



CHAPTER VII

REGIONAL CUISINE

Learning Objectives : At the end of this unit students would be able to :

1. Describe Geographical location with respect to regional cuisine.
2. Understand different types of dishes (regional based) and their methods of cooking.
3. Understand festive recipes.
4. Explain features of special regional cuisines.
5. Explain types and preparation of Indian Bread.

I. KASHMIRI CUISINE

STAPLE FOOD

Rice

I. Geographical Location

The valley is spread between the Himalayan and the Pir Panchal ranges.



II. Characteristic features

- Kashmiri cuisine is a blend of the best elements of the Indian, Iranian, Afghan and central Asian region.
- Wazawan - literally means the grand bazaar of cooks - which is the traditional muslim feast, consisting of dozens of meat and few vegetarian dishes.
- Kashmiri food includes dishes of mutton, fish, chicken, wild fowl and all the delectable vegetables and fruits - fresh and dried.

SOUTH INDIAN CUISINE

*Tamilnadu

*Karnataka

Grains & Lentils

*Kerala

Syrian, Christian, Muslims
(Sea food dishes) Arab
influence

*Andhra Pradesh

Vegetarian and has
buddhist influence or
Mughal influence or
hyderabadi cuisine

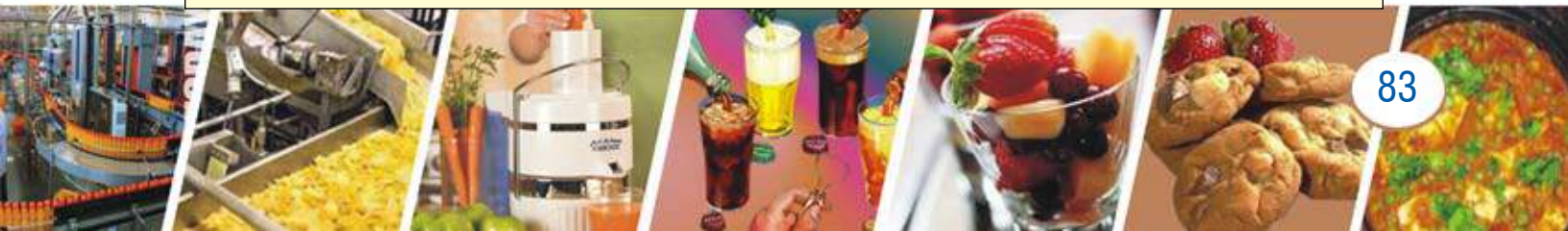
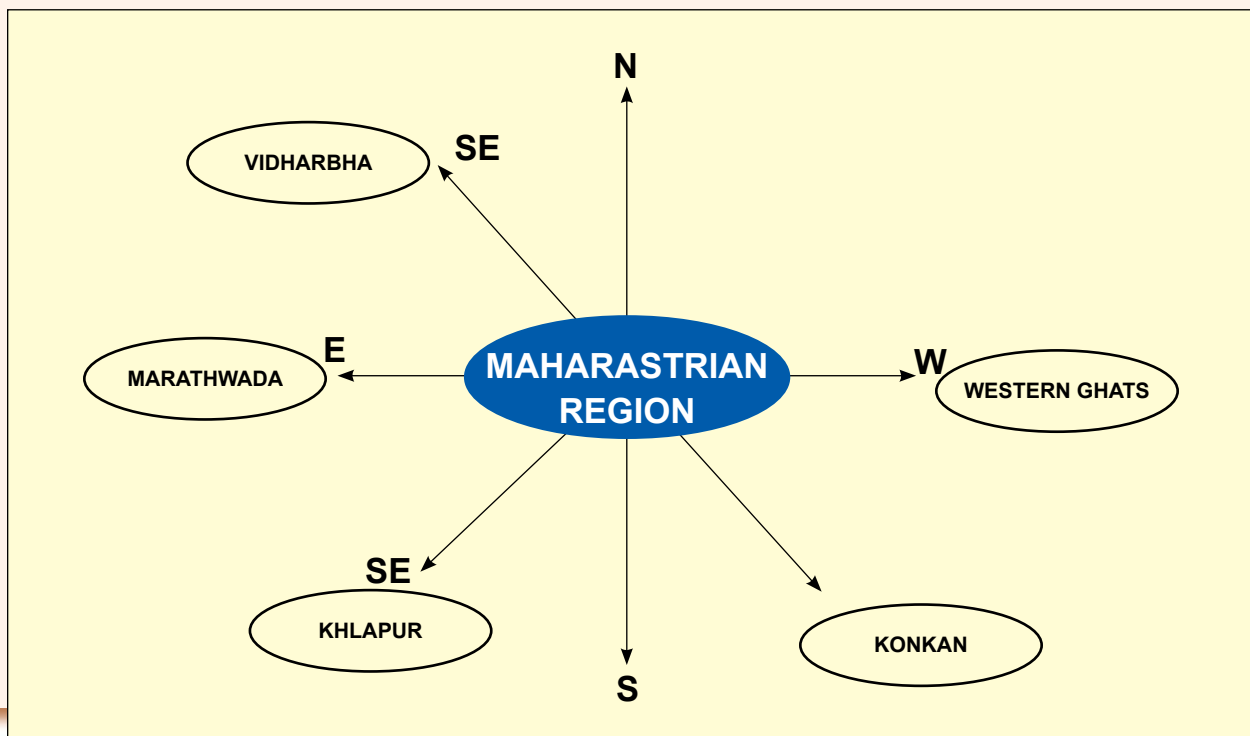




