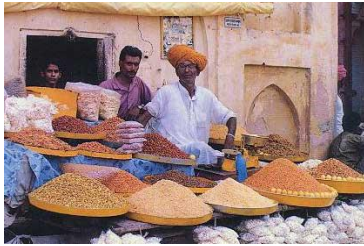


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1 Introduction



INDIAN COOKING



Indian cooking is extremely diversified according to regions, communities, religions or castes, and includes many spices often ground and mixed in assortments called masalas (tandoori masala, rasam masala of the South of India, garam masaladu the North of India, etc.). Spices and methods change region from region. Rice and wheat are the principal food of the nation. The country is known for its big variety of cuisines: vegetarians and non-vegetarians. Spicy food and candies are popular. There is also a big variety of sweet dishes and drinks which vary from region to region.

2 Local cooking

2.1 Tamoule cooking

Tamil cooking is one of the main Indian cookings, and one of those which was least influenced by foreign cultures. The dishes are highly varied and change according to the communities. So we can speak about "Tamil cuisines" rather than about a Tamil cuisine. Traditionally, vegetarian dishes prevail. However, the region offers numerous dishes with sheep, chicken, or with fish.



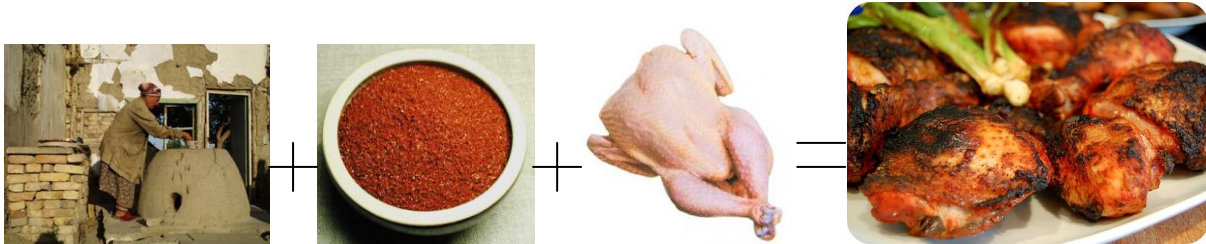
The Tamils, who mostly live in Tamil Nadu and in Sri Lanka today, developed this cuisine in the course of the centuries. It is characterized by the use of rice, vegetables, lentils, and its particular aromas come from some mixture of spices: curry leaves, tamarin, coriander, ginger, garlic, hot peppers, cinnamon, cloves, cardamom, cumin, nutmeg, coconut, rose water. Rice and vegetables thus form the base of Tamil cooking. Lentils also play a big role, and are served either with rice, or as independent dishes.

2.2 Tandoori cooking

Tandoori cuisine, (its ovens in terra-cotta in campfires), is very wide-spread in the North of India. Dishes are accompanied with spices soaked with some yoghurt, then baked.

Punjab, cradle of the tandoor, possesses a flavourful cuisine, influenced by the ancient conquerors come from the northwest - Greeks, Persians, Afghans and Mongols. Tandoori is a mixture of spices used in Indian cooking, which appears in the form of a fine powder of red-brown color.

This mixture possesses a very rich and subtle taste which shows itself particularly during cooking. it is a little sharp (but less than chilly powder or than curry for example) and very flavoured



2.3 Kashmiri cooking

kashmiri cuisine is soft and perfumed. Spices are used in small quantities there and numerous dishes are with yoghurt or with almonds.. Kashmiri cuisine has evolved over hundreds of years. The first major influence was the food of the Kashmiri Buddhists and Pandits, the Hindus who live in the valley. The cuisine was then influenced by the cultures which arrived with the invasion the Kashmir region by Timur from the area of modern Uzbekistan. Subsequently, it has been heavily influenced by central Asian, Persian, Afghan and Punjabi cultures.

The most notable ingredient in Kashmir cuisine is mutton, of which there are over 30 varieties.

2.4 Mughlai cooking

Mughlai cooking finds its origin in the valleys of the Ganges and the Indus. The Moghols, who hardly appreciated Indian cooking, contributed to its development. And so from the district of Lucknow (Uttar Pradesh), to Awadh, formed a culinary center.



Among its specialities, let us quote the murgh mussalam (grilled chicken), the gosht korma (incomparable lamb curry spiced with saffron, nutmeg and cardamom), the nahari (lamb curry which is eaten for breakfast with some bread).

