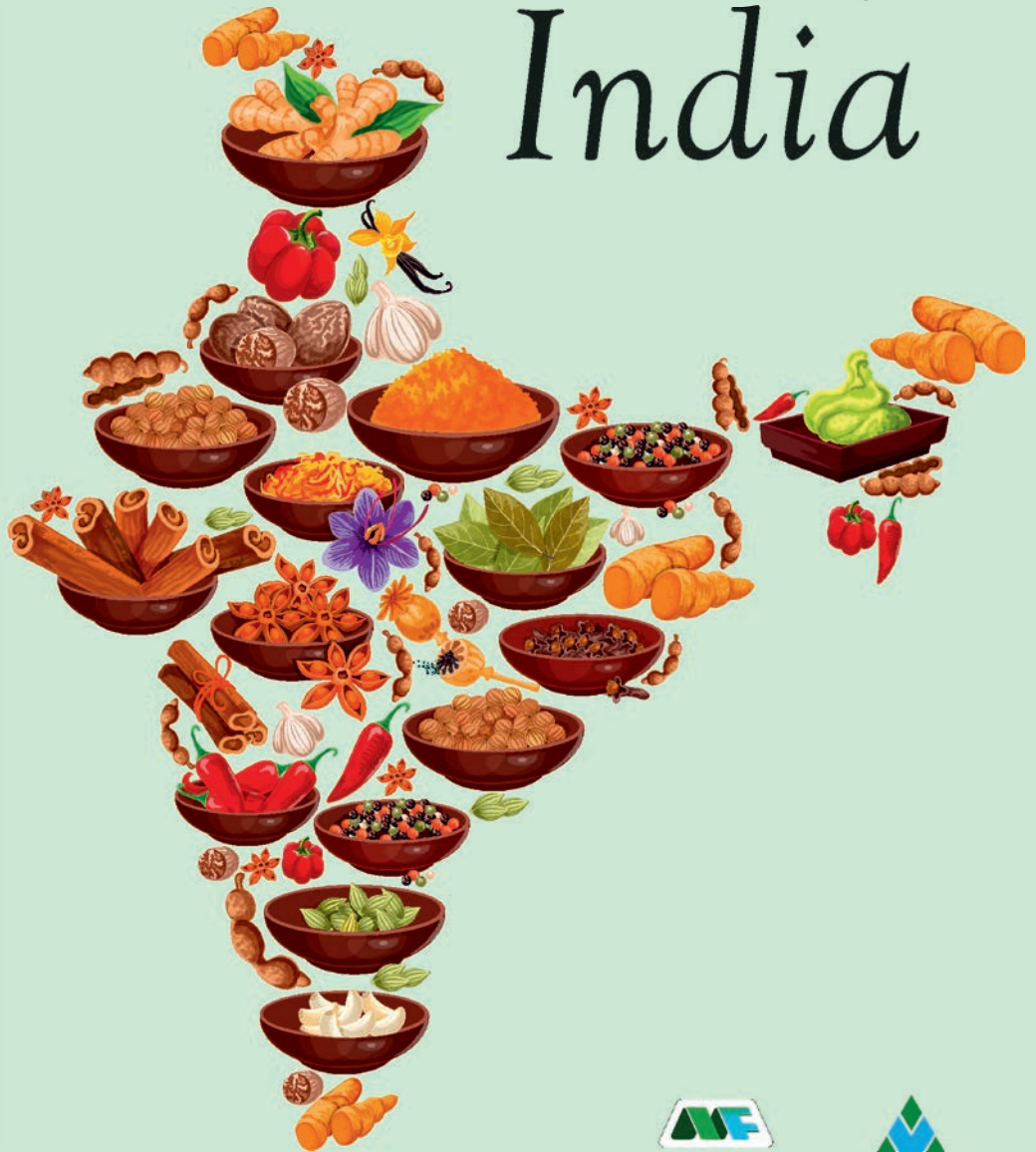


Cuisines of India



ACKNOWLEDGEMENT

We thank
Mr. Raman Kohli and
Ms. Jacqueline Garewal for their
help with the write-up for the booklet.
Their knowledge of food and
the recipes was encyclopaedian!



Dear Friends,

There is no love more sincerer than the love of food," said the Irish playwright, George Bernard Shaw. And I cannot agree more! Sharing this love, I take on a food odyssey of India across the length and breadth of this diverse country. Historically India has been a melting pot of people, of all religions and races. Its diversity resulting from countless

invasions and migrations. While invaders came in search of wealth, they soon discovered the rich diversity of food amongst other treasures!

Let's explore this food tradition across the States of North India, particularly the State of Uttar Pradesh and the States of South, East, West, Central and North East India; the vast coastal and hill regions; the varieties of breads, snacks, chutneys and desserts and a host of foods.

Pradip Burman

ABOUT THE ARTIST

Gautam Partho Roy is the only artist for our calendars - since we started making calendars. We thought this calendar is a tough one. Food and different kinds of food. Every year, we send the texts to him, he gives us the paintings.

We have never had to send them back. But we thought this calendar is a tough one, but no. He found recipes and using his imagination, he painted. The paintings made us drool.

Gautam Partho Roy holds a Bachelor of Fine Arts degree from Rabindra Bharati University, Kolkata.



Gautam Partho Roy

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A Tribute to Covid Warriors

As the world faced the unprecedented crisis of COVID-19, it has been our healthcare workers who are the foremost champions of humanity, saving humankind. We were staring as it was staring at existential crisis. It was when the country was faced with an acute shortage of oxygen and hospital beds. Many citizens rose to the occasion in this hour of need.

Times, such as this, has created new heroes and warriors against the pandemic. We, as Indians, are lucky to live in a country with a plethora of unique and diverse communities. One of these communities is the wonderful Sikhs. A concept unique called a "Langar." Which serves meals to all, regardless of caste, class, religion, genders, social or economic status or political consideration. The COVID crisis saw Langar Seva Groups providing healthy meals to those in need especially at a time when it was most critical. They also provided an Oxygen Langar Sewa to those who needed oxygen support. This heartwarming and critical initiative, taken by the Sikh community is one of its kind and truly commendable. We will ever be thankful to have these unconventional, yet brave and effective Covid Warriors.



North



South



East



West



North East



Central



Uttar Pradesh



Hill Region



Coastal Region



Traditional



Snacks



Desserts-1



Desserts-2



Breads



Chutney



Common Pickles



Unique Pickles



Chef's Favorites

INDEX

Cuisines of India	Recipe	Page Nos.
Introduction		1
North	Mutton Roganjosh	2-3
South	Kacchi Hyderabad Biryani	4-5
East	Kankada Jhol	6-7
West	Prawn Xacuti	8-9
North	MasorTenga	10-11
Central	Chakki ki Shaak	12-13
Uttar Pradesh	Allahabad ki Tehri	14-15
Hill Regions	Thukpa	16-17
Coastal Region	Coconut Prawn Curry	18-19
Traditional Indian	Daal Tadka	20-21
Snacks	Golgappa/Paani Puri	22-23
Desserts - 1	Gulab Jamun	24-25
Desserts - 2	Phirni	26-27
Breads	Methi Thepla	28-29
Chutney	Chamba Chukh	30-31
Common Pickles	Adhrak Ka Achaar	32-33
Unique Pickles	Ganth Gobhi ka Achaar	34-35
Chef's Favourites	Sol Kadi	36-37

Chef's Note

Cooking is like love. Theoretically, a recipe is a set of instruction used for preparing and producing a certain food or drink. The purpose of a recipe is to have a precise record of the ingredients, the amounts needed, and the way they are combined. According to me, the recipe needs more than this. It needs a pinch of patience, a dash of kindness, a spoonful of passion and a heap of love.

One can give the same recipe to ten different cooks and it will never turn out the same. A Chef who keeps all of his recipes in his head must do all the cooking himself, in order to make the recipes correctly. He will not get consistency from other employees, unless he puts it into a written recipe to give to his staff. If the Chef scribbles all of his recipes on scraps of paper, he will have difficulty maintaining a positive guest experience from his food. Of course, a recipe is not perfect and the kitchen crew still needs to learn how to make final adjustments on seasoning and consistency in order to match the Chef's palate. In this sense a recipe is a guideline, a way for the Chef to point his crew in the proper direction. But in the end, cooks need to know the palate and expectations of the Chef, in order to reproduce the recipe to his standards.

A handwritten signature in black ink, appearing to read 'Raman', with a stylized flourish underneath.

Raman Kohli

Cuisines of India

From Kashmir to Kerala, from Maharashtra to Manipur, every State has a different type of cuisine. This is mostly because they have a different soil, the amount of water for the fields, the weather, flat or hilly ground. Take tea bushes which grow in water, sun and thrive in humidity. So, tea from Assam. But coffee bushes need less water, and have to be shaded. So, lots of trees and no hot air. Thus Coorg, a district on the hilly slopes of the Nilgiri Hills, in the Deccan is one of the biggest manufacturers of India. Now we know why tea is the drink of the North and coffee is the nectar of the South.

Uttar Pradesh and Bengal are the kingdoms of rice – which needs lots of water - both have plenty.

The tributaries, from melting snow of the Himalayas, flow to the Ganges River through these States. Basmati rice, maybe the best rice of the world, is from UP. Lentils are grown everywhere. It is protein for vegetarians, who are more than half of the population of India.

Wheat needs cooler weather and not too much water. Punjab means 'five rivers', all of which are the tributaries to the River Ganga. Canals take water from the rivers to the fields. You can get lost in a wheat field, with the height and the density of the crop, blocking your sight. Not to say there are no other States that grow wheat, but Punjab...!!!

Most States grow sugar cane. Indians LOVE sweetmeats. No country could better India's sweets. Desserts, in the West, are eaten with a spoon after dinner. Indian sweets are eaten 24 hours. No spoons, but sticky hands. Ice-creams have invaded India, but it is no match to the Indian kulfi.

Jai Hind!!

North



① *Bajra, Aloo Roti* ② *Kashmiri Dum Aloo* ③ *Rogan Josh* ④ *Sarson ka Saag aur Makki ki Roti*
 ⑤ *Trout Fish in Manali* ⑥ *Tukdya Bhatt* ⑦ *Dhoda* ⑧ *Gajar Halwa* ⑨ *Mix Dal Fry* ⑩ *Tandoori Chicken*

North India is a region of abundance. The States of Jammu & Kashmir, Himachal Pradesh, Punjab and Haryana have come a host of speciality foods. North Indian food was greatly influenced by the Persians, who entered India in the 11th century. From the 13th to 16th centuries, Mongolian conquerors brought with them Afghan and Persian cuisine.

The most famous and exotic meat dishes of North Indian cuisine are the result of the Mughal Empire that had significant influence on Indian cuisine.