- Powdered dry ginger and fennel are the main spices.
- Use of fleshy, flavoursome but not too hot red chillies grown in Kashmir.
- Yoghurt is an important ingredient in a number of dishes.
- Main cooking medium is mustard oil.

III. Speciality Cuisine

- Tabakh maaz/kabargah - tender fried ribs
- Rista - minced paste balls in red gravy
- Aabgosh - mutton in milky gravy
- Goshtaba - minced paste balls in yoghurt gravy
- Roganjosh - browned mutton
- Kalia (peela meat) - mutton in yellow gravy
- Yakhni - mutton in yoghurt gravy
- Ala yakhni - marrow in yoghurt gravy





- Nadur yakhni - lotus root in yoghurt gravy
- Dum aloo browned potatoes
- Tsaman - cottage cheese in yellow gravy
- Monjihak - green and white kohlrabi (gaanth gobi)
- Kanagucchi - morrels in yoghurt sauce
- Mutton pulao
- Milha bhaat
- Phirni - rice flour dessert
- Kahwa - green tea

The temperature of Southern India is always high the food tends to be much hotter than rest of India probably because hot food helps to cool the body.

- Mainly vegetarians
- Well known rice eaters
- Cook the food in oil rather than ghee
- Fruits instead of sweets
- Payasam - a variant of North Indian Kheer
- Sambhar - a preparation of vegetable and lentils, accompaniment of rice, vada, dosa and Idli
- Rasam - spicy clear soup
- Panchadi - counterpart of North Indian Raita
- Papad not spiced
- Idli mixture of ground lentil and rice fermented and steamed in moulds
- Dosa is the same batter made thin and then shallow fried on a griddle like pancake with or without filling commonly filled using potato bharta
- Wada - medu wada, parippu wada etc





- Hopper or appams of Syrian Christians it is like American hot cake
- The accompanying beverage is always coffee
- Beef is widely eaten by Christian community

