix the 'Ḍāl' with a ladle, after adding Ginger, Aniseed, and Coriander-Cumin Powders. More water may be added if desired.
  3. In a pan, heat the oil till foam disappears, or heat the 'Ghī'. Add Cumin Seeds. Stir till these fry, and add along with oil or 'Ghī' to the 'Ḍāl' in the Cooker. Boil again for a couple of minutes. Then add crushed 'Varī Masālā' or the 'Garam Masālā'. Stir and transfer the 'Ḍāl' to a Service Bowl, and garnish with chopped Green Chilies, Coriander Leaves and Green Ginger. Serve hot.
- (b) 'Sasā Naḍur, Sasā Goagji, Sasā Muji, Sasā Moaṅji, Sasā Pālak or Sasā Vopal Hāk'. (E-Green Gram, whole or split, cooked with Lotus Roots, or Turnips, or Radishes, or Knol Khols, or Spinach or 'Vopal Hāk') (H-'Mūṅṅ Ḍāl, kō Kamal

kē jadh, yā Shalgam, yā Mūlī, yā Gāṅṅh Gōbhi, yā Pālak, yā Vopal hāk, ke sāṅṅh pakā kē).

#### Ingredients :-

Same as in (a) above, plus one of the six under-mentioned Vegetables selected, to be added to the 250 gm. of Green Gram 'Ḍāl'.

1. Lotus Roots, of above 1" diameter, - 250 gm. for 'Sasā Naḍur'.
2. Turnips, preferably 'Purple Top' or 'Snow Ball' without leaves, - 1/2 kg. for 'Sasā Goagji'.
3. Radishes, White Round without Leaves, - 1/2 kg. for 'Sasā Muji'.
4. Knol Khols, without Leaves, - 1/2 kg. for 'Sasā Moaṅji'.
5. Spinach, - 1/2 kg. for 'Sasā Pālak'.
6. 'Vopal Hāk', - 1/2 kg. green for 'Sasā Vopal Hāk'.

#### Preparation :-

##### 1. Lotus Roots :-

Cut root heads and withered ends. Scrape and cut each horizontally into about 1" pieces. Wash thoroughly, so that no mud etc. remains in the holes.

##### 2. Turnips :-

Cut their roots and green tops. Quarter, or cut into uniform pieces of the size of a walnut or a little bigger. Shave off the sharp edges and corners of all pieces to make these roundish, and wash them with water.

##### 3. Radishes :-

Cut roots and tops and cut into 1/2" thick slices of desired size.

##### 4. Knol Khols :-

Pare coarse skin. Then dice into about 1" cubes.

## 5. Spinach or 'Vopal Hāk' :-

Sort out good leaves, after discarding coarse stems. Wash and boil for 5 minutes in a little water. Cool, drain and squeeze out all water, and grind into a paste, by means of a Pestle and Mortar (H-'Hāvan Ḍaṣṭā') or 'Sil Battā' or an Electric Grinder.

### Method of Cooking :-

Same as in (a) above, except that the prepared selected Vegetable, is added to the soaked 'Ḍāl' when the pressure cooking starts. A little more Mustard Oil or 'Ghī' may be used in this case. Also a little more Salt may be required according to ones taste. Thus six different Dishes of 'Sasā Ḍāl' are prepared.

Green leaves of Turnips, Radishes and Knol Khol are cooked separately and not wasted.

## RECIPE NO. 155.

### 20. 'Sāmbār' (E-Pulses cooked with Vegetables and Tamarind etc.) (H-'Sāmbār').

This is a South Indian Dish, but cooked almost every where now. It is enjoyed with Plain Cooked Rice especially.

#### Ingredients :-

1. Split hulled 'Ḍāl' of Red Gram, ('Arhar'), - 250 gm.
2. Turmeric, - 1 tsp.
3. Red Chili Powder, - 1 tsp.
4. Salt, - 1 tsp. or to taste.
5. Mustard or Sesame or Coconut oil, - 3 tbsps.
6. Cumin Seeds, - 1 tsp.
7. Cloves, - 2 nos.
8. Asafoetida, - a pinch.