Punjabis had their own way to compete with Mughals, and Butter Chicken is proof. Known as the “Pride of Punjab,” this marinated chicken is cooked in rich gravy of butter, dried fruits and spices, giving it an exotic taste. Its evolution is traced back to Kundan Lal Gujral. Mr. Gujral fled to India following the partition. He was ingenious enough to overcome the times of political upheaval and opened a restaurant in Old Delhi, Moti Mahal.

Kashmiri cuisine is a unique blend of Indian, Iranian and Afghani cuisines. It is essentially meat-based. Fresh vegetables like haak are abundant in the summer, including variety of mushrooms called ghuchi.

North Indians also relish popular snacks such as chaat, kachauri and the famous samosa. Like someone said "so often these days eating Indian food passes for spirituality. I don't meditate, I don't pray, but I eat two samosas every day"!

The popular desserts include Gajar ka halwa, Kheer, Patisa, Malpua, Rabdi, Kulfi Falooda, Kulfi, Daulat ki Chaat from Delhi. Another famous sweet is Jalebi from Dariba, Chandi Chowk which originated in Middle East and was called Zabiya (Arabic) or the Zalibiya (Persian).

Mutton Roganjosh

Rogan Josh is an aromatic traditional Kashmiri dish that we cook with lamb meat and dry red chilies. Authentic Kashmiri Mutton Roganjosh is a deep red spicy lamb or mutton dish of Persian origin, where the name is derived from Persian words in which Rogan means oil and Josh means intense heat. The dish has thin red color gravy and a thick layer of clarified butter on top.

The Spice Mix

- 1 inch piece cinnamon sticks
- 3 green cardamoms
- 1 brown cardamom
- 4 cloves
- 1 teaspoon badi saunf
- 1 teaspoon cumin seeds

The Curry

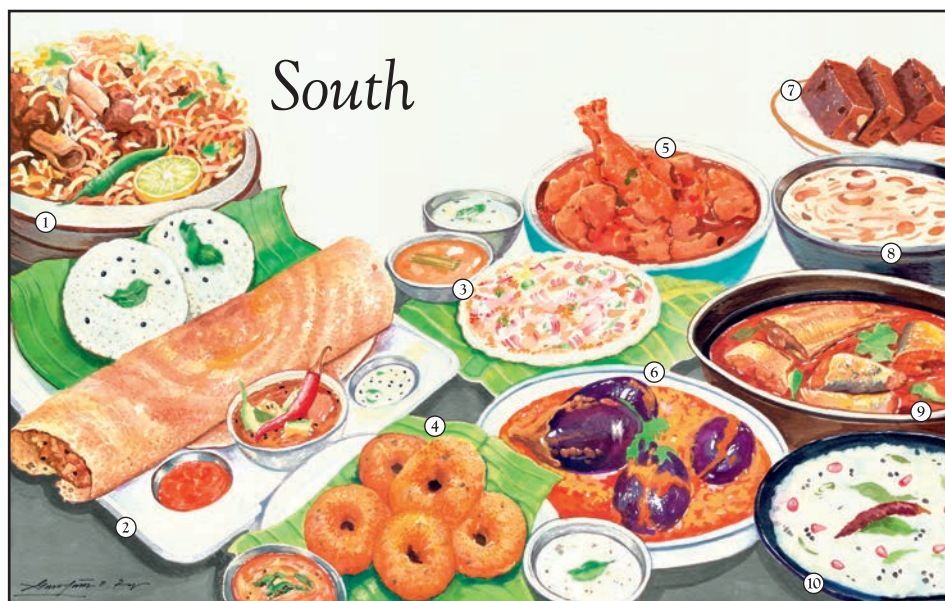
- 1 kilogram mutton pieces
- 1 cup yogurt
- 1 1/2 tbsp dry ginger powder
- 5 cloves garlic
- 1 tbsp chopped ginger
- 1 teaspoon hing (asafoetida)
- 3/4 tbsp salt (as per taste)
- 2 tbsp Kashmiri red chili powder
- Pinch of saffron soaked in 3 tbsp chilled water
- 1 cinnamon
- 3 whole green cardamoms
- 4 cloves
- 1 tbsp black peppercorns
- 1 brown cardamom
- 3/4 cup water
- 3 tbsp ghee

The Preparation

Spice mix: Grind to a smooth fine powder and keep on the side

- Wash the meat properly.
- Marinate mutton with yogurt, half of the garlic, half of the ginger and salt. Cover and refrigerate for six to eight hours.
- Heat ghee in a non-stick pan. Add cinnamon, cloves, peppercorns, black cardamom, and green cardamoms. Sauté for two minutes.
- Add onions, remaining garlic and ginger and sauté till onions are golden brown.
- Add marinated mutton. Sauté for eight to ten minutes. Add water, cover and simmer for fifty to sixty minutes.
- Add hing, spice mix and Kashmiri red chilli powder and saffron soaked water. Cook uncovered for ten to fifteen minutes more.

Serve hot with rice.



① Hyderabad Biryani ② Idli, Dosa ③ Onion Uttappam ④ Medu Vada ⑤ Mangalorean Chicken Curry ⑥ Gutti Vankaya Kooru
⑦ Banana Halwa ⑧ Payasam ⑨ Kerala Fish Curry ⑩ Curd Rice

South Indian cuisine includes cuisines from the five southern states Andhra Pradesh, Karnataka, Kerala, Tamil Nadu and Telangana. The geography is characterized by rocky plateaus, river valleys and coastal plains, and the climate is hot and humid. This leads to fresh fruits, vegetables, and rice. Also makes South India home to exotic and unique chillies.

Andhra Pradesh is the largest chilli producing region in India. It produces the Guntur Sannam chilli. Grown in several districts across Andhra Pradesh and Telangana, it is known for its pungency. The main reason for the heat of the regional dishes – for example, the Mamsam Pulusu, a fiery mutton curry.

Other popular chillies include the Byadgi chilli which is named after the town of Byadegi, Karnataka. The South is also known as 'the land of spices' - cinnamon, cardamom, cumin, nutmeg, chilli, mustard, curry leaves all come from there.

Andhra Pradesh was historically called the “Rice Bowl of India”. A South Indian meal is incomplete without rice in some form - boiled rice or idlis, dosas, or uttapams. Coconuts are the other abundant crop of the South, particularly in Kerala that is named such. 'Kera' stands for coconut tree and 'alam' means land, making it the “Land of Coconut Trees”.

Tamil Nadu is popular for its Chettinad cuisine and offers an endless breakfast varieties from the light idli, dosa, uttapam, to the heavy puri and pongal. The traditional 'Saapadu' is served on a plantain leaf and comprises of 12 to 20 dishes.

Payasam is one of the favourite sweet dishes of South India and is a must-serve at important ceremonies. Other dishes include Pongal, Sambar and Vadai from Tamil Nadu; Rava Idli from Karnataka; Kadala Curry and Appam from Kerala and Biryanis from Telangana.

Kacchi Hyderabadi Biryani

The flavor and aroma are one of a kind. Delicious! Authentic biryani of Hyderabad. In a “kachchi” biryani, the meat is not cooked before; it is assembled with rice for cooking in the final step. The meat cooks in the sealed pot. The meat has to be tender; otherwise it won't be completely cooked.

The Spice Mix

(grind to a fine powder)

- 12 cardamoms
- 6 cloves
- 6 cinnamon sticks (1" long)

The Curry

- 1 kg Basamti Rice
- 1 kg Mutton
- 250 gms oil (for frying onions)
- 4 tablespoons desi ghee
- ½ kg onions, finely sliced
- ¼ kg milk
- ¼ kg yoghurt
- 3 bunches coriander leaves, chopped
- 2 bunches mint leaves, chopped
- 10 green chillies, slit
- 3 limes
- 5 cardamoms
- 3 cinnamon sticks 1" long
- 3 bay leaves
- 2 tablespoons ginger garlic paste
- 3 teaspoons green papaya paste
- 2 teaspoons black cumin seeds
- 1 teaspoon saffron strands

Salt to taste

The Preparation

- Fry the onions until golden brown & set aside.
- Marinate mutton with papaya paste, ginger garlic paste & two tablespoons of salt. Set aside for three hours & then add yoghurt & leave for another half hour.
- Finally mix in spice mix with chopped coriander, mint, fried onions, green chillies and the meat.
- Heat water with cardamoms, cinnamon sticks, black cumin & bay leaves. When it comes to boil, add in the rice & cook until half done. Drain the rice but leave some water.
- Layer the parboiled rice over the marinated meat. Dissolve the saffron in the milk & sprinkle this over the rice & meat. Add 4 tablespoons of ghee.
- Seal the pan with dough & place it on a high flame for about 15 minutes. Then lower the flame & cook for another 30 minutes. Before you serve use spatula to cut through the biryani from the top to the bottom.
- Garnish with fried onion, coriander & mint leaves.

East



① Rosogolla ② Litti Chokha ③ Khichuri ilish Maach Bhaja ④ Bihari Mutton Boti Biryani ⑤ Mishti Doi ⑥ Kankada Jhol
⑦ Sondesh ⑧ Dalma ⑨ Aloo Chokha ⑩ Macher Jhol

East Indian cuisine includes the states of Bihar, Orissa, Jharkhand and West Bengal. Popular ingredients are mustard seeds or kashundi paste, Poppy Seeds, chilies, as well as Paanch Phoran, which is a mix of five spices – white cumin seeds, onion seeds, mustard seeds, fennel seeds, and fenugreek seeds. Mustard oil is very popular and used for both deep frying and cooking.

Bengalis are known as 'maache bhaate bangali', (maache means fish and bhaate means boiled rice). Bengalis love their hilsa, ruhi, katla, pabda, tangra fish. A old famous saying is that the newlywed bride has to hold a slippery fish in her hands, without dropping it to prove she can keep the family together! This shows that that the Bengalis are really serious about fish.

Mutton preparations like kosha mangsho and kochipatharjhol are among the favourite meat dishes. The popular vegetarian dishes include doipotol, mocharghonto, chorchori, alurdum, dhokardalna, laughonto, chanar dalna. Only Bengalis would know what dishes are. Krishna Chandra Das was an iconic figure in the 1930s Kolkata, with his original creation the "Rossomalai" and the vacuum canned "Rossogolla". The other popular sweet is Sondesh which is derived from Hindi word 'Sandesh'. A lesser known fact about Bengal is that it is the hub of Bandel cheese production. Bandel is an Indian cheese.

People in Bihar and Jharkhand love their platter with seasonal vegetables which grow in abundance. Popular dishes include Machcher Jhol, Jhaal-Muri, Litti choka, Sattu, Sondesh, Rasgolla. A Thekua+Sattu, considered as a staple of Bihar and Jharkhand, is steadily gaining popularity. It is a flour-like ingredient that is high in nutrients and is often called the powerhouse of energy. Traditionally, sattu has been the food of the farmers and working class in Bihar, and that's why it's also called 'Poor man's protein'.

Kankada Jhol

Crab curry or kankada jhol is one of the most famous Odia seafood delicacies that is best enjoyed with hot steamed rice. A typical Odia traditional crab curry is cooked in mustard oil and very little spices like cumin, coriander and garam masala make the crab curry finger-licking good.