IV. Festivals

1. Pongal

- Ven pongal - Rice with lentils
- Sarkarai Pongal - Sweet Rice

2. Onam - In Kerala for 10 days

MAHARASTRIAN CUISINE

a) Vidharbha

- Mainly farmers
- Vegetarian Food
- Tomato che saar
- Vade bhat
- Bhajee che phute
- Hurda
- Roasted jowar, in winter with curd and a tangy fed chutney

b) Kohlapur and adjoining areas

- Heavily spiced food with lots of red chilli
- Mostly non-veg.
- Famous for sukha mutton (dry meat preparation).
- Kohlapuri mutton





- Ravan pilli —» equal amount of besan and chilli powder
- Kohlapur is also famous for —» panda rassa, tambda rassa, kombdi vha rassa

c) Marathwada

- Very spicy food with lots of chillies and garlic
- Varieties of pickles and chutneys
- Fresh ingredients are used



d) Brahmins

- Konkanastha's
- Deshasthas
- Saraswat (grand saraswat)
- Karhade (minimum use of masalas)

Chandraseniya kayastha prabhu (ckp) - they live on fish and mutton and can not go without non-vegetarian food even for a day. Their food is cooked in a mixture of coconut, onion, ginger, garlic, chillies and garam masala. A lot of varieties are cooked with fish .

e) Konkan

Influence of adjoining state Karnataka. Coconut plays an important role. Kokum (ansul) is used instead tamarind to give a tangy flavour. Triphal (spice) is used to flavour gravies. Ratnagiri is famous for Alphonso mangoes.

Snacks: Vada pav, pav bhajee, misal, batata vada, bhelpuris.

f) Marathas

They use a lot of red chilli powder

Pandha rassa (white greasy) tambdi kombdi (brown chicken)

Maharastrian meal is the only meal which pays equal attention to both wheat and rice the varan bhat with pure ghee which is ordered earlier is an appetiser and luhricantibl the intestines to prepare stomach juices for the meal to come.





II. Festivals

1. **Sankranti:** Til-Gul (Ladoo of Till Seeds and Jaggery), Guiachi Poli, Kolache Bharit, Mugachya Dalichi Khichidi.
2. **Ranuaijanchani (Holi):** Puran Poli With Lots Of Pure Ghee, Coconut Milk Or Plain Milk
3. **Gudi Pandva:** Shrikhand and Puff Pastries.
4. **Dushera:** Shakar Bhat, Shrikhand Puri.
5. **Diwali:** Chaklya, Anarase, Karonjva, Gher Etc Are The Food That One Makes A Day Before Diwali.
6. **Ganesh Chaturthe:** Modak, Harali Bhat (Coconut Rice), Karanjia, Kanvalva

III. Quality Dishes of Maharashtra

- **Zunka-bhakar:** Zunka is made with gram flour, onion, salt, oil tempered with chillies & garlic. Bhakar is made from dough of Jowar flour & water baked on chacoal.
- **Tomatoche-saar:** Tomato puree top with coconut milk & tempered with oil, mustered seeds, hing, & curry leaves.
- **Multonache sukhe:** Dry mutton preparation made with roasted & powdered dry coconut milk & tempered with oil, mustar seeds, hing, & curry leaves.
- **Multonache sukhe:** Dry mutton preparation made with roasted & powdered dry coconut garam masala, poppy seeds, Jeera, Chillies.
- **Kolache Bhart (Binjal):** Roast Brinjal, remove skim, mash, add tamarind pulp, coconut milk. Juggery & salt and tempered.
- **Shakkarpore:** Short crust pastry made up of maida, sugar, milk, cut into diamonds shape & deep their the crisp.
- **Pandtra Rossa:** Mutton, gravy prepared with coconut milk, cashew nuts & garam masala.
- **Puranpoli:** Chappaties stuffed with cooked chamblal, jaggery flavoured with cardamoms & nutring, served with ghee or plain milk or coconut milk.

3. GUJRATI CUISINE

- Staple food is bajra.





- Majority of Gujaratis are Jain and do not eat garlic, onion etc. They use millets, jaggery, vegetables and grains.