9. Green Ginger, - a 2" piece.
10. Onions, - 2 of medium size.
11. Garlic, - 3 Cloves.
12. Black Pepper Corns, - 8 Nos.
13. Curry Leaves, - a few sprigs.
14. Green Chilies, - 3 Nos.
15. 'Garam Masālā', - 1/2 tsp.
16. Tamarind, - 25 gm.
17. Vegetables, - 1/2 kg.

Note :- Select three or four Vegetables out of the following :-

1. Brinjals.
2. Bottle Gourds.
3. Cabbage.
4. Tender Green Bean Pods.
5. Carrots.
6. Radishes.
7. Turnips.
8. Pumpkins.
9. Sponge Gourds.
10. Cucumber.
11. Cauliflower.
12. Capsicums.
13. Spinach.
14. Ridge Gourds.
15. Green leaves of any other Vegetables.
16. Drum sticks.

Use in all, half a kilogram of any three or four above vegetables, as Ingredient Item No. 17 above. In short any vegetables available in the house will do. Even left over cooked vegetables are utilized sometimes.

**Preparation :-**

1. Soak the 'Dāl', after cleaning and washing, in a litre of water for 2 hours before cooking.
2. Soak the Tamarind, in a boiling cup of water, for 15 to 20 minutes. After mashing, strain it through a colander to remove hull pieces, stones and fibres. Keep the Pulp aside in a glass or steel bowl.
3. Peel the Onions and Garlic cloves to remove the thin skins, and cut away their roots and withered tops. Chop and pound these, along with scraped Green Ginger, Pepper Corns and Green Chilies, by means of a 'Hāvan Ḍasā'. Keep the paste aside.
4. Wash the selected Vegetable. Pare, scrape, shred slice, or cut into pieces e't.c. as is done in the case of cooking these Vegetables.
5. Chop the Leaves picked from Curry Leaf sprigs, after washing.

**Method of Cooking :-**

1. In the body of a pressure cooker, heat the oil, till foam disappears, and add Cumin seeds, Cloves and Asafoetida. Stir, and add 'Dāl', along with water in which it was soaked. Add also the prepared Vegetables. Turmeric, Red Chili Powder and Salt. Close lid of the cooker, and bring to boil under full pressure. Then, on medium heat, pressure cook for ten minutes.
2. Cool the cooker to subside the pressure and open its lid. Add the paste of Onions etc., and the chopped Curry Leaves. Stir after adding more water, If 'Sāmbār' of thin consistency is liked, as in the South. Transfer the 'Dāl' etc., to a steel 'Pañīā', and add the Tamarind Pulp. Cook for another 10 minutes, on low heat, and then add 'Garam Masālā'. Stir. 'Sāmbār' is ready. Serve hot with Plain Cooked Rice, 'Idīf', 'Ḍōsā' or 'Pakōrās' etc.

We can also use some other 'Dāl' in place of Red Gram 'Dāl'.

**21. 'Kharā Mahā Ḍāl'. (E-'Dāl', of husked Black Gram)(H-'Khadrī Uraḍ kī Ḍāl').**

This form of 'Dāl', almost without gravy, goes very well with 'Parāñthā', 'Nān' or 'Chapāñī', and is also enjoyed with Plain Cooked Rice.

**Ingredients :-**

- |   |                   |
|---|-------------------|
| 1. Hulled 'Dāl' of Black Gram ('Uraḍ'), - | 250 gm.           |
| 2. Turmeric, -                            | 1/2 tsp.          |
| 3. Red Chili Powder, -                    | 1/2 tsp.          |
| 4. Salt, -                                | 1/2 tsp.          |
| 5. Pure 'Ghī', -                          | 2 tbsps.          |
| 6. Cumin Seeds, -                         | 1 tsp.            |
| 7. Cloves, -                              | 2 nos.            |
| 8. Asafoetida, -                          | a pinch.          |
| 9. 'Garam Masālā', -                      | 1 tsp.            |
| 10. Tomatoes, -                           | 3 of medium size. |
| 11. Onion, -                              | one.              |
| 12. Garlic, -                             | 2 Cloves.         |
| 13. Green Chilies, -                      | 2 nos.            |
| 14. Green Ginger, -                       | 2" piece.         |
| 15. Green Coriander, -                    | a few sprigs.     |
| 16. Caraway Seeds, -                      | a pinch.          |

**Preparation :-**

1. Clean, wash and soak the 'Dāl' in two cups of water for an hour.
2. Wash and quarter the Tomatoes, keep aside.
3. Peel Onion and Garlic Cloves, and scrape and wash the Green Ginger. Chop finely all the three and keep in a bowl together.