The Spice Mix

- 1 tbsp Turmeric powder
- 2 teaspoon cumin
- 1½ tbsp chili powder

Ingredients

- Fresh live crab 3 medium-sized
- Tbsp of oil (Mustard oil)
- Small piece of Cinnamon
- 2 Bay Leaves
- One Cardamom
- Garam Masala
- 2 big onions
- 2 Tomatoes
- 2 pieces of Ginger
- Salt

The Preparation

- Clean and wash the crabs thoroughly in running water.
- Boil water in a pan. Put the crabs in the boiling water. After 5 minutes take out the crabs from the boiling water. Remove the legs and separate the debris
- Heat a small amount of oil in a kadhai. Fry the crabs in the oil. In the meantime add salt and turmeric powder to the oil also. Take out the fried crabs and keep them aside.
- Make a fine paste of coriander seeds, cumin seeds, cardamom, black pepper, javitri, clove and cinnamon.
- Heat another Kadai. Add Panch Puran and bay leaf. Allow it to crackle.
- Add onion and fry it for some time and add turmeric and chilli powder. Mix it thoroughly.
- Add ginger-garlic paste to the recipe and Stir it for a while.
- Add the spice paste while stirring and fry it for some time.
- Add fried crabs add chopped tomatoes and cook for 5 minutes. Mix thoroughly and cook it for a while.
- Add 1 ½ cup of water and cover it with a lid to cook.
- Adjust the water in curry according to your choice and sprinkle some coriander leaves on it. Serve it hot with Rice.

West



① Prawn Xacuti ② Dal Bati Churma ③ Goan Fish Curry ④ Aloo Bharee Mirchi ke Pakore ⑤ Milk Cream ⑥ Puran Poli
⑦ Pao Bhaji ⑧ Shrikhand ⑨ Dhokla ⑩ Khandvi

West Indian cuisine includes the cuisines of four states: Rajasthan, Gujarat, Maharashtra and Goa. The royal households of Rajasthan (called rajthikanas or rajgharanas) had no economic constraints and employed a minimum of 10 to 12 chefs. A technique of cooking particular to Rajasthan and inspired by the war-like nature of their expeditions is khad cooking, or pit cooking, wherein food is prepared in pits dug in the sand. The most popular dishes include gatte ki sabzi, kersangri, Missi Roti, dal bhatichurma, bikaneri bhujia, laal maas, safed maas and ghevar.

Gujarat is a historic region whose roots can be traced back to the Indus Valley civilisation. There is the popular dhokla and khandvi that originates from Amdavad. It is a light airy snack made of either rice or gram flour, which is steamed, then sprinkled with coriander leaves, coconut shavings and served with mint-based chutney. Amongst the famous dish is Kutchi Dabeli.

Maharashtra cuisine, can be divided into two styles Konkani and Varhadi. Some spices like goda masala, kokum, tamarind and coconut are essential ingredients. Well known Maharashtrian recipes are Pav Bhaji, Sol Kadi, Missal Pav, Kothimbirvadi, Amti, Puranpoli Modak, Ragda Pattice, Sreekhanda and Bombil.

Goa was the major trade port and colony for Portugal, resulting in a distinctive and unique blend of Indian and Portuguese culinary elements and can be traced to 1498 when Portuguese explorer Vasco De Gama came to Goa. Brought with them an assortment of goods, including spices and vegetables like potatoes, chillies, tomatoes, cashew nuts, passion fruit and more. They also brought bread, vinegar and various types of cuts of meat. Every Goan dish has four important elements: sweetness, sourness, spice and salt.

Prawn Xacuti

Goa is heaven on earth. But this place is not just beautiful for the pristine beaches, but what sets Goa apart like any other Indian state is also its unique cuisine. For those who have tasted Goan food would know what I am talking about.

Spicy and tangy prawn curry made with xacuti masala. Xacuti is made in Goa with complex spicing, including white poppy seeds, grated ginger and large dried red chilies. It is also known as chacuti in Portuguese.

For the Xacuti Paste

- 1 tbsp oil
- 50 gms poppy seeds
- 50 gms desiccated coconut

The Curry

- 300 gms prawns
 - 2 onions, ground to a paste
 - 1 tbsp ginger-garlic paste
 - 1 tsp cumin powder
 - 1 tsp turmeric powder
 - 1/4 tsp nutmeg powder
 - 1/4 tsp cinnamon powder
 - 1/4 tsp cardamom powder
 - Fresh coriander leaves, finely chopped
- Salt to taste

The Preparation

- Dry roast the coconut & poppy seeds in 1 tsp oil in a pan. Once done, let it cool & grind it to a fine paste with a little water.
- Marinate the prawns with salt & turmeric powder & set it aside.
- In a pan, heat oil & fry the marinated prawns for about five minutes. Set them aside.
- In another pan, heat some oil & fry the onion & ginger garlic paste till the raw smell disappears.
- Next, add the xacuti paste & fry for a few minutes.
- Season this with the rest of the spices & fry for a few more minutes. Add water if needed.
- Add the fried prawns to this mixture. Taste the salt & add more if needed.
- Throw in some more water into this. Cover & cook for about 10 minutes till everything comes together.
- Switch off the gas & garnish this with fresh coriander leaves.

North East



① Pork Salad ② Duck Curry ③ Bamboo Shoots ④ Mati Mahor Dali ⑤ Jadoh Doh Khlieh ⑥ Chamthong ⑦ Bangwi
⑧ Chakhao Kheer ⑨ Panch Phoran Tarkari ⑩ Masor Tenga

The North East consists of 8 states - Assam, Arunachal Pradesh, Sikkim, Nagaland, Mizoram, Meghalaya, Tripura and Manipur. They are masters of techniques, such as salting, smoking, air drying, pickling and fermenting.

Nagaland is home to more than 15 tribes, and each has its own distinct cooking style. Akhuni (fermented soybean), is an important element for the Seema tribe, whereas the Lothas use bamboo shoot as an essential ingredient. The Aos use Anishi, made from dried yam leaves, to flavour their pork dishes. Bhoot jolokia, or ghost chili, the world's hottest chilli as the Guinness book of world records, is grown in the region. Apong and Zutho are famous rice beer that is made all over the North East. Some of the popular dishes are galho, akhuni, akinichokibo, akibiye and hinkejvu.

Nestled in the foothills of the eastern Himalayas, Sikkim's some of the most delectable highlights are vegetable dishes, like gundruk and kinema that are made from fermented greens. The distinguishing facet of the cuisine of Arunachal Pradesh is the use of local herbs. Two types of rice Dung Po and Kholam are cooked in a unique style. Popular dishes include lukter (cooked dry meat & chili flakes), chura sabzi (fermented cheese curry), ngatok (fish curry), pasa (fish soup), pehak (fermented soya bean chutney), wungwutngam (crispy rice flour coated chicken).

The Assamese cuisine is characterized by minimal use of spices and the use of endemic exotic fruits and vegetables that are fresh, dried or fermented. The preferred oil for cooking is the pungent mustard oil. Fish is widely consumed. Other popular dishes are khaar (raw papaya), duck curry, xaaxaru bhaji, ooukhatta (jiggery and apple chutney), aloo pitika (potato mash), paromanzho (pigeon curry), pitha and masortenga, a popular sour fish curry.

MasorTenga

Masor Tenga is one of the most popular dish of Assamese cuisine and is an integral traditional Assamese Thali. This dish is light and tangy, and is also known as Tangy Fish Curry. Best for the summers, it incorporates the sourness of kokum and tomatoes, and the amazing flavour of fried dish, to provide a dish which is loved by many.

Ingredients

- 4 pieces Rohu fish
- 3 table spoon mustard oil
- ½ tea-spoon fenugreek seeds
- 1 onion, chopped
- 1 teaspoon ginger garlic paste
- 2 tomatoes, pureed
- 2 green chilies, slit
- ½ teaspoon turmeric powder
- 1 teaspoon lime juice
- 1 table-spoon coriander leaves chopped

Salt to taste

The Preparation

- Marinate the fish pieces with a pinch of salt & turmeric powder for 10 minutes
- Heat oil in a pan & fry the fish till golden in colour. Drain & keep aside.
- Temper the same oil with fenugreek seeds. Saute for a few seconds & then add the onion. Stir fry till light brown.
- Add the ginger-garlic paste, turmeric powder & green chilies. Saute for a minute.
- Then add the tomato puree & salt. Cover & simmer for a minute more.
- Add 1 cup water & bring it to a boil. Add the fried fish & simmer, covered on a medium flame for 3-4 minutes.
- When done, add the coriander leaves.
- Add lime juice. Switch off the flame & serve hot with rice.

Tips

- We can add bottle gourd and potato to the recipe.
- Sour is the main flavour of this dish. If tomatoes are not sour enough, add some more lemon juice

Central



① Suran Jo Kheemo ② Bhopali Gosht Korma ③ Biryani Pilaf ④ Lamb Seekh Kebab ⑤ Fara ⑥ Moong Ka Halwa ⑦ Aamat
⑧ Dahi Vada ⑨ Chilla ⑩ Chakki Ki Shaak

Central India consists of two Indian states: Madhya Pradesh and Chhattisgarh. The state of Madhya Pradesh is known as the heart of India, not just because of its geographical location, but also because of its rich culture and history, as well as the vibrant cuisine.

Madhya Pradesh's cuisine comprises of a wide variety of traditional food items with wheat being the staple food. Famous vegetarian dishes include bhutte ki khees, and dal bafla. Popular non-vegetarian dishes include gosht korma, kebabs, and roghan josh. Sweet dishes like mawa-bati, khoya jalebi, shrikhand, and chikki are also local favourites. Local liquor is distilled from the flowers of the mahua tree, and is considered a sacred drink among tribal communities.

Popular food hubs of Madhya Pradesh are Bhopal, Indore, Ratlam and Ujjain. It has a rich food history and culture that is influenced by both Muslim and Hindu cultures. The Muslim era particularly contributed to the richness of Bhopali cuisine and one of the most prominent dishes is the Bhopali Gosht Korma. The dish belongs to the Nawabi cuisine. It is made by slow cooking mutton chunks in rich & spicy gravy. Bhopal's narrow food market called the Chatori Gali is famous for its Nawabi delicacies. A special item served at the end of every meal is the Bhopali Paan which has a refreshing flavour, & also aids digestion.

Ujjain is known as 'The City of Temples' because of their various monuments. Ujjain's regional street food is a tempting fusion of Gujarati, Maharashtrian and Rajasthani delicacies. Ujjain is also famous for its bhang thandai, although caution is advised. This milk drink is made with cannabis paste and sold, openly, in shops.

Chakki ki Shaak

This is one of the popular dishes from the state of MP. The dish is made from wheat dough. It is made by steaming the dough and is served along with curd. It is amongst one of the most popular delicacies of Madhya Pradesh.

