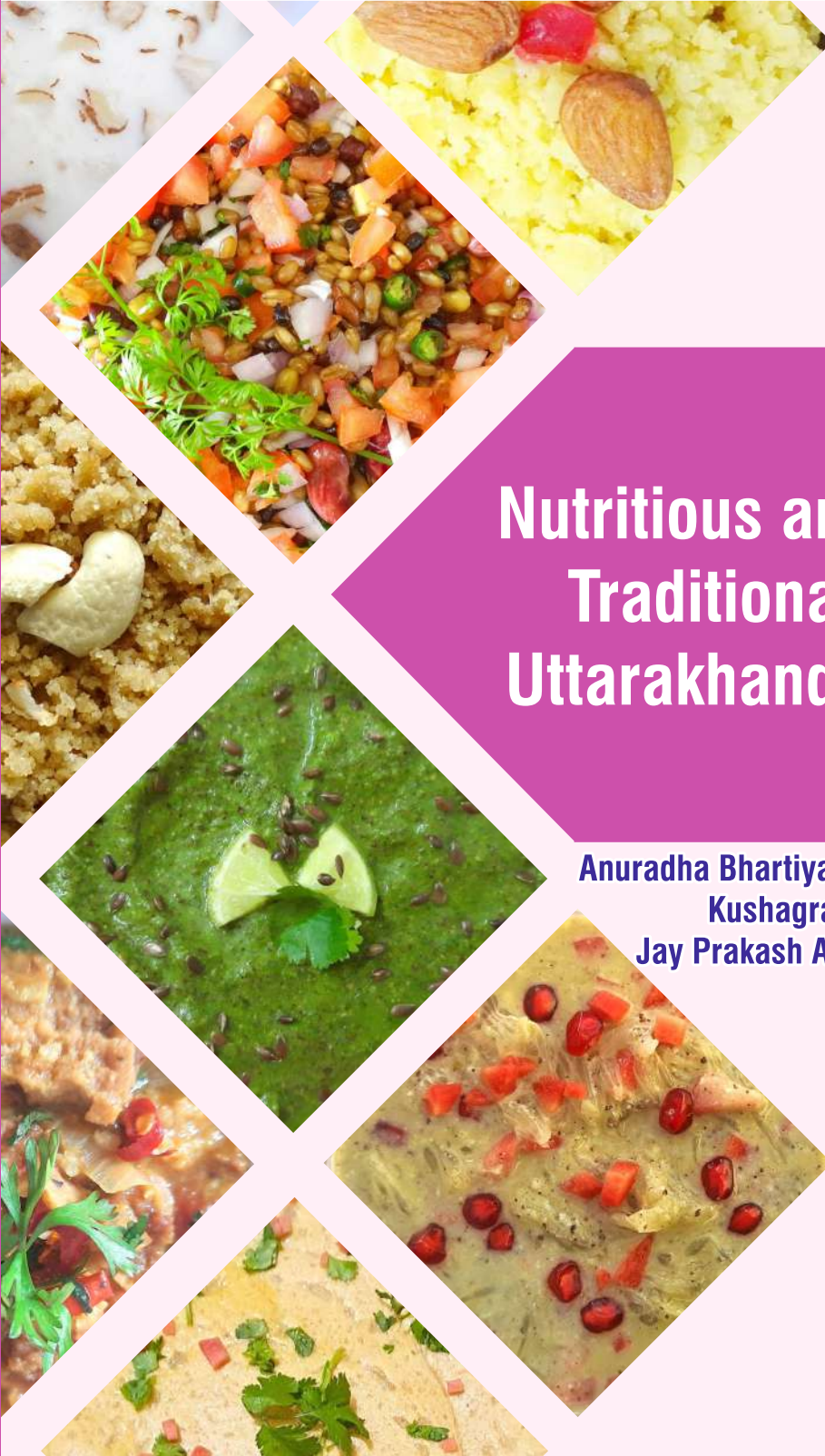




Nutritious and Healthful Traditional Cuisine of Uttarakhand Himalayas

**Anuradha Bhartiya, Jogendra Singh Bisht,
Kushagra Joshi, Jitendra Kumar,
Jay Prakash Aditya and Lakshmi Kant**





Nutritious and Healthful Traditional Cuisine of Uttarakhand Himalayas

**Published under UN Environment-GEF project
“Mainstreaming Agricultural Biodiversity Conservation and Utilization in Agricultural Sector to Ensure Ecosystem Services and Reduce Vulnerability”**

**Anuradha Bhartiya, Jogendra Singh Bisht, Kushagra Joshi,
Jitendra Kumar, Jay Prakash Aditya and Lakshmi Kant**



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MESSAGE

North-Western Himalayan state Uttarakhand is referred as *Devbhoomi* meaning 'Land of Gods' is a mesmerizing land of mountains and mythologies, exquisite landscapes, exhilarating adventures, wellness and of healthful cuisine. The cuisine of the region is committed to ensuring a balance between communities with their environments, where diets are in harmony with local ecology and cultural systems. The local cuisine of the region well connected with nature and greatly diverse because it is prepared using various locally grown traditional millets, pseudo-cereals, cereals, legumes, vegetables, tubers, wild edible plants *etc.* that offer nutritious and well-balanced diets in terms of their composition of proteins, carbohydrates, fats, vitamins and fiber and also provide several medicinal benefits essential for the well being of the human in a holistic way. The greater crop diversity in the state is not only contribute to dietary diversification and nutrition but also improves the resilience of production systems to shocks, especially the biotic and abiotic stresses attributed to climate change.

Presently, various cook books on regional recipes are available, however the traditional food knowledge from far-flung rural places is still undocumented. Since ancient times, the locals have been cooking and eating regional foods, but owing to modernity in eating habits, this age-old traditional culinary expertise of varied local preparations is in danger of extinction. A great deal of thought process and deep thinking over several generations goes into the process of evolution of the folk traditions of a community. Therefore, this knowledge needs to be handed down to the young generations. The recipe book "*Nutritious and Healthful Traditional Cuisine of Uttarakhand Himalayas*" developed by ICAR-Vivekananda Parvatiya Krishi Anusandhan Sansthan, Almora, Uttarakhand is a compilation of delicious local recipes of Uttarakhand that not only offers diversity in daily meals but also provide all the essential nutrients and beneficial compounds needed for a healthy living.

I congratulate Director, ICAR-VPKAS, Almora, Uttarakhand for bringing out this publication for conserving the valuable treasure of knowledge for coming generations and the whole team for their extraordinary efforts to bring this publication in useful manner.

(T.R. Sharma)

FOREWORD

Himalayan region showcases its beauty through the diversity of flora and fauna that has spread across varied agro-climatic and geographical conditions. Traditional farming systems of the NW Himalayan region promote crop diversity and offer natural, fresh, healthy and nutritious diets for human wellbeing. Himalayan state Uttarakhand has immensely strong native food culture and the diversification of food recipes is a specialty of the region. The farming communities of hills have knitted their food and nutritional security web around the available resources suitable to the climatic and geographic conditions of the region. The folk culture and customs of Uttarakhand are clearly seen in the local cuisine. The book "*Nutritious and Healthful Traditional Cuisine of Uttarakhand Himalayas*" talks of many local food preparations of Himalayan state Uttarakhand, made from locally grown traditional cereals, millets, legumes, pseudo-cereals, vegetables, tubers *etc.* that possess immense nutritional, nutraceutical and medicinal properties owing to plenty of functional compounds, antioxidants, thermogenic properties besides various nutritional compounds. The indigenous masses of the region has never distinguished between food and medicine, which is in tune of the India's oldest therapeutic system, the Ayurveda system. However, the sad reality is that literature on such cuisine, the traditional knowledge around them and the skills employed in their making is extremely scarce, especially that belongs to small and remote places. The values of traditional food crops and traditional food preparations are not explored and documented scientifically so far resulting in the elimination of age old traditional food knowledge developed and evolved over the centuries. In this respect this compilation of traditional recipes under the UN Environment-GEF project "Mainstreaming Agricultural Biodiversity Conservation and Utilization in Agricultural Sector to Ensure Ecosystem Services and Reduce Vulnerability" is akin to a bouquet of nutritious, healthy and savoury traditional cuisines that have been conserved over generations for the generations to come. All those who used to prepare, eat and feed these dishes but due to certain circumstances have lost the knowledge and skills of cooking and eating these cuisines, this book will give them an opportunity to go back to their heritage. I would like to congratulate everyone who was involved in the writing of this book. This compilation will be helpful to pass on the priceless knowledge and invaluable heritage of our ancestors to the future generations and also in generating ideas for developing novel recipes from local crops for their wider adoption outside their boundaries.



New Delhi

A handwritten signature in black ink, appearing to read 'Dr. J.C. Rana', with a stylized flourish at the end.

Dr. J.C. Rana,
Country Representative, India Office
National Coordinator, UN Environment-GEF Project, India
Alliance of Bioversity International and CIAT
Region – Asia, India Office

PROLOGUE

In the Himalayan region, agro-biodiversity has been handed down to us as an heirloom. It has been constantly encouraged both by the cultural and geographic milieu and has bolstered a sense of affinity, togetherness as well as the traditional practise of giving and receiving. In the same spirit, the UN Environment-GEF project “Mainstreaming Agricultural Biodiversity Conservation and Utilization in Agricultural Sector to Ensure Ecosystem Services and Reduce Vulnerability” has been in operation in Western Himalayas including the cold arid tract, North-Eastern region and the Eastern Himalayas, Western arid/semi-arid region and Central tribal region of India for the last five years. Financial aid bestowed by the United Nations Environment- Global Environment Facility (GEF) and the technical support from the Bioversity International, Rome, Italy and Indian Council of Agricultural Research (ICAR) are particularly notable for the successful operations of the project. Key activities of this project involve reintroduction of traditional crops and their landraces to the farmers field that have lost in favour of commercial crops. Emphasis is also given on capitalising the traditional knowledge of cultivating traditional crops and seeds while building a resilience to climate change all based on their geographical location and ecosystems that they inhabit. In addition to this, the programme focuses on setting up efficient dialogue and cooperation between farmers, scientists, researchers and policy makers. In the same vein the project seeks for the solutions for addressing malnutrition under changing climate scenario through conservation, cultivation and utilization of nutrition rich traditional cereals, millets, legumes, pseudo-cereals *etc.* grown in wide scale in the target region and awareness generation among masses for improving their food diversity.