4. Wash Coriander sprigs and pick good leaves only. Wash Green Chilies, slit and remove seeds. Chop the two.

#### Method of Cooking :-

1. In the body of a pressure cooker, put the soaked, 'Dāl' after straining the water. Add to it only 1/2 cup of this water. Add also Turmeric, Asafoetida and Salt. Stir and close lid of the cooker. Heat till full pressure is built up. Then, on medium flame cook for 2 minutes under the full pressure. Cool the cooker and open the lid. The 'Dāl' is done without getting mashed and its grains do not adhere to each other.
2. Meanwhile in a steel 'Kadhī', heat on a medium flame, the 'Ghī' after adding Cumin Seeds, and the chopped Onion, Garlic and Green Ginger. Fry till the Onion is golden brown, and then add the Red Chili Powder, Caraway Seeds and Cloves, along with a tablespoon of water. Stir, and turn with a flat spatula till the 'Ghī' takes colour and begins to separate. Add Tomatoe pieces. Turn two or three times and let these cook a little without getting mashed.
3. Add this Condimented 'Ghī', along with Tomatoes, to the cooked 'Uraḍ Dāl' in the cooker. Resume heating, without closing the lid, for a few minutes, meanwhile turning gently, once or twice, with the spatula, till all the water evaporates and the 'Ghī' again begins to show. Add 'Garam Masālā' and turn gently again, without mashing the 'Dāl' or Tomatoe pieces.
4. Transfer the 'Dāl' to a Service Bowl, and garnish with chopped Green Chilies and Coriander Leaves and serve.

#### RECIPE NO. 157.

22. 'Hoakhá Siun'. ('Alá, Vāngan, Çhūñth, Ruvāngan, yā Goagji Hachi, yā Hokh Goagji Hāk, yā Phūl Gūpī, yā Hoekh Naqier'). (E-Curries of dried slices of Bottle Gourds, or Brinjals, or Apples, or Tomatoes, or Turnips and also of dried Turnip Greens or Cauliflowerrets or

Lotus Roots)(H-'Sukhā kē Laukī, Baiñgan, Seb, Tamāra, Shalgam, Shalgam kē Paṭṭōñ, Phūl Gōbhī, yā Kamal kī Jadh, kā Sālan').

Dressed and dried slices of Bottle Gourds, Brinjals, Lotus Roots, Turnips, Apples, Tomatoes, and Bitter Gourds, also of dried Cauliflowerrets, Turnip Greens and 'Hāk', are used in culinary preparations, usually during winters in Kashmīr. Due to heavy snow fall during winter, and lack of good roads and transport facilities in olden days, almost for half the year, Fresh and Green Vegetables were scarce. People therefore resorted to drying of most of the Vegetables, available in summer and autumn. Dried Vegetable is called 'Hoakhá Siun', and usually cooked during winter even now. The Vegetables are cleaned, scraped or pared when necessary, washed, sliced horizontally or cut lengthwise into strips of suitable lengths, or cut into sections, or crushed, as in the case of various Leafy Vegetables. Then these are dried in sun or shade. Most of these are threaded and hung to get desiccated properly, without becoming mouldy. This method can even now, be adopted usefully everywhere, to cater to the demands of out of the season Vegetables, and Fruits. At present in Kashmīr Fresh Vegetables and Fruits etc. are mostly obtained from outside during winters, but even now drying of Vegetables and Fruits is practised by many. After reconstitution, by soaking in hot water or boiling, the 'Hoakhá Siun' has, after cooking, a slightly tough texture, and a special appetizing aroma, which makes it pleasant to eat and chew.