Ingredients

- 1 cup whole wheat flour
- ¼ teaspoon turmeric powder
- ¼ teaspoon ajwain
- ¼ teaspoon salt
- 1/3 cup water to make the dough
- 2 tablespoons mustard oil

The Curry

- 2 medium onions
 - 2 medium tomatoes
 - 1 teaspoon ginger garlic paste
 - 1 teaspoon kashmiri red chilli powder
 - ½ teaspoon turmeric powder
 - ½ teaspoon coriander powder
 - ¼ teaspoon garam masala powder
 - 1 pinch sugar
 - 1 bunch coriander
- Salt to taste

The Preparation

- In a bowl, mix together wheat flour, turmeric powder, salt & carom seeds
- Mix, add water, knead & make soft & sticky dough
- After kneading, let the dough rest for at least 15 minutes.
- After 15 minutes, knead the dough for some more time till the dough does not stick to your hands.
- Make a long log. Cut in ½" inch pieces with a knife
- Place the dumplings in a greased steamer & steam for about 10 minutes.
- In the meantime, make onion, ginger garlic & tomato paste.
- Once the dumplings are steamed, set aside & let them cool.
- Heat 2 tablespoons of oil in a pan & fry them in hot oil until light golden brown
- Drain on tissue paper.
- In the same oil, add onion paste & saute until light golden brown.
- Then add ginger garlic paste. Saute till the paste is cooked on a low flame.
- Add the tomato paste & cook for some time.
- Add the dry spices, salt & sugar, add little water & mix well.
- Cook for a couple of minutes.
- Next add curd & cook the curd on low flame.
- Once the curd is cooked, add the fried dumplings, mix & cook in low flame. Add hot water if you like a thin gravy.
- Cook in medium heat for 3-4 minutes.
- Garnish with coriander leaves & cook for another couple of minutes.

Serve hot with some rice or have it as it is in a bowl.

Uttar Pradesh



① Galawati Kebab ② Lucknowi Biryani ③ Allahabad Tehri ④ Baigan ki Lonje ⑤ Lucknowi Chaat ⑥ Rasedar Aloo
⑦ Agra ka Petha ⑧ Mutton Kofta ⑨ Bhindi ka Salan ⑩ Kakori Seekh Kebab

Uttar Pradesh has a rich food culture. Lucknow, in particular, is the favorite haunt of gastronomes, having inherited the traditional Nawabi cuisine. Also known as the 'City of Nawabs', Lucknow is home to the renowned Tunday Kebabs of Aminabad and the popular Galawati Kebabs. Kanpur is known for the Kakori and Boti Kebabs. In the eastern UP, Tehri and Reshmi kabobs are popular.

The bawarchis and rakabdars of Awadh founded the 'dum pukht' style and their spread consisted of elaborate dishes like kebabs, kormas, biryani, kaliya, nahari, sheermal, zarda, naan's, roomalirotis, and warqi parathas. In this exclusive style, food is sealed in large pots called handi and placed over slow fire, allowing the ingredients to be cooked in their own juices under.

It is said that Nawab Wajid Ali Shah, who lost his teeth due to old age, wanted a variety of kebabs that required minimum chewing and melted in the mouth. When these kebabs were presented to Wajid Ali Shah, he instantly gave royal patronage to Tunday Kebabi.

Rampur, a small town in western UP, dates its food history back to 1774. The royal kitchens of Rampur used ingredients like lotus seeds, banana flower, khus ki jhad (roots), chandi ka varq and sandalwood to give their own twists to the taste of dishes. Keleke Kabab and Kathal ke Seekh Kabab also originated in Rampur. Taar Qorma, Achari Baingan, Aloo Katliyan, Ghiya Chane ki Dal, Khush Urad ki Dal are some of the well known dishes.

Among sweets, Khurchan and Peda from Mathura and Petha in Agra, Rewdi from Lucknow, gajak from Meerut, Milk cake from Alwar and Falooda khaja from Aligarh are worth mentioning. Among the drinks Lassi & Ruh-afza are common in Uttar Pradesh and last but not the least, the Banarsi Paan.

Allahabad ki Tehri

Tehri, Tahri (also tehri, tehari or tayari) is a yellow rice dish in Awadhi Cuisine. It is a variant name given to Biryani. In the vegetarian version, Potatoes are added to the rice. Allahabad ki Tehri is a one-pot meal with rice and vegetables. Tehri is from the city of Allahabad which is located in the Indian state of Uttar Pradesh.

1 1/2 cups basmati rice

1/2 cup yoghurt

Whole spices

- 2-4 tbsp ghee
- 2 bay leaves
- 1 tsp cumin seeds
- 1-star anise
- 3-4 cloves
- 1 small stick cinnamon
- Few peppercorns
- 1 big cardamom
- 2 small cardamom

Vegetables

- 1 potato, cubed
- 1/2 cup cauliflower, flowerets
- 1/4 cup beans
- 1/4 cup carrots, cubed
- 1 potato, peeled & cubed

Spices

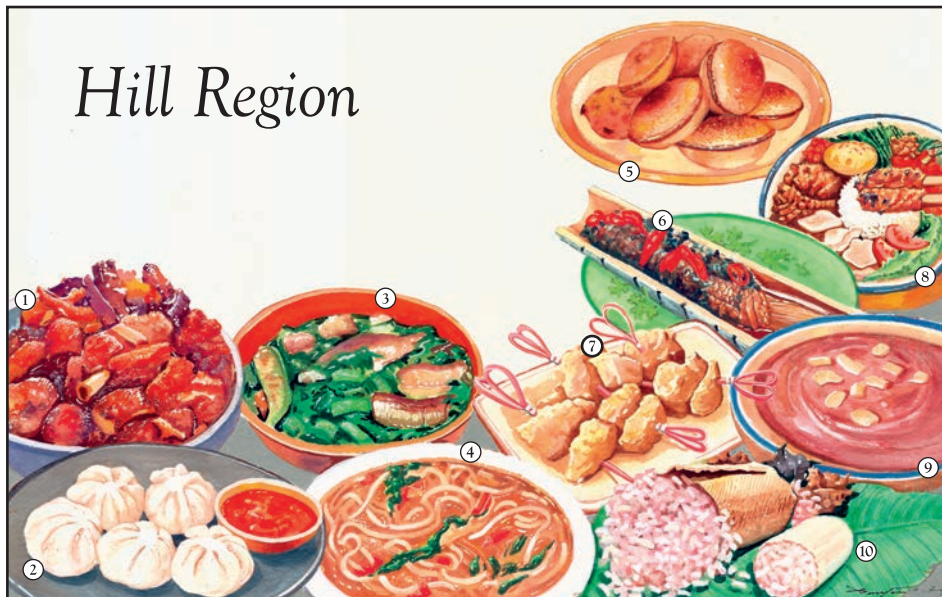
- 1/2 tsp turmeric powder
- 1 tsp garlic paste
- 1 tsp ginger paste
- 2 green chilies, chopped fine
- 1/2 tbsp coriander powder
- 1 tsp red chili powder
- 1 tsp cumin powder

Salt to taste

The Preparation

- In a large pot add ghee.
- Let it heat, add all ingredients under whole spices.
- Sauté till the seeds crackle & you get an aroma.
- Add ginger-garlic paste.
- Add green chilies.
- Sauté till the raw smell goes away.
- Add the vegetables, turmeric powder, coriander powder, cumin powder & salt. Sauté for a minute or two.
- Add the washed, soaked drained rice.
- Cook for a few minutes & then add the yoghurt.
- Mix again, now add 3 cups water.
- Cook on full flame & then simmer once the water is absorbed. We are following the • Absorption method of cooking.
- Drizzle some ghee before serving

Hill Region



① Mizo Vawksa ② Momos ③ Maian Bai Mizo ④ Thukpa ⑤ Koat Pitha ⑥ Bamboo Steamed Fish ⑦ Wungwut Ngam
⑧ Chapru Kohima ⑨ Sweet Ragi Malt ⑩ Rice Steamed in Bamboo Miao

Think of the Himalayas, and the first thing that comes to mind is snow. This makes the region home to simplistic, yet exotic cuisine. In the present-day context, what makes pahadi cuisine important, is sustainability. It is interesting to note that principles like nose-to-tail eating, foraged greens, locally-grown lentils and millets, that are now global trends, have always been a part of mountain cuisine.

The hill cuisine can be broadly divided into Uttarakhand (Kumaoni and Garhwali), Himachal and North Eastern states. Even though the two states, Uttarakhand and Himachal, have similar climatic conditions and terrains, the cuisines are fairly distinct.

Bal mithai, a caramelised milk fudge made in the region, remains the most famous export of the Kumaon hills. Savoury pancakes, or cheela, made with mountain wheat, kafuli saag made with foraged greens, alu ki thechwani, made with crushed potatoes, bhat or soybean dal are common everyday meals. Bhang or hemp is used widely in the form of chutneys and tempering, and mountain goat, free-range poultry and fish from the rivulets, make for celebratory feasts. If Kumaon has its bhang, Garhwal takes pride in jakhiya, a local seed used extensively for tempering.

Darjeeling, West Bengal's premier hill station, is an eclectic mix of Nepalis, Tibetans, and Gorkhas and their cuisine goes back to the Rajbanshi heritage. The local market is held every day near the Chowrasta. Heaps of ferns, dried herbs, mushrooms and edible vines can be found which is a proof of the foraging skills of the locals. This Rajbanshi community has its unique style of preservation. It included washing, cutting, and sun-drying in a step-by-step manner. For instance, fish balls are prepared by following this method, mixing the fish with the paste of arum leaf base.

Thukpa

Thukpa is a clear noodle soup that is made with a mix of vegetables and may include meat. It's an extremely popular dish in most of the countries around the Himalayan region, such as Tibet, Nepal and Bhutan. In India, this dish is quite commonly found in the states of Ladakh, Arunachal Pradesh and Sikkim.