NW Himalayan state Uttarakhand is blessed with sky high snow-capped mountains on one hand and long lush green valleys brimming with fertility on the other. The plentiful agro-biodiversity of hills offers healthful cuisine made from traditional crops share an unbreakable relationship with the climate, customs and life style of the region under adverse conditions in the remote reaches of hills. However, today due to several reasons the prevalence of traditional dishes is diminishing. Despite the traditional nutritious crops grown in hills, community especially women and children suffer from anemia and malnutrition. During the project activities, the need was felt to document the nutritiousness, medicinal properties, deliciousness and cultural significance of the traditional cuisines of Uttarakhand hills. Through crop and food diversity fairs and various interactions with farming communities from villages of Ramanna Nyay Panchayat, Almora information of traditional cuisines, necessary ingredients, recipes,

medicinal properties and their characteristics were collected. The book "*Nutritious and Healthful Traditional Cuisine of Uttarakhand Himalayas*" is the streamlined wisdom of wise men and women from different communities and the priceless heritage of our ancestors. With the intent to document this valuable heritage for the benefit of future generations, efforts have been made under UN Environment-GEF project. This compilation does not claim for originality and help from previously published books (*Apan Kumaon Ko Swad*), magazines and internet material is taken to make the document easily understandable and useful for the stakeholders. We have all worked tirelessly in hopes of making this publication error- free and expect that readers accept the original purpose of the document.



(Lakshmi Kant)
Director

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TRADITIONAL RECIPES OF MILLETS

FINGER MILLET (RAGI/NACHNI)

HEALTH BENEFITS

Plenty of dietary fiber is beneficial for curing constipation, regulating cholesterol levels and relieves intestinal ailments.

Low glycaemic index thus, suitable for diabetics.

Richness of calcium and potassium content helpful in improving bone health.

No gluten in grains therefore, beneficial for people suffering from gluten intolerance.



Nutritional composition (per 100 g)

Moisture 10.89 g, Protein 7.16 g, Minerals 2.04 g, Fat 1.92 g, Total Dietary Fibre 11.18 g, Carbohydrate 66.82 g and Energy 321 Kcal



Photo credit: N. Singh & A. Bhartiya

Madue Ka Halwa (Finger millet flour sweet dish)

Madue Ka Halwa
(Finger millet flour sweet dish)

Recipe

Ghee/oil is heated in an iron pan and finger millet flour is shallow fried till it release pleasant aroma. Fennel seeds are also added during this phase and slightly fried for some more time. Then hot water/milk is poured into it with continuous gentle stirring to avoid lump formation. Finally, sugar/jaggery is added as per the taste and boiled till preparation become semi thick in consistency. This preparation is then garnished with dry fruits and served hot. This cuisine helps with treating cough & cold, fed to pregnant and lactating women.

Ingredients

Finger millet flour (150 g), water/milk (~200 ml), ghee/oil (150 ml), fennel seeds (5 g) and jaggery/sugar as per taste



Photo credit : H. Joshi & Nidhi Singh

Madue Ki Sai
(Finger millet flour granular sweet dish)

Madue Ki Sai (Finger millet flour granular sweet dish)

Ingredients

Finger millet flour (250 g), water/milk (~200 ml), ghee/oil (200 ml), fennel seeds (5 g) and jaggery/sugar as per taste

Recipe

Finger millet flour, fennel seeds and jaggery/sugar are taken in a bowl and mixed well. Then a thick consistency mixture is prepared by adding water/milk with gentle whisking and kept to rest for half an hour. Ghee/oil is heated in a thick bottom pan and then the paste is poured and spread over it in a circular manner and cooked on low flame by flipping it intermittently using a spatula. The mixture is cooked till it turns solid. Then with a spatula it is crumbled into small fine pieces. A warm and delicious 'Sai' is ready. This is considered beneficial to cure abdominal disorders, cough and cold. It is also fed to the pregnant women and kids.

Nutritious and Healthful Traditional
Cuisine of Uttarakhand Himalayas



Photo credit: N. Singh & A. Bhartiya

Madue Ke Pue (Finger millet flour sweet delicacy)

Madue Ke Pue

Recipe

Finger millet flour, sugar/jaggery and fennel seeds are taken in a bowl and mixed well. A thick consistency mixture is prepared by adding water/milk with gentle whisking and kept to rest for half an hour. Next, ghee/oil heated in a pan and the prepared thick mixture is poured as round balls with the help of spoon in the oil for deep frying. The small round balls are stirred gently and deep fried till they become slightly crispy and properly cooked. This preparation is served hot and usually prepared during festivities.

Ingredients

Finger millet flour (200 g), water/milk (~250 ml), ghee/oil (500 ml), fennel seeds (5 g) and jaggery/sugar as per taste



Photo credit: N. Singh & A. Bhartiya

मूँग दलिया
1/2 मूँग दलिया

Madue Ki Bari (Finger millet flour boiled in water)

Ingredients

Finger millet flour
(150 g) and water
(~250 ml)

Recipe

Water is boiled in a pan and then finger millet flour is added into the boiling water with continuous gentle stirring to avoid burn or lump formation in the preparation. It is cooked till it get thick consistency and start getting boiling sound. Once the recipe become thick and solid then remove it from flame. This is consumed as the substitute of rice and generally served with Dubka (a traditional gravy prepared with horse gram/black soybean). This preparation is considered very beneficial for the digestive system.



Photo credit: H. Joshi & N. Singh

Madue Ke Bedu (Pulses stuffed finger millet chapati)

1 cup Finger millet flour
1/2 cup Pulse paste
1/2 cup Fried pulses

Recipe

First, any pulse like horse gram/black soybean/black gram grains are soaked overnight. Next day, the water is drained fully and soaked pulse are grinded to form a thick paste and ground garlic, carom seeds along with salt, chilli powder and asafoetida are added to it. Next, the finger millet flour is kneaded to form a dough using sufficient water. Then small finger millet dough balls are prepared and stuffed with the pulse paste just prepared. These stuffed finger millet dough ball are rolled into a chapati and baked on low flame with intermittent flipping till it cooked evenly. These nutritious finger millet-pulses chapatis are generally eaten in breakfast.

Ingredients

Finger millet flour (500g), horsegram /black soybean/ black gram (300 g), water (~250 ml), garlic (1 bulb), carom seeds (5 g), chilli powder, asafoetida and salt as per taste



Photo credit: A. Bhartiya

Madue Ki Lesu Roti
(Finger millet stuffed wheat chapati)

Madue Ki Lesu Roti (Finger millet stuffed wheat chapati)

Ingredients

Finger millet flour (200 g), wheat flour (350 g) and water (~350 ml)

Recipe

Both finger millet and wheat flour are sieved and kneaded separately using enough water to prepare the soft dough. Then the small dough balls of wheat are prepared and stuffed with the finger millet dough and covered properly with the help of fingers. With the help of rolling pin chapatis are made from the stuffed dough balls. After this both sides of chapati are first cooked on tawa/pan and then directly on open flame till it puffs up. These chapatis taste great when greased with 'Desi Ghee'. This is usually consumed during monsoon or winter season with green leafy vegetables.



Photo credit: N. Singh & H. Joshi

Madue Ki Rai Roti (Finger millet-wheat flour mixed chapati)

eMq dh jkbZjkWh
¼eMpd jkbZjøV½

Recipe

Finger millet and wheat flour are thoroughly sieved and mixed. Then this mixed finger millet-wheat flour is kneaded with enough water to prepare the soft dough. Small balls of this dough are then flattened to make chapatis with the help of the rolling pin and baked both sides on tawa/pan and then directly on open flame till it puffs up. These chapatis are served hot and greased with 'Desi Ghee' for better taste along with green leafy or any other vegetable.

Ingredients

Finger millet flour (200 g), wheat flour (150 g) and water (~ 250 ml)



Photo credit: A. Bhartiya

Madue Ki Roti
(Finger millet chapati)

Madue Ki Roti (Finger millet chapati)

Ingredients

Finger millet flour
(500 g) and water
(~ 300 ml)

Recipe

Finger millet flour is sieved and kneaded to prepare the soft dough and then chapatis are made with the help of rolling pin or simply with hands and cooked in similar way on tawa as Lesu or Rai roti on low flame. These chapatis are served hot and greased with 'Desi Ghee' for better taste. Generally consumed during winters with green leafy vegetables.

BARNYARD MILLET (SANWA/MADIRA)

HEALTH BENEFITS

A natural designer food because of highly digestible protein and slowly digestible carbohydrate in grains.

Suitable for people those with gluten allergy due to no gluten content in grains.

High dietary fibre with fair amounts of soluble & insoluble fractions imparts positive effect on digestive process and aid in moderating blood sugar level.

High levels of minerals (iron and calcium) and also rich in vitamin B complex.



Jhungar / Jhungra

Nutritional composition (per 100 g)

Moisture 12.0 g, Protein 11.0 g, Minerals 4.50 g, Fat 3.90 g, Total Dietary Fibre 13.60 g, Carbohydrate 55 g and Energy 300 Kcal



Photo credit: N. Singh & A. Bhartiya

> अज दक ग्योक
 1/4 अज द ग्यो 1/2

Jhungar Ka Halwa (Sweet dish of barnyard millet flour)

Ingredients

Barnyard millet flour (250 g), ghee/oil (150 ml), water (~150 ml), dry fruits and jaggery/sugar as per the taste

Recipe

Barnyard millet flour is thoroughly fried in ghee/oil. After roasting the flour, jaggery/sugar and water is added to it and the mixture is allowed to boil. Once it thickens, dry fruits are added to it to increase its nutritiousness and taste. It is served hot with adding some more 'Desi Ghee' on it. It is considered beneficial for kids, pregnant and lactating women.



Photo credit: A. Bhartiya

Jhungar Ki Kheer (Barnyard millet dessert)

> १/४ किलो [kg]
१/४ किलो [kg] १/२

Recipe

Barnyard millet grains are cleaned, washed and shallow fried in ghee for 5-6 minutes in a thick bottom pan. Then heated milk is poured into it and cooked on low flame with intermittent stirring till the barnyard millet grains get softened. Sugar as per the taste is added along with dry fruits to further enhance the taste of the dish. This is made during festivities. This recipe is very popular in the region.

Ingredients

Barnyard millet (250 g), milk (1.5 l), ghee (150 g), dry fruits and sugar as per taste



Photo credit: N. Singh & A. Bhartiya

> १५० g दूध १५० ml
1/4 १५० g दूध १५० ml

Jhungar Ka Chhoi (Barnyard millet salty/sweet pancakes)

Ingredients

Barnyard millet (200 g), ghee/oil (100 ml), water (~350 ml) and salt/sugar as per taste

Recipe

Barnyard millet grains soaked and grinded to make a thick paste and then salt/sugar is added as per the taste. The tawa/pan is greased with ghee/oil and the prepared paste then spread over it in round shape to make the pancakes and cooked on low flame. It is served hot and generally eaten as breakfast with chutney.