#### Preparation :-

1. Dried slices of scraped Bottle Gourds, or Bitter Gourds, or sections of Brinjals or dried Cauliflowerrets and Lotus Root pieces, are reconstituted by soaking in hot water.
2. Dried Apple pieces, Tomato slices and Red Chilies are added for cooking only after washing.
3. Dried, Turnip Greens, 'Karam Sāg', 'Vopal Hāk', 'Hañḍ', and Spinach, are washed and then boiled for reconstitution. The water is drained and squeeze out, and these vegetables are then

mashed a little before cooking. 'Haṇḍ', not mentioned in the Recipe, is a very nutritive wild vegetable.

4. Dry Mint and Fenugreek Leaves, are stored, after crushing and sifting. When needed these are added directly to 'Rāyīṭā' or to 'Paṇīr' or Meat or other Vegetables, while cooking.

#### Method of Cooking :-

The reconstituted Dried Vegetables etc., are cooked like Fresh Vegetables, alone, or in combination with other foods.

### RECIPE NOS. 158 & 159.

#### 23. (a) 'Alá Rāyīṭā'.

##### (b) 'Būṇḍī Yā Pakōrá Rāyīṭā'

(a) & (b) (E-Boiled, grated-Bottle Gourd, or Small Fritters with Curd) (H-'Laukī, yā, Bēsan Būṇḍī, yā Pakōḍōṇ kā Rāyīṭā').

'Muji Chetiṇ' (RECIPE NO. 111), 'Puḍná Burān' (RECIPE NO. 112), 'Ḍahī Balá' (RECIPE NO. 114), and 'Buzá Vāṅgan' and 'Fotá Vāṅgan' (RECIPE NOS. 119 & 120), are also some forms of 'Rāyīṭā'. Other 'Rāyīṭās' usually made for Domestic Meals, as well as Big Dinners, are, 'Alá Rāyīṭā', and 'Būṇḍī yā Pakōrá Rāyīṭā', and their RECIPES are as under :-

##### (a) 'Alá Rāyīṭā' :-

#### Ingredients :-

1. Bottle Gourd, - 1 or 2 weighing about a kg.
2. Curd, - 1/2 kg.
3. Green Chilies, - 5 nos.
4. Caraway Seeds, - 1/2 tsp.
5. Salt, - about 1/2 tsp.
6. Sugar, - 1 tsp.
7. Green Coriander, - a few sprigs.

#### Preparation :-

1. Scrape the Bottle Gourds. Wash. Grate these on a grater.
2. Wash, slit and remove seeds of Green Chilies and chop these.
3. Wash the Leaves of Green Coriander and Chop these.

#### Method of Cooking :-

Pressure cook the grated Gourd, in its own liquid for a couple of minutes under full pressure. Then cool the cooker. Mix this cooked grated Gourd, with the Curd, in a glass or steel Service Bowl, after adding the Caraway Seeds, Chopped Green Chilies, Salt and Sugar. Garnish with chopped Coriander Leaves, and serve.

##### (b) 'Būṇḍī, Yā, Pakōrá Rāyīṭā' :-

#### Ingredients :-

1. Split and husked Green Gram, - 100 gm. for 'Pakōḍē' (Fritters), or Gram flour ('Bēsan'), - 100 gm. for 'Būṇḍī' (Very Small fritters).
2. Red Chili Powder, - 1/2 tsp.
3. 'Ajwāin', or Caraway Seeds, - two pinches.
4. Asafoetida, - a pinch.
5. Salt, - 1/2 tsp.
6. Sugar, - 1 tsp.
7. Curd, - 1/2 kg.
8. Green Chilies, - 5 nos.
9. Black Pepper Powder, - a pinch.
10. 'Ghī', - a tsp.
11. Milk, - 1 cup.
12. Raisins, - 10 nos.
13. 'Garam Masālā', - a pinch.
14. Mustard oil, - a cup. (Actually more oil is used for frying. Left over is afterwards used for frying of other eatables).