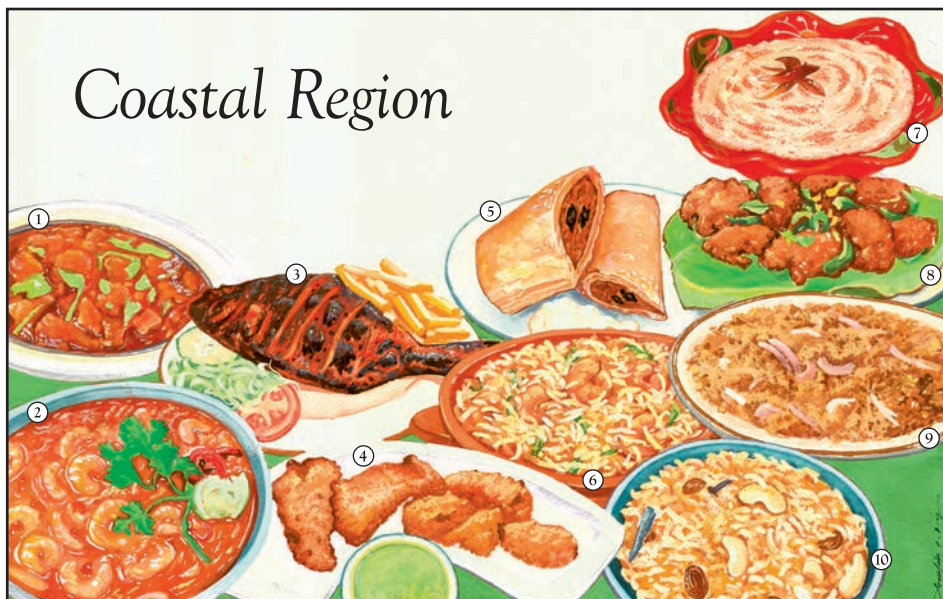
Ingredients

- Veggie Hakka Noodles – 1 packet (150gms / 5.3 oz packet)
- Chopped Onion – 1/4 cup
- String Beans – 5 to 6
- Carrot – 1
- Chopped Cabbage – 1/4 cup
- Spring onions – 2 + for garnishing
- Cilantro – 2 tbsps
- Sweet Chilli Sauce – 3 tbsps
- Garlic cloves – 2
- Soy Sauce – 2 tsps
- Vegetable broth – 4 cups
- Dal Water – 1 cup (Optional, regular water can be added instead)
- Oil – 2 tsps
- Cumin powder – 1/2 tsp
- Garam Masala – 1/4 tsp
- Salt – 1.5 tsps

The Preparation

- Cook the noodles as per the instruction and set aside. Make sure the noodles are al-dente.
- Chop the vegetables and set aside.
- Heat a wok or pan and add oil. (Basically wide pan)
- Once the oil is hot, add the chopped onion and garlic.
- Once the onion turns translucent, add the other chopped veggies (beans, carrots, cabbage, and green onions) and salt.
- Mix them well and cook for a couple of minutes.
- Now add garam masala, sweet chili sauce, soy sauce and mix well.
- Add the dal water and vegetable broth. Let it simmer for 5 minutes.
- After 5 minutes, add the chopped cilantro and mix well and simmer it again for 4 to 5 minutes.
- Finally, add the cooked noodles and cumin powder. Mix them well and let it simmer for 2 to 3 minutes.
- Check for salt and spice at this stage and adjust accordingly. (Instead of adding chili sauce, pepper powder can be added)
- That's it. Turn off the heat and Thukpa is ready. Serve hot with green onion garnishings.

Coastal Region



① Chicken Chilli Garlic Curry ② Coconut Prawn Curry ③ Tandoori Fish ④ Fish Pakora ⑤ Jetty Roll ⑥ Malabar Prawn Biryani
⑦ Rava ⑧ Chicken Bullet ⑨ Maasu Podichath ⑩ Nirala Bhaat

Coastal cuisine is one of the most extensive culinary experiences in the country. Each region has its own special preparations and the waters of the region influence the taste of the food. The cuisine of the Union Territory of Puducherry- like much of its architecture - bears the imprint of its colonial past. The Portuguese were the first Europeans to come to India. Salade niçoise, crêpes and crème brûlée are among popular French dishes still prepared in Puducherry. Freshly baked baguettes and crisp croissants with a steaming cup of coffee is a breakfast favorite. Other local dishes include Soya Dosa, Assad, Coconut Curry, Podanlangkai, Stuffed vegetables, Curried Vegetables.

The state of Odisha, located on the eastern coast of India, is blessed with 485 kilometers of coastline. Fried, steamed or mashed, fish is an important component of these preparations. Mustard oil is the main base and mild spices are used. A spice mixture called Panch-phutana is the main seasoning in most dishes. The famous delicacy, Rossogolla was actually invented in Odisha. Dishes like 'dalma,' a one dish meal containing both lentils and vegetables, 'ghanto,' a mixture of vegetables, 'pithas,' sweet or savory pancakes flavored with coconut, dry fruits and 'chhenapudo,' are made according to the strict regulations.

Cochin, a major port city on the Arabian Sea on the southern part of India's west coast. It has developed into a major world trading center for high-quality pepper, cardamom, cinnamon and cloves. Due to the intervention of foreign cultures, the city's cuisine has a unique character. Some delicacies include Puttu Kadala (ground rice, coconut shaving & black chickpea), Pazham Pori and Beef curry (ripe bananas), Thattu Dosa (thick dosa), Kulukki Sarbath (khus-khus drink), Kappa Boti (mashed tapioca and goats gizzards), Ellum Kappayum (the only biryani in the world is without rice), it is made with tapioca and beef rib bones.

Coconut Prawn Curry

Coastal coconut prawn curry or Kolambicha Kalwan is a traditional Maharastrian tangy curry originated along the Western coast, where fresh seafood is found in abundance. It's creamy, tangy and spicy with lots of subtle flavor.

The Spice Mix

- 2 tsp coriander powder
- ½ tsp Turmeric powder
- 1 tsp Red chilli powder
- ¼ tsp Black pepper powder

Ingredients

- 400 g Prawns
- 3 tbsp Oil
- 15-20 Curry leaves
- 1 cup Onion (finely chopped)
- 2 Dry red chilies (broken)
- 2 Green chilies (slit into half)
- 2 tsp Ginger garlic paste
- ½ cup Tomato (finely chopped)
- Salt to taste
- 1 tbsp Tamarind Paste
- 1 cup Coconut milk

The Preparation

- Clean and wash the prawns. (It is important to remove the black vein)
- Heat oil in a pan.
- Add curry leaves and onion and fry till onions turns translucent.
- Add dry red chilies and green chilies and cook for a minute.
- Now add ginger garlic paste and cook the raw smell is gone.
- Add tomatoes and ½ cup water and cook for 2-3 minutes.
- Add coriander powder, turmeric powder, red chilli powder, black pepper powder and salt to taste.
- Now add ½ cup water and tamarind paste and cook for 3-4 minutes.
- Add coconut milk and bring the mixture to a boil.
- Simmer the heat and cook for 2-3 minutes.
- Add the prawns and cook for another 3-4 minutes.
- Garnish with fresh coriander leaves.
- Serve hot with Naan or rice.

Traditional



① Papadi Chaat ② Pakoda ③ Papad ④ Roti ⑤ Pulao ⑥ Dal Tadka ⑦ Barfi ⑧ Gulab Jamun ⑨ Ladoo ⑩ Poha ⑪ Samosa

Indian food has been influenced by Mongolian, Persian and Chinese cuisine, among others. The common thread throughout the centuries remains the distinct mixing of spices that invariably give Indian cuisine its flavour and aroma. Indian food is also heavily influenced by religion, in particular Hinduism, cultural choices and traditions and Muslims and Christians are meat eaters.

Food choices vary across north, south, east and west. There are also few dishes which are popular throughout India, like pakoda, papad, biryani, dosa, samosa, chaat, roti, naan, dal tadka, mutton curry, butter chicken, gulab jamun and barfi. Biryani is a mixed rice dish which can include any kind of meat, eggs or vegetables. Even though it was originally brought to India from Persia by the Mughals, is now synonymous with Indian cuisine due to its extensive consumption and evolution by the Indians. The world-famous Biryani can be tasted in Hyderabad, Calcutta and Lucknow.

Another popular dish is Dal tadka of Punjab and is a favorite among people from Northern India and has traveled down south too.

Dosa, originally from the South India, has travelled not only all the way up North, but has taken its place on the world food map.

In snacks, Samosa which is a traditionally fried snack made of dough stuffed with a savory filling, sealed and then deep-fried to a crisp golden color. Chaat includes components like crispy fried dough chips, called Papadis, boiled potatoes, lentils, chickpeas, tamarind chutney, green chili, and mint chutney, dried mango powder, puffed rice, yogurt, and onions; all mixed in different combinations to produce different delicacies like Bhel Puri, Dahi Puri, Sev Puri, Ragda, Samosa Chaat, Pani Puri, Pav Bhaji, etc.

Daal Tadka

Dal tadka is one of the most popular lentils served in any North Indian restaurant or even a roadside Dhaba. Dal = lentils and tadka = tempering. Dal tadka literally translates to lentils with tempering. The lentils are cooked and then tempered with a spicy ghee tempering (tadka) of cumin seeds, asafoetida (hing), dry red chillies, ginger, garlic, onions, tomatoes, and red chili powder.

For Dal

- 1 cup split toor or arhar dal
- ¼ cup split chana dal
- 2 1/2 cup water
- ½ cup tomato chopped
- 1 teaspoon salt
- ½ teaspoon turmeric
- 1 teaspoon ginger chopped
- 1 tablespoon onion chopped

First Tadka

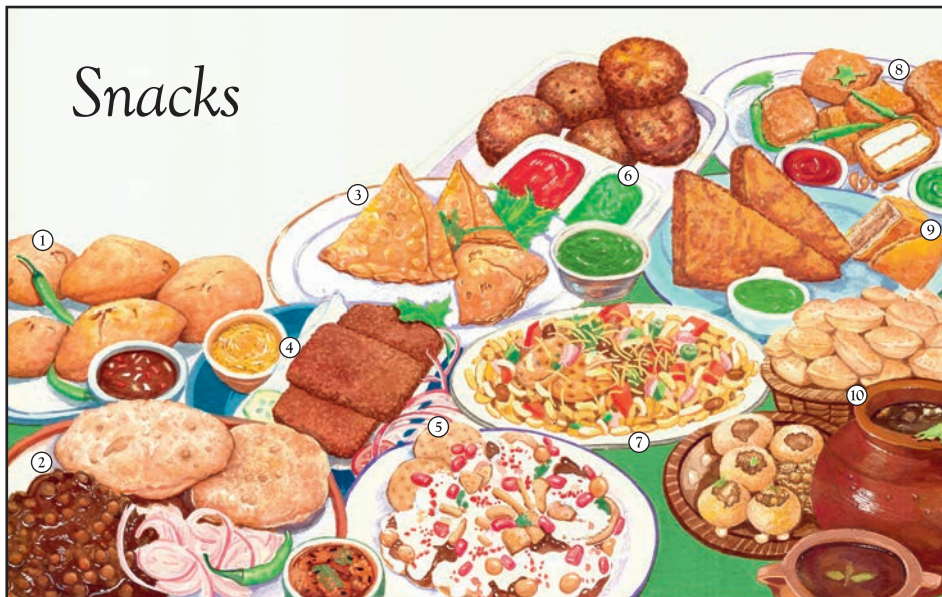
- 2 tablespoon ghee
- 1 teaspoon cumin seeds
- 1 teaspoon ginger finely chopped
- 1 tablespoon garlic finely chopped
- ½ cup onion chopped
- Pinch of hing
- 1 teaspoon green chillies finely chopped
- ½ cup tomatoes chopped
- ½ cup water
- 1 teaspoon red chili powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1 teaspoon kasturimethi
- 1 tablespoon coriander chopped

Salt to taste

The Preparation

- Rinse the lentils and add them to a 3 litre pressure cooker. You can also cook the lentils in a pot. Just soak the lentils for an hour or two before you cook them in a pot.
- To the lentils, add chopped onions, tomato, green chillies, ginger.
- Add water. If cooking in a pot, then about 3 to 3.5 cups of water can be added.
- Add turmeric powder and asafoetida. Mix very well.
- Pressure cook the lentils for about 7 to 8 whistles or more till they become soft and creamy.
- Mash the cooked lentils with a wired whisk or with a spoon and keep aside. If the consistency looks thick, then add some water to get a medium consistency. Then simmer for 3 to 4 minutes.
- Once the desired consistency is reached, add low-fat cream (optional), garam masala powder, chopped coriander leaves and salt. Switch off the heat.
- Mix well so that everything combines uniformly. Check salt before you add the tempering. If the salt is less than add more salt.