Non Hindu are → **bohri**: oldest muslim community and famous for soups and sweets
→ **parsi**: (from Iran) combination of english and Persian cuisines.

- Dhebra or methi thepla
- Vast use of jaggery and lime: because abundantly grown sugarcane
- Chutney: mixture of garlic, red chilli and salt.
- Snacks: dhokla, khandvi and kachori sev, ghatia and papdi

FARSAN

i) Parsi

Meal starts with a sweet pickle and then chapatis - fish - chicken - mutton - eggs - ice cream or other sweets.

ii) Special Dishes

1. **Methi thepla**: Dough made from whole wheat flour, bajra, besan, methi & spices, rolled.
2. **Dhokla**: Batter made from channadal curds & spices - Ferment & then steamed & tempered.
3. **Kahndvi**: Small rolled crepes, made with cooked batter of besan curd & ginger, green chillies served tempered with chutney.
4. **Oondhiyu**: A delicious blend of stuffed vegetables cooked in potatoes, sweet potatoes, yam, banana, brinjal. Methi stuffed with mixture of coconut, chili powder, lime, sugar, lots of garlic, dhania powder, and cooked in a slow fire veg. are cooked.





5. **Doodhpak:** Rice cooked in flavoured milk sea
6. **Patra-na-machi:** Cooked in flavoured milk
7. **Sali jardaloo murgi:** Chicken cooked in spicy gravy with apricots & gars with Potato Straws.
8. **Dhansak:** combination of 5 dals + mutton + veg served with brown rice
9. **Lagan-nu-custard:** rice custard steamed or baked made with boiled milk & nuts
10. **Malai no khajala:** rounds of flaky pastry, sweetened and stuffed with clotted cream

4. HYDRABADI CUISINE

- Staple food is rice
- Food is chilli hot, full of spices and oil floating on top
- Use of curd or tamarind
- Meat is consumed from breakfast to dinner

i) Important Dishes

- **Nahari:** soup made with tortleis, tongue of the lamb
- **Khichdi:** Made with rice, lentils & ghee
- **Khagina:** scrambled egg
- **Ambade ke bhaji:** mango bhaji
- **Bhagara baigan:** whole aubergines slit browned and cooked gently in a nutty sauce of seasame, groundnut, coconut and tamarind
- **Haleem:** pounded wheat with well cooked mutton
- **Anday ke piyosi:** saffron flavoured diamonds made with eggs, ghee, ground badam and khoya
- **Ashrafi:** coins made with khoya
- **Hub ke lauz:** khoya and almonds
- **Khumbani ka meetha:** appricot, sugar and cream
- **Gille ferdose:** doodhi, rice flour milk, khoya, sugar and nuts





Festivals

Bakri-id

5. PUNJABI CUISINE

- Staple Food - Wheat
- Sarson a Saag and Makki ki Roti
- Layered Stuffed Raddish or Potato Parantha
- Channa Bhatura
- Touch of Mughlai Cuisine
 - Tandoor is used by House Wives
 - Dhabas are there
- Gajar ka Halwa
- Lassi or Butter Milk
- Pulao or Biryani on Special Occasions
- Milk is used in Plenty - Kheer, Rasmalai, use of Cream,
- Paneer in Cooking: Lots of Desi Ghee is used
- From Mughlai Cuisine: Tandoorj Chicken and Naan
- Raita as an Accompaniment to Rice
- Dals: Rajma, Makhani and use of Various Dals Cooked in Curd and Spices
- Pickles: Veg Pickles, Carrot, Turnip, Cauliflower and Chutney
- Desserts are Mainly Made up of Milk
- Ghee or Mustard Seed Oil is Used for Cooking
- Non Veg - Lamb, Mutton or Poultry





6) DUM CUISINE

Dum, literally speaking has been described as the ‘maturing of a prepared dish’ Dum is the forerunner of the modern day slow cooking. In the good old days when handi cooking was the vogue, the utensils were sealed with atta dough to insure that the moisture stayed within, and put on smouldering coal. At the same time some of the coal was placed on the lid. This insured even heat from the top and the bottom. Today the oven is used to provide the function of providing slow and even heat