3 influences come for somewhere else



The muslim Moghols by invading the North of India, brought their recipes and modes of cooking, in particular kebabs and cooking in the tandoor or tandoori: naans, tandoori chicken, etc.

Also, ingredients come from Americas (hot peppers, potatoes, tomatoes, corn) were integrated into the culinary customs. Regional foods were also influenced by the colonizing countries, as France and Portugal which cooked pork and beef, meats forbidden in the other regions. For example, the pork arrived from Portugal at Goa in barrels full of vinegar and this gave the vindaloo pig. Generally speaking, the cuisine of Goa is less hot and the western influence is rather present.



4 Recipes

4.1 1st course

➤ Tomato rasam

Ingredients:

2 Tomatoes
2 Red chillies
4 cups Water of boiled dal (stock)
1 stalk Curry leaves
1 stalk Mint leaves
1 stalk Coriander leaves
1- 2 cloves Garlic grated
2-3 pinches Clove-cinnamon powder
1/2 tsp Sambhar masala
8-10 Peppercorns
2 pinch Hing (Asafoetida)
1 1/2 tsp Cumin seeds
1/2 tsp Mustard seeds
1 marble sized ball of jaggery or 1/2 tsp. sugar
1 small strip Tamarind
1 tbsp Ghee or oil
Salt to taste



How to make tomato rasam:

Put whole tomatoes in boiling water, simmer for 3 minutes, keep it aside to cool.

Heat 1/4 tsp. oil in a small pan, add pepper corns and 1 tsp. cumin seeds and roast till aromatic, pound it in a mortar till powdered. Keep aside.

Peel away the broken skin of boiled tomatoes and mash them into a pulp

To the thick tomato pulp, add roasted whole chillies, masala, salt, tamarind, and blend them with a blender.

In a deep pan, add the stock.

Heat ghee in a small pan, add mustard and the remaining cumin seeds, asafoetida and allow to splutter.

Add garlic to it and stir.

Season the rasam with the prepared tadka.

Bring to a boil and simmer for 2-3 minutes. Keep aside covered for 10 minutes before serving.

Serve hot as a soup or with steaming hot plain rice and papads

4.2 Meat

➤ Mutton roganjosh

Ingredients:

250 gms Minced Mutton
2 medium sized sliced Onion (Pyaj)
1 tsp Garam Masala
4 chopped Green chilli (Hari mirch)
3 skinned and chopped Tomato (Tamatar)
1 cup fresh Curd (Dahi)
A big pinch of Saffron (Kesar) soaked in lukewarm milk
15 Cashewnut (Kaju)
4 tbsp Clarified Butter (Ghee)
1 long piece Ginger (Adrak)
1 tbsp Coriander Seeds Powder (Dhania Powder)
1 tbsp Turmeric (Haldi)
6 Red Chillies
1 tbsp Cumin Seed (Jeera)
6 cloves Garlic (Lasun)



Preparation

First grind ginger, coriander seeds, turmeric powder, red chillies, cumin seeds, garlic with an adequate quantity of salt to a thick paste.

Now heat ghee.

Fry onions, green chillies, tomatoes till brown and ghee begins to separate.

Add masala paste and simmer for 3 minutes.

Add keema and simmer.

Add beaten curd and a cup of water.

Cook till meat is tender and gravy is thick.

Add garam masala, soaked saffron and cashewnuts.

Cover it with a lid for few minutes.

Serve hot garnished with chopped coriander leaves.

4.3 Fish

➤ fish curry:

Ingredients:

700gms / 1 1/2 lb white fish fillet

2 medium Onions

4 garlic cloves (paste)

1 tbsp ginger (paste)

4 tbsp tomato puree

2/3rd cup water

Salt To Taste

1/2 cup ghee

Spices :

1tsp white cumin seeds

1tsp turmeric powder

1tsp garam masala powder



How to make curry fish:

Cut the fish into medium-sized pieces.

Heat the ghee in a frying pan and fry the fish pieces gently for 5 minutes. Drain the fish on absorbent kitchen paper and set aside.

Chop one onion finely and grind the other one.

Add the chopped onion to the ghee in the pan and fry until golden.

Add all spices and cook stirring for 10 seconds.

Now add the ground onion, garlic, ginger and tomato puree. Fry the mixture until the ghee starts to separate.

Add the water and salt. Bring the mixture to a boil. Add the fried fish pieces. Reduce the heat and simmer for about 10 minutes.

Serve the indian fish curry hot with rice or roti.