Snacks



① Moong Dal Kachori ② Chole Bhature ③ Samosa ④ Fish Fry ⑤ Dahi Papadi Chaat ⑥ Aloo ki Tikki ⑦ Bhel puri
⑧ Paneer Pakora ⑨ Bread Pakora ⑩ Golgappa/Paani Puri

Indian cuisine offers a diverse selection of snacks that satisfy the taste buds and stimulate appetite. There are snacks for every occasion- from evening tea-time to rainy afternoons, from after-school treats to party snacks. Traditionally, these snacks were homemade. However, with the recent preference for packaged goods, instant and ready-to-eat snacks gained popularity.

Some of the popular snacks include Samosa, Pav Bhaji, Vada Pao and Aaloo Ki Tikki, and many others. The samosa's origins lays thousands of miles away in the ancient empires of the Iran. We don't know for certain when the first cooks shaped pastry into the now-familiar triangular shape, but we do know that the origins of the name are Persian - "sanbosag".

Legend has it that Pav Bhaji originated in the city of Mumbai. The mill workers had a short lunch break and could not afford a heavy meal since they had to continue the rigorous physical labour immediately after. Therefore, a light lunch was preferred. Noticing the plight of the workers, a local vendor created the dish using leftover ingredients. The tasty, spicy dish was an instant hit with the mill workers. Vada pav, like the Pav Bhaji, can also trace its origins back to Bombay.

Other snacks, including Aloo tikki, which is possibly the oldest snack known in India. Pakoras complemented with tamarind chutney, mint chutney or tomato ketchup, are popular everywhere. Kachori is another popular spicy north Indian snack. Dhokla from Gujarat, Murukku from Tamil Nadu, Kerala's upperi or banana chips, Batata vada pav from the streets of Mumbai are very popular. Last, but not the least, is the addictive the chaat. In fact, since the beginning of the lockdown, there has been a high demand for snacks, as more time is spent at home.

Golgappa/Paani Puri

Gol gappa (also known as pani puri) is a popular bite-size chaat consisting of a hollow, crispy-fried puffed ball that is filled with potato, chickpeas, onions, spices, and flavoured tamarind or mint water, and popped into one's mouth whole.

Ingredients

For Pani Puri Stuffing

- 2 to 3 medium potatoes
- 1 small to medium onion - optional
- 1 to 1.5 tbsp chopped coriander leaves
- 1 teaspoon roasted cumin powder
- 1 teaspoon chaat masala powder
- ¼ teaspoon red chili powder
- black salt or regular salt as required

Other Ingredients

- 4 to 30 puris, you could buy these puris ready-made or make them at home
- 1 small bowl of tamarind chutney

For Pani

- ½ cup tightly packed chopped mint leaves
- 1 cup chopped coriander leaves
- 1 inch ginger, chopped
- 2 to 3 green chilies, chopped
- 1 tablespoon tightly packed tamarind
- 3.5 to 4 tablespoons grated or powdered jaggery or sugar
- 1 teaspoon roasted cumin powder
- 1 teaspoon chaat masala powder
- ⅓ cup water, for grinding
- 1 to 1.25 cups water to be added later
- 1 to 1.5 tablespoons boondi
- black salt or regular salt as required

The Preparation

Making Pani Puri Stuffing

- Boil the potatoes till they are cooked completely, peel them and then chop them.
- Finely chop the onion if using it.
- In a small bowl, mix the potatoes, onions, coriander leaves, cumin powder, chaat masala powder and black salt or regular salt. Mix well and keep aside.

Making Pani For Pani Puri

- In a blender add all the ingredients mentioned above for the pani.
- Add water and grind to a fine chutney.
- Remove the green chutney in a large bowl. Rinse the mixer jar with ½ cup water first and then add this water in the bowl. Then add ½ to ¾ cup more water.
- Mix well. Check the seasoning. Add more salt or jeera powder or chaat masala or jaggery if required. If you want a thin pani, you could add some water. But keep on checking the seasoning, as per your taste.
- Add the boondi to the pani.

Making Pani Puri

- Crack the top of the puri with a spoon.
- Add 2 to 3 teaspoons of the boiled potato-onion filling in the poori.
- Stir the green pani first and then add it in the poori. Optionally you can add some sweet chutney in the puri.
- Serve the pani puri immediately.

Desserts-1



① Cham Cham ② Gulab Jamun ③ Malpua ④ Ghewar ⑤ Ras Malai ⑥ Sujika Halwa ⑦ Rabri ⑧ Langcha
⑨ Rasgulla ⑩ Jalebi

Sweets form an integral part of Indian culture. Sugar, which forms the basic ingredient for most of the sweets, has been cultivated for thousands of years in India. Mithai comes from mithas, meaning “sweet.” From Gulab Jamun to Rasagulla, Jalebi or the juicy Agra ka Petha, Indian sweets have a separate fan-following.

A popular saying in India is “shubhkaam se pehle kuch mitha ho jae”, (have something sweet before beginning some auspicious work). No celebration is complete without the traditional 'mithais'. In fact, all the deities have their favourite desserts. For example, Ganesha is fond of modak, Hanuman loves laddoo, Lord Shiva likes Thandai and Lord Krishna is fond of peda.

The famous laddoos such as Motichoor, Boondi, Besanare are integral part of festivities. Likewise, the Gulab Jamun- dough balls drowned in sugar syrup are very popular. It came to India through the Mughals, who named it in Persian meaning- gul (flower), ab (water), and jamun as in the fruit black plum.

Jalebi is crunchy and scrumptious are consumed as it is or dunked in a glass of warm milk. Although hailed as the National Sweet of India, according to Muhammad bin Hasan al-Baghdadi, it originated in Persia where it was called Zalabia.

Shahi-Tukda, the crispy, velvety royal dessert also has its origins in Mughlai cuisine. Legend has it, King and his troupe were on a hunt. The villagers were very excited on hearing this & brought forward their local cook Umm Ali, to create a delicious meal for them. The cook did not have many resources. He took some stale bread and dipped it in rich gravy made using nuts, cream, sugar and milk. Because it was prepared for royalty, it was named 'Shahi Tukda', meaning 'royal piece'.

Gulab Jamun

Sinful, small fried rounds that smell of warm milk and caramelised sugar, gulab jamuns are ubiquitous in India — nearly every sweet store in the country serves some version of them. The word “gulab jamun” means rose berries. In Hindi language, the word “gulab” means rose and “jamun” is a darkish purple berry.

Ingredients

For The Dough

- 1 cup khoya or mawa – 200 grams
- ¾ cup grated paneer
- 3 tablespoon all-purpose flour
- 2 tablespoon fine sooji
- 4 green cardamoms – powdered in a mortar-pestle or ½ teaspoon cardamom powder
- 1 tablespoon milk or add as required
- ¼ teaspoon baking powder
- oil for deep frying – as required

For Sugar Syrup

- 1.75 cups sugar – 250 grams
- 1 cup water
- 1 tablespoon rose water
- 1 tablespoon milk (optional)

The Preparation

Making Dough

- Take khoya in a bowl. Mash it very well. There should be no lumps.
- Then add grated paneer, rava (sooji), all purpose flour (maida), baking powder and cardamom powder to the mashed khoya.
- Mix well. Add milk and gather together to form a dough with milk. Don't knead.
- Just gently mix. If you are unable to form balls or if the mixture appears dry, then add a few teaspoons of milk. Cover the dough and keep aside for 30 mins.
- Make small balls from the dough. Cover the balls and keep aside.

Making Sugar Syrup

- Heat the sugar solution till it become sticky one thread consistency.

Frying

- Meanwhile, while the sugar syrup is cooking, heat oil till its medium hot. Lower the flame and wait for a minute. Then gently place the dough balls in the oil.
- Once they start to have tiny golden spots, keep on rotating them in the oil, so that the jamun are evenly browned.
- Remove the fried jamun and then drain them on paper towels to remove excess oil.

Making Gulab Jamun

- Then place the hot fried dough balls in the sugar syrup.
- When all the jamuns are placed in the sugar syrup, then keep the whole pan with the sugar syrup and the gulab jamun, on a low flame for 1 to 2 minutes till the jamun become soft.

Serve gulab jamun warm or at room temperature.

Desserts-2



① Gajarka Halwa ② Laddoo ③ Sandesh ④ Shahi Tukda ⑤ Modak ⑥ Barfi ⑦ Payasam ⑧ Kheer ⑨ Shrikhand ⑩ Kaju Katli ⑪ Phirni

The love affair Indians have with sugar is rooted in a 2,500-year-old history of its production. So it comes as no surprise their craving for sweets—called mithai—has spawned a kaleidoscope of delectable treats in all shapes and textures, temperatures and viscosities. Mithai comes from mithas, meaning “sweet.” The root of “sugar” is from the Sanskrit word sharkara, and even “candy” (originally khanda) is derived from this ancient dialect. There is no other country in which sweets are so varied, so numerous, or so invested with meaning as the Indian Subcontinent. India not only has a rich cultural history, its association with sweets is also millennia old.

Sweets are an integral part of the social, religious and cultural milieu. Some of these sweets are hundreds of years old and have some really interesting stories attached to them.

Aside from the religious persecution, forced conversions, and general horrors of an invading civilization, the Muslim conquest between the fifteenth and nineteenth centuries brought enormous influence in sweets. Some of the most popular Indian desserts have roots in the Middle East: Jalebi, kulfi, falooda to name a few. But it was the Punjabis of Northern India who tossed out the flour and nut butter, and subbed in carrots and milk—cooked until soft and thick—to create gajar ka halwa or gajrela, the most famous of all halwas.

The taste and preferences of the populace have seen mercurial changes in the last few decades. Lately a keen interest has once again arisen in the traditional sweets in India, and to cater to the demands of the new generation, old sweet shops like Ghantewala Halwai, established way back in 1790 have started selling their wares online through websites.

Some of the popular Indian sweets are gajar ka halwa, laddoo, Sandesh, shahitukda, barfi, kajukatli, modak, shrikhand, payasam, kheer and phirni.