In this process the main ingredient is cooked partially with all the accompaniments (in some cases some of the accompaniments are added only at the time of sea'ing) and then the utensil is covered with a lid sealed with atta dough and then placed in the oven The food continues to cook in its own steam so as to speak. The advantage of dum cooking or giving dum, is that since the vapour can't escape, the delicacy retains all the flavour and aroma

Dum is usually given when the meat has become tender and the curry is nearly ready The fact that dum does also bring the ghee or oil to the top helps to improve the appearance of the dish.

The innovative dum pukht came into vogue during the reign of the benevolent Nawab Asaf-iid daulah. It originated in Persia, where a prepared dish was sealed and ‘buried in the hot sandto mature

In India, dum pukht was born a little over 200 years ago. To feed his dying subjects during the famine of 1784. Nawab Asaf-ud-daulah decided to provide jobs by building the Bada Imambara. The monument was built by the day and destroyed at night During this process huge quantity of food was cooked and sealed in digs (gigantic handisl then kept warm in the massive doubled walled bukhari or ovens. As a result the prepared food would get steamed in the gentle heat of the bukhari.

One day the Nawab decided to sample the food, he relished every morsel He adopted the hnkhan for use at royal banquets and hints. His chefs used exotic spices and herbs to impart subtle flavours before putting the delicacies on dum





EXAMPLES:

1. **Gulnar jalpari:** A delicacy of succulent prawns marinated in a unique batter and put on dum
2. **Khuroos-e-tursh:** A tangy chicken delicacy, saffron flavoured and spiced with black cumin popularly called shahijeera or royai cumin in India
3. **Zaqand-e-kebabi:** Clove flavoured lamb picalta cooked on stone marble before being cooked on dum Alternatively, the nicalta can hp cooked on tawa
4. **Subz gosht:** The perfect combination of lamb turnips and spinach cooked in mustard oil

7) GOAN CUISINE

- Influence of Christians, hindu and Portuguese
- Main dish fish and rice
- Wheat in the form of bread baked in ovens and chapaties
- Common meat consumed are pork, chicken and lamb

i) Main Characteristic Features are

1. Food is too spicy and sour with the maximum consumption of red chillies
2. Kokum is used by hindus and vinegar by Christians
3. Consumption of pork is maximum by Christians
4. Clay fine paste of ground masala is used
5. Goans do not have a sweet tooth, the most popular sweet being bibinka
6. Most popular meats are seafood and pork



ii) Few Gaon Gishes

1. Goan prawn masala: Prawns cooked with red chillies, cumin





seeds, turmeric, cloves
cinnamon, ginger &
Malt vinegar.

- 3 Vindaloo masala:
Mutton or pork
preparation, with red
chillies cinnamon,
cumin & coriander
seeds, turmeric, ginger,
garlic & vinegar.

- 4 Marinade

5. Sorpotel: onions,
tomatoes, vinegar,
red chillies, pepper
and cumin - Pork
preparation



6. Bihinka coconut milk, jagger, & eggs' pancakes baked one over the other ‘
- 7 Xacuti

8. BENGALI CUISINE

Three great passions for any Bengali are rice, fish and sweet. Fish especially the sweet water fish, which is even given as an offering to the goddess and the passions for the sweets like rasgollas and sandesh as milk is available in plenty.

The use of mustard oil, tempering using five-ingredient panch phoran and the unique combination of fish cooked in curd gravy gives distinctiveness to the Bengali cuisine.

i) Traditions

Bengali cuisine is a combination of veg and non-veg dishes. Common passion of food is fish and no meal is complete without it.

- A Bengali day begins with big bowl containing moori (puffed rice), thick creamy milk and healthy dollops of freshly mashed fruits such as sweet, riped mangoes or mashy jackfruit.