Photo credit: A. Bhartiya

Jhungar Ka Bhaat (Boiled barnyard millet)

> १५० g दूध
 १/४ १५० g दूध १/२

Recipe

Barnyard millet grains are washed and roasted in a pan till grain turn light yellow in colour then cooled for a while. Next, water is boiled in a thick bottom vessel and then roasted barnyard millet grains are added to it. It is covered with a lid and cooked on low flame till grains become soft like rice. The boiled barnyard millet is best accompanied with 'Kadhi' (salty and sour butter milk curry) or 'Dubke' (curry of soaked and ground pulses). It's light and easy to digest and eaten across the seasons.

Ingredients

Barnyard millet
 (200 g) and water
 (~400 ml)



Photo credit: A. Bhartiya

> १५० ग्रांम बाजरा के अनाज
 १/४ लीटर घृत दूध

Jhungar Ka Chachi Jaula (Barnyard millet in butter milk)

Ingredients

Barnyard millet (200 g), butter milk (~700 ml), water (~200 ml), turmeric powder, coriander powder and salt as per taste

Recipe

Barnyard millet grains are washed and kept aside. Butter milk is poured in an iron pan and then washed barnyard millet grains are added to it along with coriander powder and a pinch of turmeric powder. It is cooked on low flame with gentle and continuous stirring till barnyard grains get softer like rice. At last salt is added as per the taste and cooked for some more time to get the cuisine in semi-thick consistency. It is garnished with coriander leaves and served hot. It is easily digestible, savoury and beneficial for people suffering from digestive system ailments.



Photo credit: H. Joshi & N. Singh

Jhungar Ka Jaula/Rajad (Barnyard millet and black soybean mush)

> ¼ j dk t kjk@jkt M+
¼ jkd t kjk@jkt M½

Recipe

Black soybean seeds are cleaned, washed and soaked overnight and coarsely grinded on next day. Barnyard millet grains are roasted in iron pan and boiled water is added to it. At the same time soaked and coarsely ground black soybean is added and stirred to avoid lump formation. It is cooked on low flame with intermittent stirring till barnyard grains get softer like rice and black soybean get properly cooked. At last salt is added as per the taste and cooked for some more time to get the cuisine in semi-thick consistency. It is easily digestible recipe and beneficial for people suffering from jaundice.

Ingredients

Barnyard millet (200 g), black soybean (100 g), water (600 ml) and salt as per taste



Photo credit: N. Singh, A. Bhartiya & H. Joshi

> ॐ j dh j k Wh
1/4 ॐ j d j ॐ V 1/2

Jhungar Ki Roti (Barnyard millet chapati)

Ingredients

Barnyard millet flour (500 g) and water (~250 ml)

Recipe

Barnyard millet flour is kneaded with water to prepare a soft dough then the small dough balls are prepared from it. These balls are flattened into the shape of chapati by a rolling pin and baked. Chapati is baked from both sides by placing them on a tawa/pan and then directly on flame till it puffs up. Other flours like wheat/ finger millet can also be added to prepare the mixed chapatis. It is mostly consumed during winters.

FOXTAIL MILLET (KANGNI / KAKUM)

HEALTH BENEFITS

Regular consumption helps in the dietary management of diabetes as it keep satiated for longer and manage hunger pangs.

A good source of beta carotene, helps to improve eye health.

The presence of insoluble fibre enhances digestive processes, reduce the risk of gall stone and bile cholesterol levels.

Impart strong antioxidant activity due to the presence of polyphenols and flavonoids.



Nutritional composition (per 100 g)

Moisture 10.20 g, Protein 12.30 g, Minerals 2.30 g, Fat 4.30 g, Total Dietary Fibre 6.39 g, Carbohydrate 64.50 g and Energy 346 Kcal



Photo credit: N. Singh, A. Bhartiya & H. Joshi

दक्षिण धान
 १/२ क. क. ज १/२

Kauni Ki Roti (Foxtail millet chapati)

Ingredients

Foxtail millet flour (350 g), wheat flour (125 g) and water (~300 ml)

Recipe

Foxtail millet flour is mixed with wheat flour and then kneaded to prepare a soft dough using sufficient water. Then chapatis are made from it and cooked on tawa on low flame like any other chapati. It is both healthy and nutritious. Eating this along with milk further increases its nutritiveness. These days this preparation is almost nonexistent due to reduced cultivation of foxtail millet in the region.



Photo credit: www.google.com

Kauni Ka Bhaat (Boiled foxtail millet)

दलह दक हक
१/२ दल. क हक १/२

Recipe

Water is boiled in a thick bottom vessel and then cleaned and washed foxtail millet is added. It is covered with a lid and cooked on low flame till grains become soft like rice. It is considered very beneficial during chicken pox. These days production of foxtail millet has greatly reduced thus this cuisine is seldom made due to reduced acreage and non availability.

Ingredients

Foxtail millet flour
(200 g) and water
(~350 ml)



Photo credit: www.google.com

दक्षिण दक्षिण [कत क]
1/2 दक्षिण [कत क/2]

Kauni Ka Khaja (Foxtail millet snack)

Ingredients

Foxtail millet grain
(250 g), oil (50 ml)
and jaggery/sugar
as per taste

Recipe

Foxtail millet grains are threshed and cleaned. These grains are then shallow fried in oil and jaggery/sugar is added. It is a snack that is usually eaten by people in leisure relaxing time during agricultural activities in the fields. Sometimes foxtail millet grains are dry roasted and coarsely grinded and consumed with jaggery/sugar.



Photo credit: Meena Devi & J.P. Aditya

Ashke (Mixed flour salty pancake)

vLds
1/4Lds 1/2 vLds 1/2

Recipe

Thin consistency batter is prepared by mixing flours of foxtail millet, barnyard millet, wheat and rice with luke warm water and then salt is added as per taste. Cooking pan is heated and greased with oil. Foxtail millet-barnyard millet-wheat-rice flour batter is then poured on the pan and made circular pancakes. Pancakes are cooked on medium flame only one side without flipping it till the surface become golden brown and crispy. It is served hot as breakfast or snack with traditional flavored salts, chutneys and gravies. This preparation is easy to cook and easily digestible.

Ingredients

Foxtail millet flour (50 g), barnyard millet flour (50 g), wheat flour (25 g), rice flour (25 g) water (~150 ml) and salt as per taste

TRADITIONAL
RECIPES OF
PSEUDO-CEREALS

AMARANTH (RAJGIRA/ RAMDANA)

HEALTH BENEFITS

High biological value of protein due to richness of lysine in its protein that is rare in plant sources.

Possess antioxidant activities that help in fighting free radicals and reduce the occurrence of various life style diseases.

High manganese content for better bone health and richness of iron helps in managing anaemia.

Gluten free and easy to digest grains thus, food option for people with celiac disease.



Nutritional composition (per 100 g)

Moisture 9.20 g, Protein 13.27 g, Minerals 3.05 g, Fat 5.56 g, Total Dietary Fibre 7.47 g, Carbohydrate 61.46 g and Energy 356 Kcal



Photo credit: N. Singh & A. Bhartiya

Chaulai Ka Halwa (Sweet dish of amaranth grains)

पकड़क ग्योक
पकड़क ग्योक

Recipe

Sugar/jaggery syrup is prepared by boiling equal parts sugar/jaggery and water till the mixture become slightly thickened. Next, the amaranth grains are popped by roasting them in a heavy bottom pan on medium flame. The puffed amaranth grains are then shallow fried in ghee for a while and already prepared jaggery/sugar syrup is added to it and stirred gently till the grains absorb the syrup. This preparation is prepared on low/medium flame and stirred gently to avoid lump formation and burning of recipe. It is cooked till the preparation get the semi-thick consistency and garnished with dry fruits before serving. This mouth watering sweet dish is usually eaten during winters and also during fasts in any season.

Ingredients

Amaranth grains (200 g), ghee/oil (100 ml), dry fruits (~50 g), sugar/jaggery (250 g) and water (~250 ml)



Photo credit: H. Joshi

पक्युलुडसुयुमम
१/२००० यमम

Chaulai Ke Laddo (Sweet balls of puffed amaranth grains)

Ingredients

Amaranth grains (200 g), ghee/oil (~20 g) and jaggery (150 g)

Recipe

Amaranth grains are popped/puffed up in a heavy bottom vessel on low flame using a cloth. The grains are gently pressed with cloth while roasting as the grains puff up, bounce and fly out of the cooking pan upon roasting. Jaggery is melted in a heavy bottom pan and boiled it for a while till sweet aroma start coming. Then the puffed amaranth grains are added to it and instantly rolled between palms to make the sweet balls (laddo). Palms are greased with oil/ghee for the ease in making sweet balls. This preparation is very popular in the region and eaten during fast or as snack.



Photo credit: N. Singh & A. Bhartiya

Chaulai Ke Gunke (Amaranth leaves pakora)

पकड़ें चूल्हे के
1/2 कदम 1/2

Recipe

For preparing this snack, lentil is soaked overnight and finely grinded to make paste. All the spices are added as per the taste to lentil paste and mixed thoroughly. Amaranth leaves are washed and wiped to remove water from surface of leaves. Amaranth leaves are coated on upper surface with lentil paste and then threefold in the shape of cone. Next, in a heavy bottom vessel the oil is heated and these coated amaranth leaves are deep fried till they get properly cooked and crispy. This snack is served hot with tea.

Ingredients

Amaranth leaves (10-15), lentil (~150 g), garlic (5-6 cloves), carom seeds (5 g), oil (250 ml), asafoetida (2-3 g), turmeric powder, coriander powder, chilli powder and salt as per taste



Photo credit: A. Bhartiya

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Chaulai Ki Sabji (Cooked amaranth leaves)

Ingredients

Amaranth leaves (500 g), red chilli (3-4), oil (~50 ml), onion (1 bulb), turmeric powder and salt as per the taste

Recipe

Amaranth leaves are washed and finely chopped. In an iron pan, oil is heated and chopped onions are sauteed along with crushed red chillies. Then the chopped amaranth leaves are added along with turmeric and salt. All ingredients are mixed well using a spatula and covered with a lid. The dish gets ready quickly. In case there is any water present in the dish it is evaporated on low flame. It is eaten with chapatis. Sometimes people boil amaranth leaves instead of chopping it. This cuisine is usually consumed during the summer and monsoon seasons. It is rich in iron content and being fibrous in nature it is good for digestion as well. It is beneficial for ailments related to digestion and other intestinal problems. This cuisine is still made extensively in the region.

BUCK WHEAT (KUTTU)

HEALTH BENEFITS

High biological value of protein, presence of resistant starch, dietary fibre, vitamins and minerals essential for healthy living.

Healthy gluten free grains serve as an alternative food for diabetic and cardiovascular patients.