Phirni

Phirni is a type of pudding from the Indian subcontinent, made by boiling milk, sugar, and rice, although rice may be substituted with one of the following: bulgur wheat, millet, tapioca, vermicelli, or sweet corn. It is typically flavored with desiccated coconut, cardamom, raisins, saffron, cashews, pistachios, almonds, or other dry fruits and nuts. It is typically served during a meal or as a dessert.

Ingredients

- 2 L milk
- ½ kg sugar
- ¼ kg fresh cream
- ¼ kg rice
- 10 tablespoons almonds, finely chopped
- 10 tablespoons pistachios, finely chopped
- 2 teaspoons almond essence
- Varaq for garnish

The Preparation

- Wash & soak rice for an hour. Then grind to smooth paste.
- In a large pan put milk to boil. Take pan off the flame & add rice. Return the pan to the stove & allow milk and rice mixture to thicken, stirring continuously.
- Mix in sugar & fresh cream as the mixture thickens. Continue stirring & cook for another 10 minutes.
- Add almond essence & take the pan off the flame & spoon phirni into bowls.
- Garnish it with varaq & almonds & pistachios.

Tips

- Phirni is always eaten cold so you have to wait for some hours to enjoy this delicious sweet pudding.
- To make a vegan Phirni, you have to cook the ground rice in water first. Add sugar and mix until dissolved then add almond milk.



① Pav Bhaji ② Czut ③ Tandoori Roti ④ Goan Pooe/Poi ⑤ Thali Peeth ⑥ Nan ⑦ Roomali Roti ⑧ Methika Thepla ⑨ Luchi
⑩ Malabar Parotta ⑪ Appam

India has several interesting breads. Chapati, Roti, Naan, Thepla, Kulcha, made in varied creative ways. Many Indian foods are accompanied with breads and each region has its favourites.

The humble roti has been mentioned in Tulsidas' Raamcharitmanas (1600 AD) when it resembled the katori and was probably called rotika. The Naan is believed to have come to us from central Asia. Even the Paratha finds mention in the 12th century Sanskrit encyclopaedia, Manasollasa, compiled by Someshawar III, ruler of Karnataka.

The Indian Roti is an unleavened flatbread and has several variants through the length and breadth of the country. Made with wheat flour, is a staple in Indian households. It has many varieties and is relished with dollop of butter. Most Indian breads, such as roti (Chapati) and kulcha are baked on *tava*, a cast iron griddle. Others such as puri and bhatura are deep fried, while Naan and tandoori roti, are baked in a tandoor.

- Bihar – Litti • Chhatisgarh – Chila • Goa – Poi • Gujarat – Thepla and Bhakri
- Haryana – Baajre Ki Roti • Himachal Pradesh – Siidu and Babru • Jammu and Kashmir – Czut, Katlam and Bakharkhani • Karnataka – Akki and Pathiri • Kerala – Appam
- Maharashtra – Pav and Thali Peth • Punjab – Makki ki roti, Kulcha and Bhatura
- Rajasthan – Baati and Kachoris • Sikkim – Sel • Tamil Nadu – Malabar Parotta Paratha
- Uttar Pradesh – Sheermal • West Bengal – Luchi.

Methi Thepla

A flavoured flat bread recipe from gujarati cuisine prepared with fresh fenugreek leaves. It is typically served for breakfast and lunch with plain yogurt and mango pickle. Fresh fenugreek leaves give them their signature bitter caramel flavour. Paired with a handful of ground spices like turmeric and chilli powder takes them from everyday roti to a masala-rich paradise.

The Spice Mix

- ½ tsp kashmiri red chili powder
- ¼ tsp turmeric / haldi
- ½ tsp carom seeds / ajwain

Ingredients

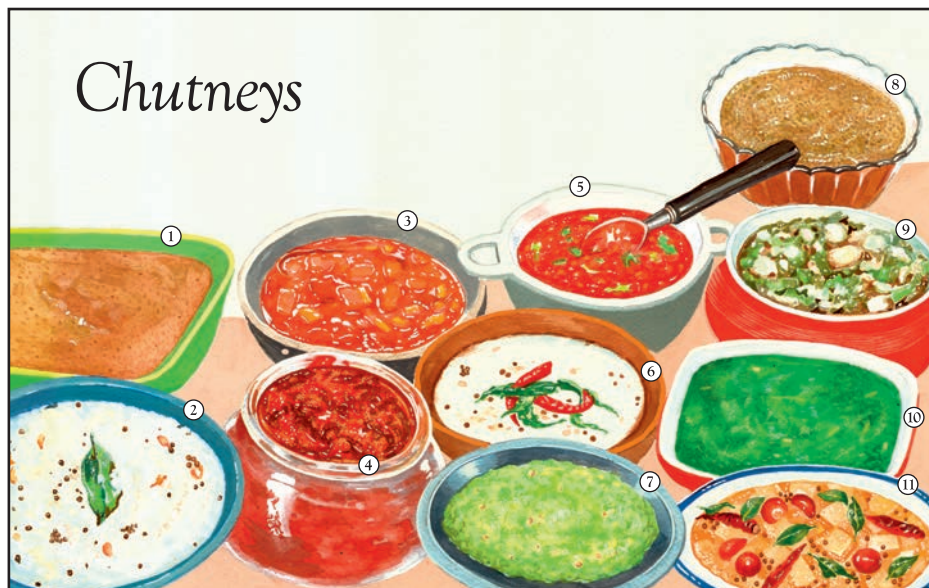
- 2 cups wheat flour / atta
 - ¼ cup besan / gram flour
 - 1 tsp sesame seeds / til
 - 1 green chili (chopped)
 - 1 inch ginger (grated)
 - 1 cup methi leaves (finely chopped)
 - ½ cup curd
 - water as required (to knead dough)
 - 2 tsp oil
 - 5 tsp oil / ghee (for roasting)
- salt to taste

The Preparation

- Firstly, in a large mixing bowl take wheat flour and besan.
- also add chili powder, turmeric, sesame seeds, carom seeds and salt.
- additionally, add green chili and ginger.
- now add finely chopped methi leaves.
- give a rough mix making sure the spices are combined well.
- furthermore, add half cup of curd and combine the dough well.
- additionally, add some water and knead the dough.
- knead the dough to smooth and soft texture like of chapathi dough.
- add 2 tsp of oil and knead the dough for 5 more minutes.
- now pinch a medium sized ball dough, roll and flatten it.
- also dust with some wheat flour.
- further roll it in a thin circle like chapathi or paratha.
- now on a hot tawa place the rolled thepla and cook for a minute.
- furthermore, when the base is partly cooked, flip the methi thepla
- also brush oil / ghee and press slightly.

finally, serve methi thepla with raita and pickle.

Chutneys



① Sattu Chutney ② Doon Chetin ③ Khajur Amsotto & Tomato ④ Chamba Chukh ⑤ Lehsun Chutney ⑥ Coconut Chutney ⑦ Peanut & Green Chilli
⑧ Hemp Seed Chutney ⑨ Tribal Green Chilli Chutney ⑩ Mint Onion ⑪ Pineapple Pachadi

To tell the story of chutney in India, it may begin with the origin story of the chaat. It is said that once, when the Mughal emperor, Shah Jahan fell ill, his hakims recommended that he eat a dish which was spicy and flavourful, yet easy to digest. The chaat was invented – built on a foundation of lentils, pulses and with a dribble of spicy mint and coriander chutney, sweet-sour date and tamarind chutney. The chutneys gave chaat its name, since both are said to have originated from the Sanskrit word chaatni – which means “to lick”.

Chutney is an accompaniment to enliven a meal. In its use of certain ingredients, like *pudina* (mint), *jeera* (cumin), *saunth* (dry ginger), chutney is also believed to aid digestion. Chutney is merely a paste comprising various ingredients, crushed on a grinding stone. Often, an ingredient that was very healthy, like flax seeds (agasi or jvas) was turned into chutney so that it would be palatable.

The chutney is a popular addition to the Indian meal, no matter where you go, and a variety of ingredients mentioned against each State.

- Andhara Pradesh – Dondakaya Chutney (Ivy gourd chutney) and Coconut Chutney.
- Bihar – Sattu Ki Chutney • Bengal – Khajur amsotto • Gujarat – Peanut and green chilli
- Himachal Pradesh – Chamba Chuck (Chitralli Chillies) • Kashmir – Doon Chetin (Walnut Chutney) • Kerala -Pineapple pachadi and Tamatar Ki Chutney • Manipur – Khamen Asinba Thongpa (Tomato Chutney) • Punjab – Mint Onion Chutney • Rajathan – Lehsun Ki Chutney • Uttarakhand – Hemp seed chutney.

Chamba Chukh

Chamba Chukh is a type of hot chilli prepared from locally grown chillies in the Chamba Valley of the Northern Indian State of Himachal Pradesh.[1] The recipe is a generations old traditional preparation made from sun-dried red chillies or fresh green chillies. Blended with citrus extract from a local fruit, the Chamba Chukh preparation is a cooked chilli sauce and Chili pepper paste. Made by women in their kitchens in different parts of the Chamba district, the preparation has been highly regarded in the local region and in adjoining areas.

The Spice Mix

- 1 teaspoon Turmeric Powder
- 1 Cup Dry Kashmiri Red Chilli
- 2 tbsp Amchoor Powder

Ingredients

- Tamarind, 2 tbsp
- Ginger, 1 inch
- Garlic, 10 cloves
- Mustard Seeds, 1 tsp
- Carom Seeds, 1 tsp
- Fenugreek Seeds, 1 tsp
- Cumin Seeds, 1 tsp
- Asafoetida, 1 pinch
- Jaggery, 2 tbsp
- Lemon Juice, 2 tbsp
- Mustard Oil, ¼ cup

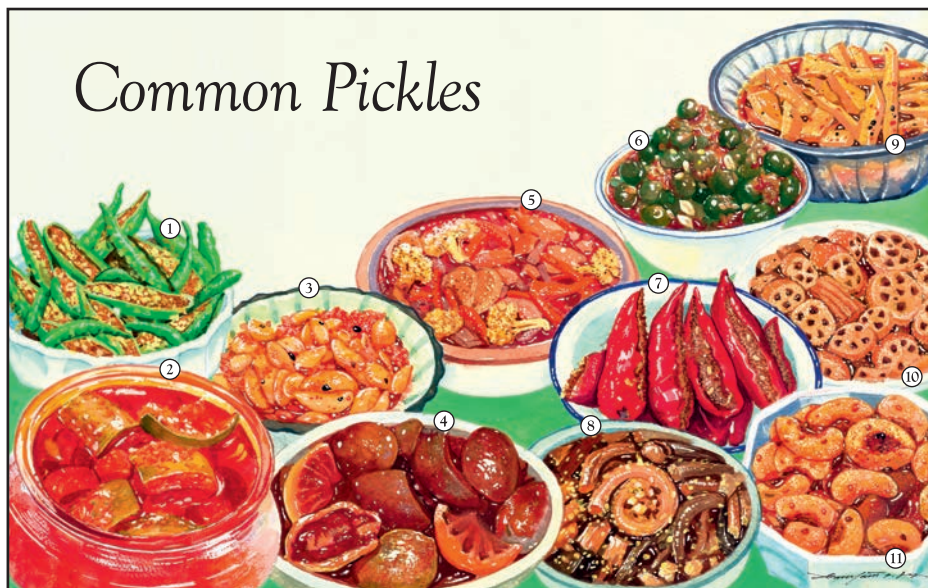
Salt to taste

The Preparation

- First of all, soak the dry red chillies and tamarind separately in water for 15 minutes. Once done, squeeze the tamarind, strain the pulp and keep aside.
- Take a pan, and dry roast spices including coriander seeds, mustard, carom seeds, fenugreek seeds and cumin seeds.
- Allow them to cool down and then blend them to a fine powder. Also, blend the soaked chillies along with ginger and garlic.
- Heat mustard oil in a pan and add the spice mix and the red chilli paste as well. Cook for 5 minutes and season it with salt, amchoor powder, jaggery, asafoetida, turmeric powder and the tamarind paste. Mix well.
- Cook for another 4-8 mins on low flame and switch off the flame. Allow it to cool down, garnish with lemon juice and mix well.