- Lunchtime favorite is shukio consisting of melange of diced and fried vegetables - some bitter (bitter gourd) - some pungent (white raddish) - some starch (like potatoes) - some stiff (Ike besan) - some soft (delicious stem and leaves)
- Some rice and dal accompanied by friedbhajies made out of veg and fish.
- Some rice machar jhol. This would be sweet and sour chutney.
- Aam jhal - thin watery soup made out of green mangoes flavoured with mustard seeds.
- Sweet misha dc — a thick sweetened yogurt sat in earthen cups.
- Rasogollas, sandesh, singhara, rasmalai (famous sweets of bengal)
- Early evening snacks
 - Jahl moori: a spicy combination of puffed rice, potatoes and cucumber
 - Poories stuffed with potatoes, cumin and red chillies, flavoured tamarind water
 - Etul jal
- Leisurely meal would stall originally with rice, dal and bhaja. Rice might be an elegant pilaf. Dal flavoured wit fish head Bhaja is bhaji of fish or veg. Next comes fish
- Chingri malai - prawn simmered in coconut milk
- Yeg & kopir dantar dalna chingri macher dive (cauliflower stems cooked with tiny shrimps)
- Chutney - tomatoes studded with bits of preserved sweet mangoes.
- Sweet yogurt - bhapa doi





9. INDIAN BREADS

Roti is the most basic food in India. *Roti*, in fact, has become a generic name for breads in India. Until more than a thousand years of blending foreign culture with its own, India has developed a unique range of breads made of whole-wheat flour. These are called by distinctive names such as *chapatti*, *phulka*, *paratha*, *orpuri* etc.

Breads made of other kind of grains have descriptive names only like- *Makai ki roti*, *Jowar Id roti*, *Bajre ki roti* etc. these breads have regional popularity. Breads are popular in all parts of country except southern and northeastern states. In north and central India wheat is the most commonly used grain and ground whole-wheat flour called '*Atta*' is the basic ingredient in most of the breads.

i) Methods of cooking

Based on the different methods of cooking, one can classify the Indian breads into different categories -

- Deep frying: Poori, Bedai, Kachori, Bhatura, Loochi, Dhakai Paratha
- Shallow frying: Parathas, Stuffed parathas
- Baking: Pao, Double Roti
- Tandoor: Naan, Tandoori Roti, Rumali roti,
- Steaming: Khaman, Dal dhokla
- Broiling: Phulka, Chapati

ii) Some popular Indian Breads

- Birahi
- Bathuway ki roti
- Baida roti
- Khaman
- Khakhra
- Bhakhri
- Baffla





- Tikkar
- Baati
- Roghni naan
- Khurmi naan
- Badami naan
- Taftan
- Kulcha
- Sheermaal
- Baaquarkhani
- Khasta roti
- Pitlas
- Muslim naan
- Yahudi roti
- Katni rolls
- Dhakai paratha
- Luchi
- Dosai





Indian cuisine is exotic, simple and delicious. It has a combination of both elaborate and rich rice and meat preparations as well as simple vegetarian dishes. It has a wide range of tastes from mild to pungent hot. Each region in the Indian cuisine boasts of distinctive taste and style. Indian cuisine requires the right blend of spices, experience, careful handling of ingredients and the right kind of utensils to cook food.

Review Questions

Q.1 What does the term Wazawan mean?

Q.2 Explain the following terms

- (a) Goshtaba
- (b) Yakhni
- (c) Venpongal
- (d) Puranpoli
- (e) Dhokla

Q.3 Elaborate of the following cuisine.

- (a) Kashmiri cuisine
- (b) Hyderabadi cuisine
- (c) Dum cuisine

Q.4 Give five famous dishes of Punjabi cuisine.

Q.5 Write about Konkan and Kohlapur in the Maharastrian cuisine.









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