Consumption of Iron rich leaves helpful to cure anaemia and constipation.

Richness of flavonoids rutin and quercetin impart anti-oxidant, anti-diabetic, hypo-cholesterolemic and anti-tumor effects.



Uga/ fafer



Nutritional composition (per 100 g)

Moisture 12.0 g, Protein 9.85 g, Minerals 2.24 g, Fat 2.20 g, Total Dietary Fibre 7.88 g, Carbohydrate 73.4 g and Energy 353 Kcal



Photo credit: N. Singh & A. Bhartiya

मूय दसलू; क
 1/2 मूय दसलू

Ugal/Kuttu Ke Choliyan (Buck wheat flour pancakes)

Ingredients

Buck wheat flour (250 g), ghee/oil (250 g), chilli powder and salt as per taste

Recipe

Water is added to the buck wheat flour to make a thick paste. Then salt and chilli powder are added as per the taste. A heavy bottom or non sticky pan is coated with some ghee/oil. Then buck wheat paste is spread over it in a circular manner. It is cooked both sides by applying oil/ghee till brown spots appear on the choliyan and it get properly cooked. This preparation is generally eaten during breakfast.



Photo credit: N. Singh & A. Bhartiya

Ugal/Kuttu Ke Pue (Buck wheat flour sweet delicacy)

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1/2 mxykd i 1/2

Recipe

Buck wheat flour, jaggery and fennel seeds are taken in a bowl and mixed well. A thick consistency fluid of this mixture is prepared by adding jaggery/sugar and water/milk with gentle whisking and kept to rest for half an hour. Then ghee/oil heated in a pan and the already prepared thick fluid is poured as round balls with the help of spoon in the oil for deep frying. 'Pue' are deep fried till the colour of surface of pue changes to slightly brown. 'Pue' are usually prepared during festivities.

Ingredients

Buck wheat flour (200 g), water/milk (~250 ml), ghee/ oil (~500 ml), fennel seeds (5 g) and jaggery/sugar as per taste

TRADITIONAL RECIPES OF CEREALS

RICE (CHAWAL)

HEALTH BENEFITS

Red rice has antioxidant properties due to polyphenols and anthocyanins.

Red rice has abundance of complex carbohydrate that helps in weight loss by keeping satiated for longer periods.

Excellent package of iron that aid in improving haemoglobin levels.

Rich in magnesium that is beneficial in regulating the pulmonary functions thus, good for curing asthma and bronchitis.



Nutritional composition (per 100 g)

Moisture 9.33 g, Protein 9.16 g, Minerals 1.04 g, Fat 1.24 g, Total Dietary fibre 4.43 g, Carbohydrate 74.80 g, Energy 1480 KJ



Photo credit: N. Singh & A. Bhartiya

Chawal Ke Chholiyān (Sweet pancakes of rice flour)

प्योय दह नक्य; ला
1/2 प्योय नक्य

Recipe

In a mixing bowl rice flour is sieved and mixed with water along with sugar/jaggery and kept aside to rest for an hour. If required, some milk is also added to make a semi thick consistency of the rice flour-sugar/jaggery mix. The pan is heated and greased with ghee/oil then the paste is spread on it in a circular manner. Ghee/oil applied on both sides and by flipping it intermittently, it is cooked evenly on low flame till sweet aroma start releasing from preparation and it start getting brown spots. People generally eat it at the time of breakfast or as snack. People of the region prefer it as a quick meal during farming activities.

Ingredients

Rice flour (300 g), ghee/oil (100 ml), milk/water (~200 ml) and jaggery/sugar as per the taste



Photo credit: K. Joshi

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1/2 प्लय द 1 क, क 1/2

Chawal Ka Saaya (Dry sweet snack of rice)

Ingredients

Rice (100 g),
sugar (150 g),
water (~150
ml), ghee/oil for
shallow frying
(~50 ml), fennel
seeds (15 g)

Recipe

Rice is soaked in water for 3-4 hours. The soaked rice along with water is blended with the help of grinding stone (sil batta) or grinder and a batter is prepared. Some oil is heated in a cooking pan and the batter is poured in the oil and stirred and fried for sometime with a spatula. Sugar/jaggery is added to this mixture and mixed well. Some people also add fennel seeds to this. The mixture is stirred continuously. When it get prepared and sweet aroma start coming then the preparation is crumbled well to finally serve. It is prepared during local celebrations in the region. This rice dish is characteristically cold in nature and difficult to digest. If cooked in ghee and eaten warm, it helps people suffering with bloody mucus.



Photo credit: N. Singh & A. Bhartiya

Chawal Ke Chamchyur (Sweetened jaggery rice)

pkoy dspeP; jv
1/2pkoyd peP; jv^{1/2}

Recipe

Rice is soaked overnight in water and in next day, in a pan some oil/ghee is poured and heated. Then soaked rice is fried till sweet aroma start coming and rice turn slightly crispy. To prepare the syrup, jaggery is boiled in water till it beome slightly thickened. Then jaggery syrup is added and mixed gently using a spatula and cooked till it hardens. This dish is eaten on the auspicious occasions particularly, Diwali. This dish has become less prevalent these days. Some dry fruits can be added to enhance its taste and nutritiveness of the preparation.

Ingredients

Rice (500 g),
ghee/oil (~50 ml),
jaggery (~300g),
dry fruits (50 g)
and water (~400 ml)



Photo credit: N. Singh & A. Bhartiya

प्लोय दस वल १
१/२ प्लोयद वल १/२

Chawal Ke Arse (Deep fried rice sweet dish)

Ingredients

Rice (400 g),
jaggery (300 g),
oil (~500 ml) and
water (~300ml)

Recipe

Rice soaked overnight and then water is fully drained using a muslin cloth. This rice is then grinded to form a smooth slightly granular flour and kept aside. In another pan water and jaggery is added and boiled well to prepare jaggery syrup. In the soaked rice flour the jaggery syrup is added and a tight dough is prepared. In the next step small balls of the dough are prepared and rolled in circular fashion with palms. In a heavy bottom pan oil is heated and these are fried till they turn golden brown. 'Arsa' is a sweet delicacy prepared on special occasions like weddings and traditional celebrations in Uttarakhand. It can be stored for long and eating it with 'Desi Ghee' enhances its taste manifolds.



Photo credit: A. Bhartiya

Chawal Ke Tarad (Fried spicy balls of rice and black gram)

पक्य दस रजम+
1/2 पक्य द रजम 1/2

Recipe

Rice and black gram are soaked overnight and next day grinded to make a fine paste. Then turmeric powder, salt, chilli powder and carom seeds are added to it and mixed well and kept for rest for a while. Oil is heated in a pan and once the oil is heated well, small balls of the paste deep fried till they turns golden. It is prepared during festivals. It is eaten by people of all age groups quite passionately. It can also be eaten as snack with tea.

Ingredients

Rice (200 g),
black gram (200 g),
oil (~400 ml),
carom seeds (5 g),
chilli powder,
turmeric and
salt as per taste



Photo credit: A. Bhartiya

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Chawal Ka Khaaja (Roasted green paddy)

Ingredients

Green paddy (1 kg)

Recipe

Green paddy is taken from the field, threshed, cleaned. Then in a heavy bottom pan these green paddy kernels are roasted till the sweet aroma start coming. These roasted kernels are allowed to cool down. Once the kernals cool down, they are ground and winnowed. It taste slightly sweet while chewing and generally it is called 'Khaja'. This is generally prepared just before Deepawali festival.

WHEAT (GEHUN)

HEALTH BENEFITS

Rich in carbohydrates and protein to maintain good health.

Replacing rice in the daily diet with wheat, sugar levels drop by a decent margin.

High fiber content in whole wheat improves overall digestion, which ultimately leads to better metabolism.

Wheat contains betaine that reduces inflammations, risk of heart attack, stroke and other forms of cardiac arrest.



Gyun

Nutritional composition (per 100 g)

Moisture 10.58 g, Protein 10.59 g, Minerals 1.42 g, Fat 1.47 g, Dietary fibre 11.23 g, Carbohydrate 64.72 g, Energy 1347 KJ



Photo credit: N. Singh & A. Bhartiya

खजूर 1 कप
1/2 कप 1 कप 1/2

Gyun Ki Sai (A granular sweet dish of wheat flour)

Ingredients

Wheat flour (250 g),
water (~350 ml),
ghee/oil (~150 ml)
and jaggery/sugar
as per taste

Recipe

Wheat flour is mixed in the water and sugar/jaggery is added to it. Ghee/oil is added to an iron pan and heated and then mixture (wheat flour-jaggery-water) is poured into it and stirred continuously till it hardens and turns brown in colour with pleasant aroma. It is cooked on low flame to avoid burning and lump formation. This hardened mixture is crumbled into small pieces using spatula. It is eaten throughout the year and is generally carried by people as a snack when they venture out into the forest or are working in the field.



Photo credit: N. Singh & A. Bhartiya

Gyun Ki Lapsi (Wheat flour-milk sweet dish)

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Recipe

Ghee/oil is heated in an iron pan and then wheat flour is roasted till it turns light brown in colour and release sweet aroma. Once the flour is roasted milk is added to it along with sugar/jaggery and gently stirred till it boils on low flame. When the preparation get semi thick consistency and flavoured the dish become ready to be served. It is especially made on the occasion of naming ceremony of a cow or buffalo's calf. The dish is extremely appetising and still prevalent.

Ingredients

Wheat flour (150 g), ghee/oil (30 ml), milk (~400 ml) and jaggery/sugar as per the taste



Photo credit: Deepa Bisht

खजोरे [kt jɔs
1/2; ख [kt jɔ1/2

Gyun Ke Khajoore (Sweet deep fried snack of wheat flour)

Ingredients

Wheat flour (300 g),
ghee/oil (250 ml),
semolina (50 g), water
(~150 ml), fennel
seeds and jaggery
as per taste

Recipe

Jaggery syrup is made by boiling it in water and cool down. Wheat flour is mixed with semolina, ghee/oil and then jaggery syrup is added and kneaded to make a tight dough. During kneading process some fennel seeds can also be added as per the taste. This dough is then rolled into the shape of a chapati and carved in the shape of kites. Then these shapes of dough are deep fried in ghee/oil till it turns brown and crispy. This dish is usually prepared on auspicious occasions. It is also eaten by people who prefer carrying their own food during a journey rather than consuming outside food. It can be stored for one week very easily.



Photo credit: N. Singh & A. Bhartiya

Gyun Ke Chholiyan (Sweet pancakes of wheat flour)

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Recipe

In a mixing bowl wheat flour is mixed with sugar/jaggery along with milk to make a thin paste. The pan is heated and greased with ghee/oil then the paste is poured a circular manner on it. It is cooked on low flame by flipping it intermittently. (In order to make it salty one teaspoon carom seeds, some curd and salt as per taste are added). It is consumed irrespective of the seasons and is generally eaten for breakfast. The dish is quite popular and is frequently made.