Your homemade Chamba Chukh is ready.

Common Pickles



① Hari Mirch ka Achar ② Aam ka Achaar ③ Lehsunka Achaar ④ Sweet Lemon Achaar ⑤ Gajar, Gobhi & Shalgam ka Achaar ⑥ Kair ka Achaar
⑦ Bharwan Lal Mirch ka Achaar ⑧ Lingri ka Achaar ⑨ Adrak ka Achaar ⑩ Kamal Kakdi ka Achaar ⑪ Amle ki Launji

Known by various names across the country – Uppinakaayi in Kannada, Pachadi in Telgu, Urukai in Tamil, Uppillittuthu in Malayalam, Loncha in Marathi, Athanu in Gujarati and Achaar in Hindi – pickle making, as a tradition, goes back thousands of years. According to the New York Food Museums' Pickle History timeline, cucumbers that are native to India were first pickled in salt in BCE 2030 in the Tigris Valley.

Modern Indian pickles are more complex and probably more delicious, too – hot and tangy, deeply perfumed with aromatics and ground spices.

Achaar is a popular condiment in Indian cuisine. Pickles in the north of the country are typically made with mustard oil, while the South Indian style is made with sesame oil. Achaar adds a tangy, sweet, and salty heat, whether on its own as a side dish or paired with rice, stews, or layers of paratha.

The origin of the word Achaar is ambiguous, the word is widely considered to be of Persian origin. Achaar in Persian is defined as 'salted meats, pickles, or fruits, preserved in salt, vinegar, honey, or syrup.

Mango pickle is the most popular Indian pickle, and there are hundreds of types of mango pickles in India. It is said that almost anything can be pickled – from vegetables, fruits, berries and gourds to leaves, shoots and roots, and even chicken, prawn, and fish.

The most common pickles found in India:

- Aam ka Achaar • Hari Mirch ka Achar • Sweet Lemon Achaar • Lehsun ka Achaar
- Lingri ka achaar • Amle ke launji • Bharwan lal mirch ka achaar • Kamal Kakdi ka Achaar • Gajar, Gobhi, Shalgam ka Achaar • Kair ka Achaar • Adhrak ka Achaar

Adhrak Ka Achaar

Adhrak ka achaar or Ginger pickle stays fresh for 6 months. Always use dry and clean spoon to take pickle from the container. Keep in dry place. Have ginger pickle in lunch and dinner for good digestion and taste.

Ingredients

- Ginger 250 grams
- Lemon 250 grams
- Salt 1 teaspoon
- Black salt 1 teaspoon
- Hing ½ teaspoon
- Black pepper 1 tablespoon
- Roasted cumin seeds 1 tablespoon

The Preparation

- Peel and wash ginger in clean water and let it dry.
- Cut ginger in small thin pieces.
- Wash and wipe dry lemons. Cut and squeeze lemon juice.
- Mix ginger pieces, lemon juice, salt, black salt, hing, roasted cumin seeds and black pepper in a bowl.
- Mix all the ingredients well and transfer the pickle to a glass container. Seal the lid tightly and keep the container in sunlight for 7 days. Shake it every alternate day. If there is no sunlight, you can keep the pickle inside and shake it every alternate day. Tasty and tangy
- Ginger pickle will be ready in 8-10 days.

Unique Pickles



① Mesu Pickle ② Bhoot Jolokia Achaar ③ Akhuni Pickle ④ Chana Methi Achaar ⑤ Kolhapuri Thecha ⑥ Chintakaya Pachadi ⑦ Chemmeen Achaar
⑧ Tindora Achaar ⑨ Topa Kuler Achaar ⑩ Ganth Gobhi ka Achaar

Every state in India probably has several unique varieties of pickles that spice up our palate and taste buds with a spicy and tangy hit of flavours! Pickles in India have a rich legacy, which is clear when the historian further adds that a 'Kannada work of CE 1594, the Lingapurana of Gurulinga Desika describes no less than fifty kinds of pickles'!

Many pickles are preserved through anaerobic fermentation: The fresh food is first sun-dried to get rid of excess moisture, and then salted. In the warmth of the sun, bacteria digest the sucrose, producing acids that both preserve the food and prevent the growth of other, less friendly bacteria.

Other pickles are brined in salt water, vinegar, citrus juice, tamarind juice and even yogurt. The only real defining characteristic of India's pickle culture may be its range. We have handpicked some unusual pickles from the four corners of the country.

- **Mesu Pickle:** Sikkimese cuisine that is made with fermented bamboo shoots.
- **Bhoot Jolokia Achaar:** North Eastern fiery chili is laced with bamboo shoots.
- **Akhuni Pickle:** In Nagaland, fermented soya bean cakes known as akhuni are used to make akhuni pickle.
- **Chana Methi Achaar:** Gujarati pickle made of chickpeas and dry fenugreek seeds and preserved with mustard oil.
- **Kolhapuri Thecha:** More of a chutney pickle preparation from Maharashtra is made up of fiery red chillies and a mix of peanuts, salt, garlic and hing.
- **Chintakaya Pachadi:** Raw tamarind pickle from Andhra
- **Chemmeen Achaar:** Prawn pickle from Kerala is much loved for its amazing amalgamation of spices
- **Tindora Achaar:** Kundru or Tindora is Gujarat's one of most famous achaar.
- **Topa Kuler Achaar:** A Berry native to West Bengal known for its tart flavor are infused with jaggery and spices.
- **Ganth Gobhi ka Achaar:** Kohlrabi pickle from Kashmir.

Ganth Gobhi ka Achaar

One of the most popular achaar from the Union Territory of Jammu and Kashmir. It is made with Kohlrabi/Ganth gobhi. It is a much-loved traditional dish that is easy to store and convenient to use. It is a delicious blend of traditional spices.

Ingredients

- 3 Medium Sized Ganth Gobhi
- 2 tbsp Mustard Seeds
- 3 tsp Fennel Seeds
- Pinch of Carom Seeds
- 2 tsp Dried Ginger Powder
- 1 tbsp Salt
- ¾ tsp Turmeric Powder
- 3 tsp Red Chilli Powder
- ¼ tsp Asafoetida
- 1 cup Mustard Oil

The Preparation

- Separate the leaves from the bulb by cutting apart. Then peel the skin of the bulb and cut it into small pieces. Now tear the leaves apart from the stem. Wash leaves and bulb under running cold water.
- Spread the chopped pieces of ganth gobhi and leaves on a muslin cloth in sunlight for 4-5 hours.
- Dry roast the mustard seeds and fennel seeds just for a minute on low flame to remove the moisture. Now coarsely crush or pound them along with ajwain.
- Take the pieces in a bowl along with leaves and add the roasted spices and all the remaining spices and mix.
- Heat the mustard oil in a pan. Once the oil smokes remove it of the flame and let it come to room temperature. Now pour in mustard oil on the pieces and mix it well.
- Fill it in airtight glass jar and keep in sunlight for about a week. Oil level should be on top of the pickle so can add some more oil if needed.

Pickle is ready to use after 10 days.

Chef's Favorites



① Hyderabad Mutton Biryani ② Rampuri Taar Gosht ③ Macher Jhol ④ Amritsari Murgh Saagwala ⑤ Dora Kabab ⑥ Haleem ⑦ Tabak Maaz
⑧ Jalebi and Rabdi ⑨ Sorpotel ⑩ Appam with Ishtu ⑪ Sol Kadi

"Cooking is like love: It should be entered into with abandon or not at all."

And that is how Chef Raman looks after every single culinary creation coming out of his kitchen. He is a culinary artisan with over 18 years of entrepreneurial and corporate experience in Australia and India. Graduate from IHM, Kolkata (Ministry of Tourism, GoI) and was trained in modern culinary arts at Australian School of Tourism and Hotel Management, Australia.

He has expertise in international cuisines with extensive experience in F&B consulting and curating bespoke food events, he share with us his insights on the world of Indian gastronomy through this food calendar.

"I don't eat to live but live to eat." As the world is advancing day by day, it is becoming easier to get access to many kinds of food at our doorstep. Having travelled extensively across the country, the chef has curated food stories from North to South and East to West.

Taking us on a year-long journey, he packs each month with charming food tales and shares recipes of his favourite Indian dishes.

- Hyderabad Mutton Biryani • Rampuri Taar gosht • Amritsari Murgh Saagwala
- SolKadi • Haleem • Dora Kabab • Macher Jhol • Sorpotel • Appam with Ishtu
- Tabak maaz • Jalebi and Rabdi.

Sol Kadi

Solkadhi (solkadi) or kokum curry is a soothing digestive drink popular in Konkan Region. It is made from dried kokum fruit and coconut milk. Relish it as a drink or a curry; its flavors are going to pleasantly surprise you every time!

Ingredients

- 8 Kokum
- 2 cups water
- 2 tsp oil
- 1 tsp cumin seeds
- 10 curry leaves
- 3 cloves garlic finely chopped
- 2 green chilli finely chopped
- 2 cup coconut milk
- ¼ tsp crushed black pepper
- 1 tsp coriander leaves

Salt to taste

The Preparation

- Firstly, in a bowl soak kokam in hot water for atleast 30 minutes.
- Further, squeeze the juice from kokam and keep aside.
- In a large kadai heat oil and add cumin seeds.
- Further add cuuy leaves, garlic and chilli. Saute well.
- Now add squeezed kokam juice discarding the pulp.
- Get kokam juice to a boil.
- Further add coconut milk. make sure to keep flame on low-medium else coconut milk might curdle.
- Stir well and add salt.
- Also get to a boil and give a good stir.
- Furthermore, simmer the curry for a minute or two.
- Then add chopped coriander leaves.
- Also add crushed pepper to enhance the flavor.

Finally, serve sol kadi with plain rice or drink it plain.

2022

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