4.4 Vegetables

➤ Matar paneer

Ingredients:

450gms / 1lb shelled Mutter (green peas)
250gms / 1/2lb Paneer [How to make paneer](#)
2 medium onions (chopped)
6 garlic cloves (crushed)
1 tbsp grated ginger
2 green chilies (chopped)
250gms / 1/2 lb tomatoes (peeled and sliced)
Salt To Taste
1cup curd / plain yogurt
1 tsp turmeric powder
1 tbsp coriander seeds
4 bay leaves
2 cups water
1/2 cup ghee / vegetable oil
To Garnish :
Garam masala powder
Chopped coriander leaves



Preparation:

Make a paste by grinding together half the onions, the garlic and coriander seeds.
Heat the ghee in a frying pan and cut the paneer into 2.5-cm/1-inch cubes. Fry the paneer to a light brown and remove to drain on a plate.
Add the remaining onion and the ginger to the ghee / oil in a pan and add the bay leaves and fry until the onion is golden brown.
Add the turmeric and the paste mixture and fry until the ghee starts to separate.
Add the paneer and mutter (peas) along with the yogurt, chilli, tomato and salt. Stir for 5-6 minutes over low heat.
Pour in the water and simmer gently for 20 minutes. Serve the matar paneer sprinkled with garam masala and coriander.

4.5 Rice and bread

➤ Carrot rice

Ingredients:

2 cup rice
2 onions
5 carrots
2 tsp fried groundnuts
2 tsp oil
a small piece of cinnamon
2 cloves
1 tsp mustard
1 tsp bengal gram
a few sprigs of curry leaves
Salt to taste

For Masala:

1 1/2 tsp coriander seeds
3/4 tsp cumin seeds
2 tsp grated coconut
4 red chillies

How to make carrot rice:

Heat the pan, pour the 1 tsp oil. Add red chillies, coriander seeds, cumin seeds and fry till it turns brown.

Add grated coconut and remove from the heat. Grind it after it cools down.

Grind separately, the fried groundnuts coarsely.

Cook the rice and let it cool.

Put the carrots in warm water. Grate them without peeling them.

Heat oil in a pan. Add cloves, cinnamon and mustard. Fry them.

Add curry leaves and chopped onions. Once the onion is cooked, add the grated carrots. Fry till the carrots are cooked.

Add rice and fry on a low flame. Add salt and the ground masala powder. Mix it well with the rice.

Finally add groundnut powder and remove from the flame. Serve hot.



4.6 Desserts

➤ Gulab jamun

Ingredients:

1 cup Carnation Milk Powder
1/2 cup all purpose flour
1/2 tsp baking soda
2 tablespoons melted butter
Whole milk just enough to make the dough

For the Sugar Syrup

2 cups Sugar
1 cup water
Oil for frying



How to make gulab jamun:

Make the dough by combining the milk powder and butter. Add just enough whole milk to make a medium-hard dough. Divide the dough into 18-20 portions. Make balls by gently rolling each portion between your palms into a smooth ball. Place the balls on a plate. Cover with a damp yet dry kitchen towel.

Heat the oil on high and then lower the heat to medium. Slip in the balls into the hot oil from the side of the pan, one by one. They will sink to the bottom of the pan, but do not try to move them. Instead, gently shake the pan to keep the balls from browning on just one side. After about 5 mins, the balls will rise to the surface. The Gulab Jamuns should rise slowly to the top if the temperature is just right. Now they must be gently and constantly agitated to ensure even browning on all sides.

If the temperature of the oil is too high then the gulab jamuns will tend to break. So adjust the temperature to ensure that the gulab jamuns do not break or cook too quickly.

The balls must be fried very slowly under medium temperatures. This will ensure complete cooking from inside and even browning.

Sugar Syrup

The syrup should be made earlier and kept warm. To make the hot sugar syrup mix the 2 cups of sugar to 1 cup of water. Add 4-5 cardamom pods, slightly crushed. Mix with a spoon and then heat at medium heat for 5-10 minutes until sugar is all dissolved in water. Do not overheat, that would caramelize the sugar.

Transfer this hot syrup into a serving dish. Keep warm on stove. Add the fried gulab jamuns directly into the warm syrup. Leave gulab jamun balls in sugar syrup overnight for best results. They can be served warm or at room temperature.