### Preparation :-

1. Wash thoroughly and soak the split and husked Green Gram, for 10 to 12 hours, in a cup of water. Drain water, and grind it into a paste on a 'Sil Battā' or in an Electric Grinder, after adding a pinch, each of Asafoetida, Salt, Black Pepper Powder, Red Chili Powder, 'Garam Masālā', and a teaspoon of 'Ghī'. To the paste mix a pinch of Caraway Seeds or 'Ajwāin'. Keep aside in a bowl.
2. If instead of split husked Green Gram ('Mūṅg Dāl'). Gram Flour ('Bēsan') is used, then rub in the 'Ghī', with fingers into it. Then make it into a thick batter with water, after adding a pinch each of Asafoetida, Black Pepper Powder, Red Chili Powder, Salt and Caraway or 'Ajwāin' Seeds. Keep batter aside in a bowl.
3. Wash, slit and remove seeds of Green Chillies and chop these.

### Method of Cooking :-

1. In a 'Kadāhī', heat oil till foam disappears. Make Green Gram paste fritters, of the size of an almond, by dropping at separate places, pellets of the paste, with a spoon, into the smoking oil. Turn meanwhile with a perforated ladle, twice or thrice, to fry the fritters to a golden colour. Take out by the ladle, draining all oil and keep these aside in a plate for making 'Pakōḍā Rāyīṭā'.
2. Make 'Būṅḍī' as under :-  
Place a cup of prepared batter of Gram flour (Chick pea meal, i.e., 'Bēsan'), in the middle of a perforated ladle, with bigger holes. Hold the ladle above the middle of the 'Kadāhī' with the handle of ladle resting on the rim of the 'Kadāhī'. Tap the handle of the ladle on the rim of the 'Kadāhī', so that through the holes of the ladle, a shower of droplets of the batter, falls into the smoking oil, and these get fried into 'Būṅḍī' (small round fritters). Turn these by another perforated ladle, and take out as soon as these get fried to a golden yellow colour.
3. Instead of 'Būṅḍī', small fritters of the size of an almond, are made, out of the batter sometimes. Small quantities of the batter are dropped

in smoking oil, by means of a spoon, which also fry into 'Pakōḍās' (Fritters).

4. Now churn, or beat by a spoon the Curd and the milk, after adding remaining Salt and Sugar in a Service Bowl of steel or glass, and add to it the Green Gram 'Pakōḍē' or 'Bēsan Būṅḍī' or 'Bēsan Pakōḍē'. Mix with a spoon and garnish the top, with a pinch each of Red Chili Powder and Caraway Seeds, and also the washed and stemmed Raisins and the chopped Green Chillies. The 'Rāyīṭā' is ready for serving.

### RECIPE NO. 160.

#### 24. 'Tamar Ṭā Kēlā Chetiēn'. (E-Sauce made of Tamarind and Bananas etc.) (H-'Imlī aur Kēlē kī Chetnī').

1. In a steel or glass bowl, soak 50 grams of Tamarind, in a cup of hot water, for 15 minutes. Then mash the Tamarind, with fingers and thumb. Strain the Pulp through a colander, to remove hull pieces, stones and fibres.
2. To this Pulp, in a steel or glass Service Bowl, add 50 grams of crushed Brown Sugar (H-'Gud'), 1/2 tsp of Salt, 1/2 tsp of Red Chili Powder, and a pinch, each of 'Garam Masālā' and Black Pepper Powder. Mix with a steel spoon.
3. Peel, and cut two ripe Bananas, horizontally into thin round slices. Add these to the Spiced Tamarind Pulp, and mix again. Garnish with a few washed and cleaned Raisins, and finely chopped pieces of Green Ginger, after scraping and washing it. The sauce is ready.

### RECIPE NO. 161.

#### 25. 'Samōśā'. (E-Fried triangular Patties stuffed with Green Peas. Potatoes etc.) (H-'Samōśē').

The method of preparation and cooking of 'Samōśā' is similar to that of making of 'Maḥḥ Barīḥ Samōśā' (RECIPE NO. 67).