Ingredients

Wheat flour (250 g),
ghee/oil (50 ml),
milk (~500 ml) and
jaggery/sugar as
per the taste



Photo credit: A. Bhartiya, H. Joshi & N. Singh

Wheat grain (250 g),
ghee/oil (50 g),
onion (2 bulbs),
green chillies (3-4),
water (for soaking)
and salt as per the
taste

Gyun Ki Birud (Shallow fried soaked whole wheat grains)

Ingredients

Wheat grain (250 g), ghee/oil (50 g), onion (2 bulbs), green chillies (3-4), water (for soaking) and salt as per the taste

Recipe

Wheat grains are soaked for 3-4 days by regularly changing its water. A pan is greased with oil and soaked wheat is tempered with chopped onions, green chillies and salt on low flame till it get cooked. At some places wheat and gram are mixed together and soaked. This recipe can be sweet or tangy as per the taste. To make it sweet sugar is added after tempering wheat with ghee/oil. This dish is prepared on the occasion of Birud Panchami in the Bhado (August-September) month of the Hindu calendar.

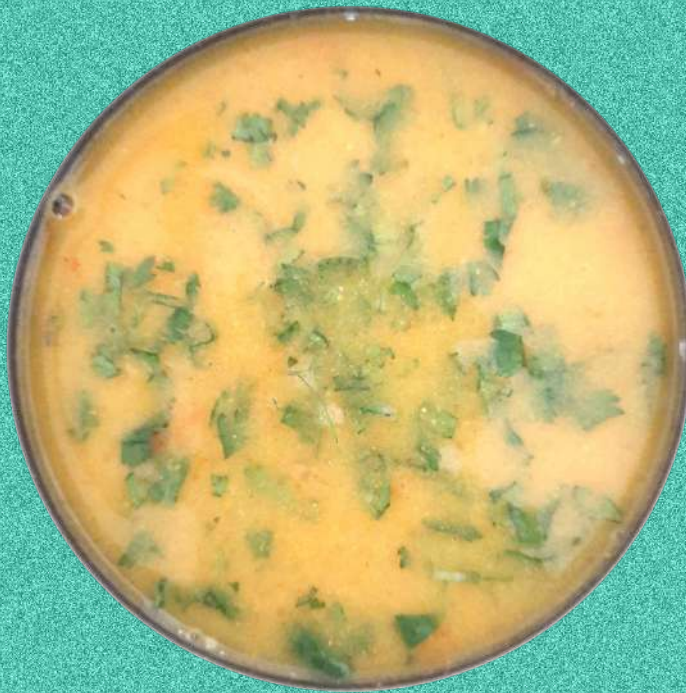


Photo credit: A. Bhartiya

Gyun Ki Jholi (Sour wheat flour soup)

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1X; pd >kbZ/2

Recipe

Oil is heated in an iron pan and fenugreek seeds are tempered in it. Then wheat flour is added to it and roasted till it release pleasant aroma. Crushed garlic cloves, turmeric, salt and chilli are then added to it and brought to soup like consistency by adding sufficient water and boiled for some time. Lemon juice is added as per the taste once the boiled recipe get cool. It is garnished with green coriander leaves and served hot with rice or chapatis.

Ingredients

Wheat flour (100 g), garlic (5-6 cloves), oil (~20 ml), fenugreek seeds (5 g), lemon (1), water (300 ml), turmeric powder, chilli powder and salt as per taste

BARLEY (JAU)

HEALTH BENEFITS

Rich in beta-gluten, an anti cholesterol substance and also helps in post-prandial glyceemic response.

Excellent source of complex carbohydrates that lowers cholesterol and the risk of type-2 Diabetes.

Regular consumption causes prolonged feeling of stomach fullness thus stabilize blood sugar levels.

Plenty of minerals like calcium copper, magnesium and zinc contribute to improve bone structure and strength.



Nutritional composition (per 100 g)

Moisture 11.4 g, Protein 12.4 g, Minerals 1.72 g, Fat 2.04 g, Total Dietary Fibre 14.9 g, Carbohydrate 57.5 g and Energy 298 Kcal



Photo credit: N. Singh

Jau Ka Daliya (Crushed barley porridge)

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१/१ क३ न॑ १/१

Recipe

Barley soaked for 24 hours and sun dried. Then the grains are grinded to make smaller pieces. Ground barley grains are then roasted in ghee and then milk is added to it. It is boiled on low flame with intermittent stirring till the barley grains get softer and recipe become semi-thick in consistency. At last jaggery/sugar is added and boiled for some more time. It can also be made salty. In order to make this porridge salty, boil the barley grains in water and add salt to it while the grains are boiling. This porridge is seldom prepared these days.

Ingredients

Barley (200 g),
ghee/oil (50 ml),
milk (~500 ml)
and jaggery/sugar
as per taste.



Photo credit: N. Singh & A. Bhartiya

Jau Ke Sattu Ke Laddu (Sweet balls of roasted barley flour)

Ingredients

Barley (300 g),
water (~150 ml)
and jaggery/sugar
as per taste.

Recipe

Barley is cleaned and sun dried. Dried barley is roasted and grinded to obtain barley flour. A thick syrup of jaggery/sugar is prepared. This syrup is used to knead the barley flour to make the dough. Small portion of this dough is then rolled between palms to make sweet balls. The salty balls of this can also be prepared. In order to make it salty, add some salt and chilli to the recipe in place of sweetener. The dish is light and easy to digest. It is rarely prepared these days.



Photo credit: N. Singh, H. Joshi & A. Bhartiya

Jau Ki Roti (Barley chapati)

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Recipe

Barley flour is thoroughly sieved 2-3 times. Then kneaded by adding water to it to prepare the soft dough. Dough balls are prepared and flattened out in the shape of chapatis and baked on low flame till it get cooked properly. Barley roti is nutritious and is helpful to those suffering from diabetes. It taste delicious with buttermilk. Presently, the prevalence of this dish has significantly reduced.

Ingredients

Barley flour (250 g)
and water (~ 150 ml)



Photo credit: A. Bhartiya

तुहल > लुह
१/४ तुहल > लुह

Jau Ki Jholi (Sour barley flour soup)

Ingredients

Barley (300 g),
garlic (6-7 cloves),
onion (1 bulb),
oil/ghee (20 ml),
turmeric powder,
coriander powder,
water (~400 ml)
and salt as per
taste

Recipe

Barley is soaked for 3-4 hours, grinded and then water is added to it. This mixture is sieved to get the extract of barley. In an iron pan oil is poured and finely chopped onion and garlic cloves are added and sauteed, simultaneously turmeric powder, coriander powder is added. Then the barley extract is added along with some more water to it and boiled for some time. If the recipe is too watery then 'Biswar' (1-2 teaspoon rice/ ragi flour dissolved in ~75 ml water) is added in boiling recipe. It is a very digestive preparation and helpful in dietary management of jaundice.

MAIZE (MAKKA)

HEALTH BENEFITS

Gluten free alternative food for people, those suffering from gluten intolerance condition.

Rich in vitamin C, an antioxidant that helps protect cells from damage and wards off diseases.

The fiber in corn helps to stay full for longer between meals and also feeds healthy bacteria in the digestive tract leads to better gut health.

It is a good source of the carotenoids (lutein & zeaxanthin) beneficial for eye health and helps prevent the lens damage that leads to cataracts.



Mungri/
Bhutta/
Ghwag



Nutritional composition (per 100 g)

Moisture 9.26 g, Protein 8.80 g, Minerals 1.17 g, Fat 3.77 g, Total Dietary Fibre 12.24 g, Carbohydrate 64.77 g and Energy 1398 KJ



Photo credit: N. Singh & A. Bhartiya

Maize Flour (300 g)
and water (~ 200 ml)

Makke Ki Roti (Maize chapati)

Ingredients

Maize Flour (300 g)
and water (~ 200 ml)

Recipe

Maize flour is sieved and kneaded to make a soft dough using sufficient water and kept aside for about half an hour. Small dough balls are prepared and rolled to form chapatis using rolling pin or by hands by applying a little dry maize flour. For ease the dough can be rolled between plastic sheets after greasing them with some oil. Tawa/pan is heated and chapatis are placed gently on it and baked at both sides and also directly on the flame till it puffs up. This chapati tastes best when baked on a traditionally brick/coal stove. It is generally eaten during winters with green leafy vegetables.



Photo credit: N. Singh & A. Bhartiya

Makke Ke Chhov (Sweet/Salty maize pancakes)

Maize Ke Chhov
Maize Ke Chhov

Recipe

Maize kernels are grinded to obtain flour. Water is added to this flour to make a semi thick consistency paste. In order to make the dish sweet, add sugar to this paste or for making it a salty dish carom seeds, salt, chilli powder and coriander powder as per the taste are added. Next, a pan is heated and greased with oil. Then this paste is spread on the pan in a circular manner and baked from both sides till it turns golden brown and sweet aroma start coming. Raw maize kernels are also used in place of maize flour to prepare 'Chhov' at some places. It is eaten round the year usually at the time of breakfast or evening snack. However, due to increased availability of maize during the monsoon, it is mostly consumed in that period.

Ingredients

Kernels (250 g), refined oil (~100 ml), carom seeds (5 g), coriander powder, chilli powder and salt/sugar as per the taste



Photo credit: N. Singh & A. Bhartiya

Maize Ke Pue
(Sweet delicacy of maize flour)

Makke Ke Pue (Sweet delicacy of maize flour)

Ingredients

Maize kernels (250 g), refined oil (~250 ml), Jaggery (200 g) and water (~200 ml)

Recipe

Jaggery syrup is prepared by boiling it in water till it fully dissolve and let it cool down. In a mixing bowl, maize flour and jaggery syrup are mixed to form a thick paste. Oil is heated in a pan and small round shaped balls are dropped gently into it and deep fried till they turn golden brown. It is an easy to prepare recipe of corn.



Photo credit: N. Singh & A. Bhartiya

Makke Ka Halwa (Sweet dish of maize flour)

मकके का हलवा
(मीठे व्यंजन)

Recipe

In a pan handsome amount of ghee/oil is heated as maize flour is dry in nature. The flour is fried in ghee till it become brown and start releasing a sweet fragrance. After roasting the flour, water and sugar is added to it. The preparation is stirred gently to avoid lump formation. It is boiled for some more time till it cooked well. Finally, it is garnished with dry fruits and served hot. It taste nice when some dry fruits are added to it.