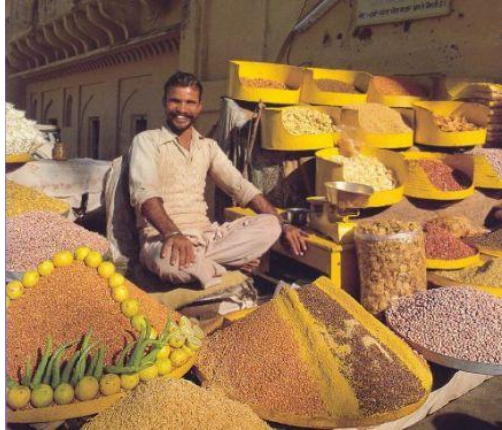
4.7 Drinks

➤ orange lassi

Ingredients: 3 oranges- 2 lumps sugar- 2 cups yogurt- 1/4 spoon cinnamon powder-

Method: blend yogurt with peeled oranges,sugar and cinnamon powder. serve chilled

5 Spices



5.1 Curcuma

The Curcuma is a plant of the family of Zingiberaceae native from the South of Asia. Sometimes called the yellow saffron of India, it is widely cultivated in India but also, to a lesser degree, in China, Taiwan, Japan, Burma, Indonesia and Africa. It has been known in the West since Antiquity. They use the powder dried and it usually enters mixtures of spices of Indian cooking, in particular curry.



5.2 Saffron

The enormous work necessary for the harvest of saffron justifies the high price of this product. It is necessary, indeed, to pick up to a hundred thousand flowers to obtain five kilos of stigmas which will give one kilo of dry saffron.

The flowers of the *Crocus Sativus* are purple and it is necessary to pay attention not to confuse them with the autumn crocuses which contain a dangerous poison.

Aromatic pigment? Colored spice? Saffron possesses these two qualities. The use as a colouring agent has been known for a very long time. The clothes of the Buddhist monks have been died with saffron for a long time.

Saffron is native from Nepal but it is present in all the Mediterranean Basin.



5.3 Ginger

Ginger, is a species of plant native from Asia ,the rhizome of which is in cooking and in traditional medicine. It is a spice largely used in Asian cooking, and in particular in Indian cooking. it is also used in the West in the preparation of the ginger ale and of desserts such as gingerbread.



This rhizome is sold " in fingers " , " three fingers " being the best quality. Freshly, it can keep several weeks shielded from humidity, peeled and grated.

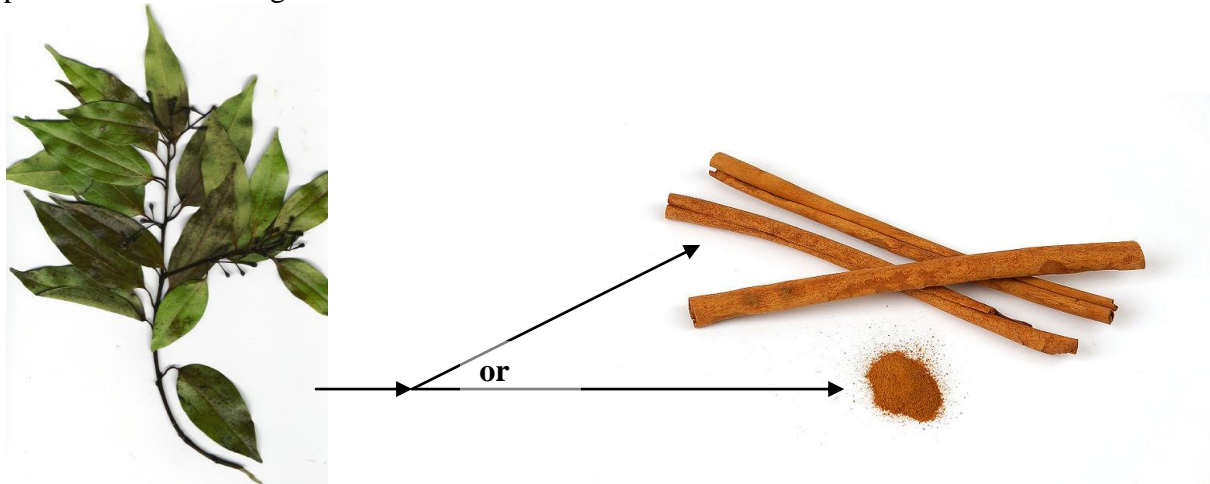
As a powder, it is a part of curries. it is considered as effective against swollen parts of the body, evil in the liver, anaemia and rheumatisms.