The only difference lies in the Ingredients of the Stuffing. In place of Minced Meat, in this case half a kg. of Potatoes are used. Potatoes are pared, diced into  $\frac{1}{2}$ " cubes, and fried along with Green Peas. Then after mixing with chopped Green Chilies and Coriander Leaves, Salt to taste, and a pinch of 'Garam Masālā'. Therefore all other Spices used for Minced Meat etc., are not needed here.

These 'Samōsās' are served hot, with Tomato Ketchup or some kind of 'Chetnī', at Breakfasts, Afternoon Teas and in Picnics.

### RECIPE NO. 162.

#### 26. Ruvāᅅgan Chetiēn. (E-Tomato Ketchup.) (H-'Tamātār Chetnī').

This sauce is enjoyed with Fritters, 'Kabābs', 'Patties' and 'Samōsē' etc.

#### Ingredients :-

- |                                       |  |
|---------------------------------------|--|
| 1. Tomatoes ripe, -                   | 1 kg.                                  |
| 2. Apples sweet or tart, -            | 250 gm.                                |
| 3. Ash Gourd (H-'Pēthā'), -           | 250 gm.                                |
| 4. Potatoes, -                        | 250 gm.                                |
| 5. Sweet Potatoes, -                  | 250 gm.                                |
| 6. Carrots, -                         | 250 gm.                                |
| 7. Green Ginger, -                    | 50 gm.                                 |
| 8. Sugar, -                           | 1/2 kg.                                |
| 9. 'Garam Masālā', -                  | 1 tsp.                                 |
| 10. Salt, -                           | 50 gm.                                 |
| 11. Red Chili Powder, -               | 25 gm.                                 |
| 12. Vinegar, -                        | 2 tbsps.                               |
| 13. Sodium Benzoate, -                | 2 gm. (if Ketchup is to be preserved). |
| 14. Edible colour, (Raspberry Red), - | 1 gm.                                  |

#### Preparation :-

1. Wash thoroughly all Vegetables, Fruits, and Green Ginger, i.e., items 1 to 7.
2. Chop the washed Green Ginger after scraping it. Quarter and core the Apples. Slice these and other Vegetables.

#### Method of Cooking :-

1. Pressure cook the prepared ingredients 1 to 7, after adding a cup of water, for about 15 minutes. Let the cooker cool down. Transfer the whole boiled mass to a colander, placed over a steel 'Paᅇlā'. Mash these now soft boiled Fruits and Vegetables, with a clean hand, or by means of a wooden ladle, and rub these on the bottom of the colander, to pass out the soft Pulp through the holes and thus collect in the 'Paᅇlā'. Discard the coarse and fibrous residue.
2. Add the Sugar to the Pulp and mix. Boil on medium heat till the sauce thickens to a paste. While boiling stir the contents frequently, with a broad steel spatula or the wooden ladle, so that no caking takes place at the bottom of the 'Paᅇlā'.
3. Add Salt, Red Chili powder, Vinegar, Sodium Benzoate and the Edible colour. Stir well and remove 'Paᅇlā' from the heat. Let cool and keep this Tomato Ketchup in cleaned and disinfected screw-top bottles. It will keep for months.

### RECIPE NO. 163.

#### 27. 'Kishmish Chetiēn'. (E-Condimented Sauce of Raisins) (H-'Kishmish kī Chetnī').

1. Soak in a steel bowl 50 grams of Tamarind, in a cup of very hot water for 15 minutes. Mash then the Tamarind with fingers and thumb and strain out its Pulp, through a colander, and discard stones, fibres and hull pieces etc.
2. In an Electric Grinder or on a 'Sil Battā' prepare a coarse paste of 20 grams of stemmed, and washed Raisins, together with a pinch of Caraway Seeds ('Kalā Zīrā'), Seeds of 5 Black and 2 Green Cardamoms, 10 Black Pepper corns, 1/4 tsp of Salt, 2 tbsps of Brown Sugar and a pinch of 'Garam Masālā'.
3. Mix this paste with the prepared Tamarind Pulp, in a steel or a glass Service Bowl. The 'Chetnī' is ready. It is enjoyed in daily Meals, with 'Pakōᅇc' or with Fried Fish, 'Kabābs', Cutlets etc.