Ingredients

Kernels (250 g),
ghee/oil (~200 ml),
sugar (~100 g), dry
fruits (~50 g) and
water (~350 ml)

TRADITIONAL RECIPES OF LEGUMES

HORSE GRAM (KULTHI/KULTH)

HEALTH BENEFITS

Diabetic friendly food because it has ability to reduce blood sugar levels by showing down carbohydrate digestion.

Anti-calcifying components in horse gram grain prevent urinary stones and it also has diuretic properties.

Fibre, calcium, iron and molybdenum content is higher than any other legume impart various health benefits.

Thermogenic property of horse gram food preparations helps in reducing the body fat in a faster mode.



Nutritional composition (per 100 g)

Moisture 9.28 g, Protein 21.73 g, Minerals 3.24 g, Fat 0.62 g, Total Dietary Fibre 7.88 g, Carbohydrate 57.24 g and Energy 330 Kcal



Photo credit: A. Bhartiya

Gahat Ki Daal (Horse gram curry)

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1/2 1/2 1/2

Recipe

Horse gram is cleaned, washed and put into a pressure cooker with water and salt for cooking. It is cooked on low flame till the grains become softer. Once it is properly cooked, in a pan oil is added, then chopped onions, ground garlic and cumin seeds are tempered and turmeric powder, chilli powder are also added with it. This tempered mixture is then added to the boiled horse gram along with 'Garam Masala' as per the taste. It is again boiled for few more minutes to imbibe all the flavours in the recipe. Finally it is garnished with coriander leaves and served hot with rice.

Ingredients

Horse gram (350 g), oil (~20 ml), cumin seeds (5 g), garlic (5-6 cloves), onion (1-2 bulbs), turmeric powder, chilli powder, coriander powder and salt as per taste.



Photo credit: K. Joshi

250g Horse gram
 400ml water
 20ml oil
 5g cumin seeds
 5-6 cloves garlic
 chilli powder
 Himalayan Angelica, faran
 and salt as per taste

Gahat Ke Dubke (Thick curry of ground horse gram)

Ingredients

Horse gram (250 g), water (~400 ml), oil (~20 ml), cumin seeds (5 g), garlic (5-6 cloves), chilli powder, Himalayan *Angelica*, faran and salt as per taste

Recipe

Horse gram is soaked overnight and next day finely grinded. In an iron pan oil is heated and Himalayan *Angelica*, faran and garlic along with cumin seeds are tempered. Finely ground horse gram is added to the tempered mixture and fried for sometime with intermittent stirring. Then salt and chilli powder are added to the mixture as per the taste. This mixture is cooked till its colour changes to black. It is garnished with coriander leaves and served hot with rice or chapatis.



Photo credit: A. Bhartiya

Gahat Ke Bedu (Stuffed chapati of horse gram)

xgr dscMw
1/2K&d cMz

Recipe

Horse gram is cleaned and soaked overnight. Next day it is grinded without adding water to it. In an iron pan oil is heated then garlic and asafoetida are sauteed. After it, horse gram is added along with spices and shallow fried for some time and kept aside for stuffing it later on. Next, wheat flour is kneaded to prepare a dough and small dough balls are prepared from it. The already prepared mixture of spices and horse gram is stuffed inside the dough balls. Then chapatis are rolled from these stuffed dough balls. Since the dough balls are stuffed, the chapatis made out of them are usually baked on low flame to cook it evenly. The 'Bedu' are greased with ghee before serving enhances its taste. It is served hot with pickle or chutney.

Ingredients

Horse gram (250 g), wheat flour (400 g), garlic (5- 6 cloves), oil (~50 ml), chilli powder, turmeric powder, asafoetida, coriander powder and salt as per taste.



Photo credit: A. Bhartiya

खर्द कक कक
1/2 कक कक 1/2

Gahat Ka Fana (Shallow fried ground horse gram gravy)

Ingredients

Horse gram (200 g), wheat flour (80 g), water (~400ml), oil (~30 ml), garlic (5-6 cloves), cumin seeds (5 g), asafoetida, chilli powder, lemon extract and salt as per taste

Recipe

Cleaned horse gram is fried in a little oil and coarsely grinded using a grinding stone (sil batta). In an iron pan, oil is heated and asafoetida, cumin seeds and garlic cloves are added to the oil and tempered. Grinded horse gram along with wheat flour is added to it and fried for a while. Sufficient water, salt and chilli powder is added and the mixture is allowed to boil with continuous stirring. Once it gets cooked properly a dash of lemon extract is added and kept for cooking for few more minutes. It is usually served with boiled rice or barnyard millet.



Photo credit: A. Bhartiya

Gahat Ke Chole (Soaked horse gram curry)

250g Horse Gram
600ml Water
2 Tomato
2 Onion
5-6 Garlic
Coriander powder
Turmeric powder
Chilli powder
Salt as per taste

Recipe

Horse gram is soaked overnight in water for this recipe. Then onions and tomatoes are finely chopped and garlic cloves are crushed. Oil is heated in an iron pan and finely chopped onions are added and fried till they turn golden brown in colour. Crushed garlic along with other spices are added to this and fried for a while and then tomatoes are added along with salt. This mixture is fried till all ingredients are cooked well and oil separates from it. Then soaked horse gram grains are added to it and the mixture is fried further for some more time. After frying, sufficient water is added to make curry and the mixture is allowed to cook on low flame till the grains get softer and curry become slightly thick in consistency. The dish is garnished with coriander leaves and served hot with rice or chapatis.

**Nutritious and Healthful Traditional
Cuisine of Uttarakhand Himalayas**

Ingredients

Horse gram (250 g), water (~600 ml), tomato (2), onion (2 bulb), garlic (5-6 cloves), coriander powder, turmeric powder, chilli powder and salt as per taste



Photo credit: A. Bhartiya

खर्दिय
1/2

Gahat Ke Paptole/Badi (Horse gram and colocasia dry dumplings)

Ingredients

Horse gram grain (500 g), colocasia leaves/stem (~250 g) and water for soaking

Recipe

For preparing dry dumplings (paptole/bari), horse gram is cleaned, washed and soaked overnight. The soaked horse gram is strained and finely grinded. Colocasia leaves are washed and outer covering is peeled from its stem and chopped. The leaves or stem of colocasia are chopped and finely grinded. Horse gram paste is added to the grinded colocasia leaves. Small dumplings of this mixture is made and sun dried for 3-4 days. Once dried completely, these are kept in a closed box/jar. These dumplings can be stored for months.



Photo credit: A. Bhartiya

Paptole Ki Sabji (Curry of horse gram dry dumplings)

i i V k s d h l C t h
¼ i V k y d l k ½

Recipe

For preparing 'Paptole Ki Sabji', in an iron pan oil is heated and 'Paptole (badi)' are deep fried till they turn golden brown and kept aside. Chopped onion is sauteed along with garlic and other spices and the roasted 'Badis/Paptole' are added along with sufficient water and salt. It is allowed to boil and some wheat flour is added to thicken the consistency. Upon cooking, the recipe is kept aside and a dash of lemon may be added to it. 'Paptole Ki Sabji' is served hot with rice or chapati.

Ingredients

'Badi/Paptole' (150-200 g), water (~600 ml), onion (1 bulb), garlic (1 bulb), oil (~50 ml), wheat flour (50 g), lemon (half piece), asafoetida, chilli powder, coriander powder, turmeric powder and salt as per taste.



Photo credit: Deepa Bisht

xgr dk j1
 1/2kd j1 1/2

Gahat ka Ras (Horse gram broth)

Ingredients

Horse gram (70 g), black gram (30 g), black soybean (30 g), chick pea (30 g), kidney bean (30 g), cow pea (30 g), water (~1 l), garlic (1 bulb), onion (1 bulb), oil/ghee (~50 ml), cumin seeds, black pepper powder, asafoetida, faran, Himalayan *Angelica*, turmeric powder, coriander powder and salt as per taste

Recipe

Cleaned, washed and over night soaked pulses along with salt, black pepper and cumin seeds are boiled in a pressure cooker or cooking pan for long using enough water. Upon being cooked the broth is separated from boiled grains. In an iron pan oil is heated and cumin seeds, asafoetida, faran, Himalayan *Angelica*, chilli powder, turmeric powder and coriander powder are tempered. Then the broth is added to it and boiled well for few minutes. After boiling it, the preparation is garnished with coriander leaves and served hot with rice or chapatis. Addition of 'Desi Ghee' further enhances the taste of the preparation.



Photo credit: A. Bhartiya

Gahat Ki Khichdi (A mush of horse gram and rice)

xgr dh f [kpMh
1/2K&d f [kpM1/2

Recipe

The spices (garlic and cumin seeds) are coarsely grinded. In a pressure cooker or cooking pan, oil is heated and the ground spices are sautéed. Then horse gram and rice are added along with turmeric, chilli and coriander powder and fried with the spices for a while. Then salt is added as per the taste. Water is added to the pressure cooker and a dry mush with less water content or one that is flowy is prepared as per liking. This is an easy to cook, tasty recipe and can be eaten in lunch or dinner. Pickle or chutney along with 'Gahat Ki Khichdi' further enhances the taste of preparation.

Ingredients

Horse gram (200 g), rice (400 g), water (~600 ml), oil (~50 ml), garlic (6-7 cloves), cumin seeds (5 g), turmeric powder, coriander powder, chilli powder and salt as per taste



Photo credit: A. Bhartiya

खर्द फ्यम
 १/२ क्द फ्यम

Gahat Ka Chilar (A salty pancake of horse gram)

Ingredients

Horse gram (250 g), oil (~50 ml), water (~100 ml), garlic (6-7 cloves), cumin seeds (5g), turmeric powder, chilli powder, coriander powder and Himalayan *Angelica* and salt as per taste

Recipe

Horse gram is soaked overnight and next day water is drained and the soaked horse gram grains are grinded to form flowing consistency paste. If required, some water can be added. To the same paste, salt is added and mixed well. This paste is poured in a circular manner on a hot pan greased with oil and cooked at both sides on a low flame. It becomes crunchy on cooking. In some places, horse gram and spices are mixed with boiled colocasia and ground together. It is very nutritious snack that is eaten with chutney/ sauce.

Nutritious and Healthful Traditional
 Cuisine of Uttarakhand Himalayas



Photo credit: H. Joshi

Gahat Ka Maichul (Boiled horse gram balls curry)

xgr dk epy
1/2kd epy 1/2

Recipe

Horse gram is cleaned, washed, soaked overnight and ground. Some rice flour is added to it to make a thick paste. To this paste, all the spices are added and mixed well. In a cooking pan some water is brought to boil. Small balls of the ground paste are made and dropped into the boiling water till they become hard and properly cooked. After boiling, these balls are taken out from the cooking pan and the pan is cleaned. In the same cooking pan, some oil is heated and onion along with crushed garlic is fried till it turn golden brown in colour and then remaining spices are also fried in it for sometime. The boiled balls are added and fried along with the spices. Some water is added to it to make curry and the mixture is left to boil for another couple of minutes. 'Maichul' are garnished with coriander leaves and eaten with rice or chapatis.