5.4 Cinnamon

Cinnamon is the internal bark of the cinnamon tree of Ceylon (*Cinnamomum verum*), a sort of tree belonging to the family of Lauraceae and native of Sri Lanka.

It should not be mistaken with the cinnamon bark (*cinnamomum cassia*) in which the taste is less rich and which has a more pronounced aspect of bark.

Cinnamon has been known since Antiquity, and it was used by the ancient Egyptians in the process of embalming.



The tree is almost cultivated everywhere in the world, but the best quality is produced in Sri Lanka. There it possesses a beautiful light yellow brown colour, a strongly perfumed smell, and a strangely soft and warm aromatic taste. Its flavour is due to the aromatic oil which it contains. This essential oil, marketed too, is prepared by hammering tremendously the bark, by letting it wallow in sea water, then by distilling the whole. It is of a golden yellow color, with the particular smell of cinnamon and its very powerful aromatic taste.

Cinnamon is mainly used in cooking as a condiment and aromatic substance, in association with apples, in the preparation of chocolates and liqueurs, but also in Indian cooking.

5.5 Pepper

Pepper is a spice obtained from the leaves and bays of different species of pepper plant .The specie piper nigrum produces ,according to the time of its harvest different types of pepper



green pepper is obtained by the humid conservation of the immature bays



white pepper is composed of ripe bays



black pepper is obtained from bays which have almost reached maturity, fermented then dried;



red pepper is the mature bay ;



grey pepper is the ground black pepper.

Mainly black in indian cooking it is a remedy in disgestive disorders

Geographical varieties

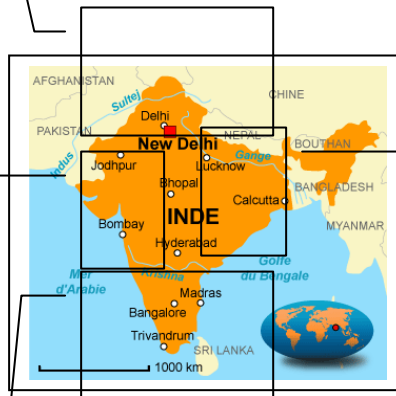
Northern

The north is the wheat loft of India. If you want, in some words, to compare the cooking of the North to that of the South, you will notice especially the cooking in ghee, clarified butter, a lot of different breads, grilled meat, few sauces and a taste for yogourt. The big Middle-Eastern culinary traditions which crossed history and which go back to the time of the Court of Moghols kings meet here in the Persian pullaos (mixture of rice and meat perfumed with saffron), biryanis and brochettes.

It is here, in the state of Punjab, as well a producer of mustard, and mainly in Delhi, the capital, that was born the famous tandoori which crossed the borders a long time ago because it is better adapted to the western taste buds. Kashmir, situated in the North, is recognized for its meat, chickpeas, its very spicy dishes. It is not the biggest producer of the strong hot peppers of the country! Furthermore, the region being much colder, the spicy cooking allows people to get warm inside and, if the fire is too violent, they add a little yogourt. Lamb, there is celebrated by a big banquet of 24 dishes, the "Wazwan", every dish that must be different while having the lamb for main ingredient.

Western

In the State of Gujarat, touching North Pakistan, and lined by the Arabian Sea, they cultivate red chilli peppers, cumin and walnuts. The state of Maharashtra the capital of which is Bombay, possesses the most popular cuisine, prepared with an infinite number of ingredients; Maharattes is particularly proud of the surprising range of their achars, chatnis and cachumbers; the cuisine there is soft, relatively moderated in spices, turmeric being used only in small quantities so that its color does not shade off the color of the natural products. They cultivate onions, oranges, limes, litchis and millet there.



Eastern

They are the states of Bihar, western Bengal, Orissa and several states situated in the enclave between Burma and Thibet. Its capital is Calcutta. At the bottom of the Bay of Bengal where the delta of the Ganges is, divided in two by the border of Bangladesh, the region is considered for its fish and desserts; they also consume some marrow from the banana tree as vegetable.

Southern

The India of the south is vegetarian and of absolute sobriety. Vegetables and cereals are transformed into delicious dishes. In the heart of Southern India, rice uses perfume and grows rich with multiple sauces of pleasant and subtle violence. The cooking is made with oil. The coast is lined with fruit trees enriching the cooking: anacardiers - banana trees (big red and small bananas) - lemon trees - guavas - jacquiers - mangoes - papaya trees - tamarinds. In Karnataka, they also make the culture of coffee and tea.