**Nutritious and Healthful Traditional
Cuisine of Uttarakhand Himalayas**

Ingredients

Horse gram (300 g), rice flour (~50 g), oil (~50 ml), garlic (7 - 8 cloves), onion (1 bulb), turmeric powder, chilli powder, coriander powder and salt as per taste

BLACK SOYBEAN (KALI SOYABEAN)

HEALTH BENEFITS

Anthocyanins, isoflavones, saponins and tannins possess antioxidant properties that helps to protect cells from damage by free radicals.

Regular consumption reduces cholesterol level, diabetes and growth of cancerous cells.

Beneficial effect on sperm, bone marrow production, muscle strength, hair growth and immune system.

Unique combination of high sodium and potassium is beneficial for people suffering from low blood pressure.



Nutritional composition (per 100 g)

Moisture 8.51 g, Protein 37.89 g, Minerals 4.74 g, Fat 15.8 g, Total Dietary Fibre 21.5 g, Carbohydrate 12.8 g and Energy 350 Kcal



Photo credit: A. Bhartiya

Bhatt Ki Churkani (Black soybean curry)

हव्व दह पमक क
हव्वस पमक क 1/2

Recipe

Oil is heated in a pan and washed black soybean grains are fried in it, till they sputter and make sound. These shallow fried black soybean are kept aside for a while. In the pan, oil is heated and finely chopped onion is fried till it turn brown. All spices are added and fried for few seconds and then chopped tomatoes are added along with salt. After this, wheat flour is added to it and fried for some more time. Next add sufficient water to it and the mixture is allowed to cook till the colour of the dish turns blackish green. The dish is taken off the flame and garnished with coriander leaves and served hot with rice and chapati. This cuisine is characteristically thermogenic in nature. It is prevalent in the region and consumed frequently.

Ingredients

Black soybean (250 g), oil (~50 ml), water (~600ml), wheat/gram flour (50 g), garlic (1 bulb), onion (1 bulb), tomato (2), coriander powder, turmeric powder, chilli powder and salt as per taste



Photo credit: Babita Adhikari

१११ दक त ११/१
 १११११ त ११/१

Bhatt Ka Jaula (Black soybean and rice mush)

Ingredients

Black soybean (100 g),
 rice (200 g), water
 (~700 ml), and salt
 as per taste

Recipe

Black soybean is soaked overnight and ground coarsely. In a cooking pan, water is boiled. Rice along with ground black soybean is added to the boiling water and allowed to boil again. This mixture is stirred intermittently using a spatula. It is boiled till the rice become soft and preparation become semi thick. It is eaten with salt made of coriander leaves and garlic. Since it is light and easy to digest it is often fed to people suffering from jaundice. A popular perception associated with this is that it is fed to pregnant women as it helps in increasing the amount of milk produced by them. The cover of black soybeans causes cramps in the stomach of pregnant women thus the covering is removed when preparing it for them. Soaked black soybean 'Jaula' is characteristically cold in nature.

Nutritious and Healthful Traditional
 Cuisine of Uttarakhand Himalayas



Photo credit: A. Bhartiya

Bhatt Ke Dubke (Thick curry of soaked black soybean)

HWV ds Mcds
HWs Mcd 1/2

Recipe

Black soybean is soaked overnight and water is drained. Oil is heated in an iron pan and ground garlic, asafoetida and cumin seeds are tempered in it and all spices are added and fried for few seconds. Next the ground black soybean is added and fried for 5-10 minutes. Crushed Himalayan *Angelica* is added to it along with sufficient water. The mixture is left for boiling. Once cooked, 'Biswar' (a solution of wheat flour dissolved in water) is added to it to achieve semi thick consistency of preparation. As this comes to a boil, salt is added and the dish is stirred in between to avoid burning of the recipe. It is cooked on low flame till the preparation turn blackish and semi thick in consistency. Finally, it is garnished with coriander leaves and served hot with rice and chapati.

Ingredients

Black soybean (250 g), oil (~50 ml), water (~700ml), garlic (5-6 cloves), cumin seeds (5 g), asafoetida (a pinch), Himalayan *Angelica* (5 g), chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: A. Bhartiya

High HVV
1/2 HVV 1/2

Bhuni Bhatt (Roasted black soybean)

Ingredients

Black soybean
(250 g)

Recipe

In an iron pan, the cleaned black soybean is dry roasted on low flame. Black soybean start sputtering and release a pleasant aroma on heating. Once all maximum grains get sputtered then they are removed from flame. This can be dry roasted or the pan can be greased slightly before roasting. While eating, roasted black soybean are rubbed between palms that leads to the removal of its outer covering. This cuisine is eaten during monsoon and winters as a snack by people while they work in the field or have gone out to graze their cattles. It can be kept for days after roasting. In this snack, sugar and flattened rice are also added at some places. This enhances the flavour of the dish. This easy to make snack is just as prevalent as before.



Photo credit: P.S. Chauhan

Maichul (Curry of boiled black soybean balls)

1 cup
1/2 cup

Recipe

Black soybean is soaked and ground into a thick paste. All spices are mixed in the paste of black soybean. Water is boiled in a cooking pan. The ground black soybean dough is taken and small balls or small kite shapes are made out of it. These are put into the boiling water and further cooked till they become hard. Once cooked, these are taken out and cooled down. In a pan, spices are fried in oil and boiled black soybean balls are added to it then sufficient water is poured into the cooking pan and a solution of finely ground black soybean is added to it and left for cooking on low flame. Finger licking 'Maichul' are garnished with coriander leaves and served hot with rice and chapatis.

Ingredients

Black soybean (400 g), oil (~50 ml), water (~1 l), garlic (2-4 cloves), chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: H. Joshi

हवव ध f [kpMh
1/2हवव f [kpM1/2

Bhat Ki Khichdi (A mush of black soybean and rice)

Ingredients

Black soybean (100 g), rice (300 g), oil (~50 ml), water (~500 ml), garlic (5-6 cloves), onion (2 bulb), tomato (2), cumin seeds, chilli powder, asafoetida, carom seeds, turmeric powder, coriander powder and salt as per taste

Recipe

Black soybean is roasted in a pan. The outer covering of roasted soybean can be removed as per liking. After that it is coarsely grinded using a grinding stone. In a cooker, oil is heated and onion is sauteed till they turn golden brown. Next, chopped tomatoes and other spices are also sauteed for some time. Once the tomatoes get fully cooked and oil separates from all ingredients, rice and roasted soybean are added to this and fried for some time. Sufficient water is added to the mixture and allowed to cook till the rice and black soybean get softer and flaky. This hot savoury 'Bhat Ki Khichdi' is ready to eat. It is usually eaten with curd, ghee, radish or pickle.



Photo credit: H. Joshi

Bhat Ke Chais (Curry of roasted black soybean grains)

HWV ds p 8
1/4 HWs p 8 1/2

Recipe

Black soybean is roasted and finely ground using grinding stone. In an iron pan, oil is heated and the ground soybean is fried with some wheat flour. Then water is added along with the spices and kept for boiling till it achieves semi thick consistency. The dish is garnished with coriander leaves and served hot with rice.

Ingredients

Black soybean (250 g), wheat flour (50 g), oil (~20 ml), water (~500 ml), garlic (5-6 cloves), chilli powder, turmeric powder, coriander powder and salt as per taste

BLACK GRAM (URD)

HEALTH BENEFITS

High protein value than most of the legumes and also known to improve bone mineral density.

Improve cardiovascular health and support blood circulation due to high level of magnesium and folate.

It has diuretic properties, good for skin, heart and those suffering from diabetes due to various health promoting functional compounds.

An excellent source of dietary fiber, isoflavones, vitamin B complex, iron, copper, calcium, magnesium, zinc, potassium, phosphorus that offers a myriad of health benefits.



Nutritional composition (per 100 g)

Moisture 8.7 g, Protein 21.97 g, Minerals 3.35 g, Total fat 1.58 g, Dietary fibre 20.41 g, Carbohydrate 43.99 g, Energy 1219 KJ



Photo credit: A. Bhartiya

Maas Ki Daal (Black gram curry)

ek dh nky
1/2 ek d nk 1/2

Recipe

Washed black gram is kept in cooker along with sufficient water and some turmeric powder, coriander powder and salt are added to it and kept for cooking. After it cooked well and grains become softer, a blend of ground spices (clove, cardamom, black pepper, nutmeg, cumin seeds, cinnamon, black cardamom) called 'Garam Masala' is added to the boiled black gram. Next, the crushed garlic cloves and asafoetida are tempered in ghee and added to it and again boiled for some time to imbibe the flavours of all spices into the preparation. Preparation is garnished with coriander leaves and served hot with rice. Addition of some more ghee to the preparation enhances the taste manifolds.

Ingredients

Black gram (300 g),
ghee/oil (~50 ml),
water (~600 ml), garlic
(1 bulb), asafoetida,
a blend of ground
spices (Garam Masala),
turmeric powder,
coriander powder,
chilli powder and salt
as per taste



Photo credit: A. Bhartiya

हमको यह नुकी
हमको 1/2

Bhaddu Wali Daal (Black gram curry made in bronze utensil)

Ingredients

Black gram (300 g), ghee/oil (~50 ml), water (~700 g), garlic (1 bulb), asafoetida, a blend of ground spices (Garam Masala), turmeric powder, coriander powder, chilli powder and salt as per taste

Recipe

The traditional bronze utensil (Bhaddu) is coated with ash and then water is boiled in it. After boiling the water, cleaned and washed black gram along with all the spices are kept in the utensil for cooking. Then 'Bhaddu' is covered with a small round metal pot or a bowl filled with water so that it heats up through the steam. When the water in the 'Bhaddu' reduces, this hot water in the metal pot/bowl is used to bring back the water level. This process is continued till the horse gram gets properly cooked and grains become soft. Once the dish gets cooked it is tempered with garlic and asafoetida and boiled for some more time. This curry is extremely tasty. It is cooked in the flame of oak or fig sticks. This curry is pretty savoury. These fire woods are believed to be medicinal and impart great flavour to the recipe. The preparation is then garnished with fresh coriander leaves and served hot with rice and chapatis.

**Nutritious and Healthful Traditional
Cuisine of Uttarakhand Himalayas**



Photo credit: A. Bhartiya

Tarad Ki Sabji (Black gram dumpling curry)

1 cup black gram
1/2 cup rice

Recipe

Black gram is coarsely grinded along with rice and all spices (except carom seeds). In this black gram-rice paste, carom seeds and salt are added. Next a clean cloth is spread under the sun and small balls of this paste are made and spread on the cloth and sun dried. These balls are left for drying under sun for 3-4 days with flipping them intermittently to facilitate quick drying.

In a pan, some oil is heated and tempered with crushed garlic and carom seeds and then 'Tarad' is added to it and fried till it turns golden brown. Next all the spices are added and fried for some time. Then water is poured to the pan and boiled till the curry become slightly thicker in consistency. Some people add potatoes to the dish and eat it with chapatis. A solution of wheat / rice flour is added to this, to be eaten along with boiled rice.

Nutritious and Healthful Traditional Cuisine of Uttarakhand Himalayas

Ingredients

Black gram (150 g), rice (50 g), oil (~50 ml), water (~500 ml), garlic (5-6 cloves), carom seeds (5g), chilli powder, asafoetida, turmeric powder, coriander powder and salt as per taste



Photo credit: A. Bhartiya

ekl dh nky ds
cM 1/2 ekl d cM 1/2

Maas Ki Daal Ke Bade (Deep fried black gram snack)

Ingredients

Black gram (250 g),
ghee/oil (~200 ml),
carom seeds (5 g),
asafoetida, chilli
powder, turmeric
powder, coriander
powder and salt as
per taste

Recipe

Black gram is soaked overnight. After washing it thoroughly, its outer covering may be removed and a fine paste is made by grinding it. All the spices are mixed thoroughly with the paste and some salt and carom seeds are added to it. A small portion of paste is taken and made into a circular shape with a hole in middle. However, dumplings (Bade) without holes can also be prepared. This circular-shaped paste is then fried in hot oil till it turns golden brown. These are quick snacks that are served with hot chutneys/ sauce or tea.

Nutritious and Healthful Traditional
Cuisine of Uttarakhand Himalayas



Photo credit: H. Joshi & N. Singh

Maas Ke Bedu (Stuffed black gram chapati)

ek dscMw
1/2ek d cMw

Recipe

Black gram is soaked overnight. All the spices are mixed with the black gram and finely grinded. Then salt and carom seeds are added to this paste. A pan is greased with oil and then this paste is fried in it and kept aside. Next, some wheat flour is kneaded to prepare dough. Small dough balls are made of the dough and stuffed with the fried mixture of black gram and flattened to make chapatis. These are baked like other chapatis. Since the ground black gram within the small dough balls is heavy, hence it is baked in low flame for even cooking. Hot 'Bedu' greased with 'Desi Ghee' are served with chutney or pickle and tea as breakfast.

Ingredients

Black gram (200 g), wheat flour (500 g), oil/ghee (~50 ml), water (~250 ml), garlic (5-6 cloves), carom seeds (5 g), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: H. Joshi

ek dh pā
½ ek d pā ½

Maas Ki Chais (Thick curry of roasted black gram)

Ingredients

Black gram (150 g), wheat / rice flour (50 g), oil (~50 ml), water (~400 ml), garlic (6-7 cloves), onion (1 bulb), a blend of ground spices (garam masala), cumin seeds (5 g), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Cleaned and washed black gram grains are coarsely grinded. Oil is heated in an iron cooking pan and cumin seeds along with asafoetida are added and sauteed. Once the cumin seeds become brown then chopped onion, garlic and other spices are added to this and fried. When onion-garlic-spices turn golden brown due to frying, the coarsely ground black gram added to the pan and fried for a while. Water is then poured to bring the preparation in semi thick consistency and the mixture is boiled for some more time. After it comes to a boil, 'Biswar' (a solution of wheat /rice flour mixed with water) is added to it. The mixture is boiled for some more time. It is garnished with coriander leaves and served hot with rice.



Photo credit: H. Joshi

Maas Ki Badi (Black gram dry dumplings)

ek dh cMh
1/2ek d cMh/2

Recipe

Black gram is soaked overnight and on next day water is drained and soaked black gram is grinded into a thick paste. Cucumber/radish/bottle gourd/colocasia stems are grated/chopped and squeezed to remove any water that they contain and added to the paste of black gram and mixed well. Small balls of this paste are made and spread over a polythene sheet or a tin sheet greased with oil and are dried in sun for 5 to 6 days. Once dried, these balls are stored in a clean box. These are cooked from time to time to be eaten along with rice or chapati. 'Maas Ki Badi' gravy is prepared in similar manner as 'Gahat Ke Paptole Ki Sabji'. This is a popular recipe in the region.

Ingredients

Black gram (500 g), asafoetida, cucumber/radish/bottle gourd/colocasia stem (~350 g), cumin seeds (5 g), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: A. Bhartiya

ek dh f [kpMh
 1/2 ek d f [kpM1/2

Maas Ki Khichdi (A mush of black gram and rice)

Ingredients

Black gram (150 g), rice (300 g), oil (~50 ml), water (~600 ml), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Wash the rice and black gram thoroughly. In a pressure cooker or a brass pot, oil is added and once the oil heated, some asafoetida and spices are tempered in it. Next, rice and black gram are fried for sometime in the cooker or brass pot and water and salt is added. The cooker/pot is covered and cooked till rice and black gram get softer and flaky and properly cooked. A hot and tasty mush of black gram and rice is ready that can be served with ghee/ pickle/ green leafy vegetables.



Photo credit: N. Singh and A. Bhartiya

Dau Poori/Kachauri (Poori stuffed with black gram)

nK i Mh@d pK Mh
1/nK SyxM 1/2

Recipe

Black gram is soaked overnight and finely grinded to make a thin paste. Ground garlic, coriander powder and chilli powder are also added to the black gram paste. Then salt, asafoetida and carom seeds are also added to this and mixed well. Oil is heated in a cooking pan and the paste prepared is fried in it. The stuffing for the dish is ready. Wheat flour is kneaded into dough and the stuffing prepared from black gram is filled in the small balls of wheat dough and flattened a little. These flattened small stuffed poories are deep-fried till they turn golden brown. A tasty and spicy 'Dau Poori/Kachauri' is ready to be eaten with curd /chutney/ pickles.

Ingredients

Black gram (300 g), oil (~400 ml), wheat flour (400 g), garlic (5-6 cloves), carom seeds (5 g), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste

RICE BEAN (NAURANGI)

HEALTH BENEFITS

Richness of protein with plenty of essential amino acids in grains is beneficial for human health.

Higher levels of minerals like potassium, calcium, iron and zinc with their better bioavailability.

Less oligosaccharide (flatulence producing saccharides) content than other pulses.

The seeds are rich in fibre and also has anti-inflammatory properties.



Reins

Nutritional composition (per 100 g)

Moisture 11.12 g, Protein 19.97 g, Minerals 3.54 g, Fat 0.74 g, Total Dietary Fibre 13.37 g, Carbohydrate 51.26 g, Energy 1265 KJ



Photo credit: K. Joshi

Reins Ke Bade (Deep fried rice bean snack)

1 1/2 cups
1/2 cup

Recipe

Rice bean is soaked in water and grinded into a fine paste. Ground garlic along with chilli powder, coriander powder, turmeric powder and cloves are mixed with the ground rice bean. Oil is heated in a pan and small balls of the rice bean mixture are dropped into it and fried in the heated oil till they turn golden brown. This is an easy snack that is enjoyed with green chutney and tea.

Ingredients

Rice bean (250 g), oil (~250 ml), water (~600 ml), garlic (6-7 clove), cloves (3-4), chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: J. S. Kanwal

ज१ dh nky
¼१ d nk½

Reins Ki Daal (Soaked rice bean thick gravy)

Ingredients

Rice bean (250 g), oil (~20 ml), water (~600 ml), garlic (5- 6 cloves), carom seeds (5 g), ginger, asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Cleaned and washed rice bean is soaked overnight and next day boiled it with sufficient water and salt along with other spices. The lid of the cooker is closed and pressure cook till the grains becomes softer. In another pan, oil is heated, then ginger paste, crushed garlic, asafoetida and cumin seeds are added in it and sauteed for a while. Next, boiled rice bean is added to it and boiled for some more time to imbibe the flavours in the curry. The preparation is served hot with rice or chapatis.



Photo credit: K. Joshi

Reins Ke Chais (Roasted rice bean curry)

जई दसपई
¼ द पई ½

Recipe

Rice bean grains are dry roasted for 5-10 minutes on low flame and grinded. In an iron pan, oil is heated and chopped onion and garlic are sauteed. Along with this, wheat flour is fried and salt, chilli powder, turmeric powder, coriander powder are added along with water. This preparation is boiled till the preparation get properly cooked. It is garnished with coriander leaves and served hot with rice and chapatis. The longer it cooks, the tastier it is.

Ingredients

Rice bean (250 g), wheat flour (20 g), oil (~30 ml), water (~400 ml), garlic (1 bulb), onion (1 bulb), chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: K. Joshi

ज१ dk phyk
¼१ d fpyM½

Reins Ka Cheela (A spicy pancake of rice bean)

Ingredients

Rice bean (200 g), garlic (1 bulb), onion (1 bulb), ghee/oil (~50 ml), water (~75 ml), cumin seeds (5 g), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Rice bean is soaked overnight and next day grinded to make a thick paste. To this paste salt, chilli powder, turmeric powder and cumin seeds are added and mixed. A hot pan is greased with oil and this paste is spread on it in a circular fashion using a spoon and cooked with intermittent flipping till both sides turn golden brown. It is easy to make snack that can be served with chutney for better taste.



Photo credit: K. Joshi

Reins ki Khichdi (A mush of rice bean and rice)

जई ध f [kpMh
¼S d f [kpM½

Recipe

In a pressure cooker/pan, oil is heated and asafoetida along with garlic is sauteed for some time, then spices are added and fried for a while. Next, washed rice beans and rice are added to it and fried for a while. After frying sufficient water is added to it for making the preparation dry and flaky along with salt. Cover the pan with lid for cooking the recipe. This preparation is served hot with curd/ pickle/salad.

Ingredients

Rice bean (150 g), rice (300 g), ghee/ oil (~50 ml), water (~450 ml), garlic (1 bulb), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: K. Joshi

> १ कद
१/२ १ कद १/२

Jhuloke (Roasted rice beans)

Ingredients

Rice bean (400 g), onion (1-2 bulbs), garlic (1 bulb), water (~75 ml), cumin seeds (5 g), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Rice bean is soaked in water overnight. Next day, in a pan, oil is heated and the chopped onions and garlic are sauteed till they turn golden brown. Then, all the spices are added and fried for a while and to this the rice bean is added and fried for some time. This mixture is cooked for a while on a low flame. Keep flipping the mixture using a spatula for cooking it evenly till the grains are properly cooked. This preparation is eaten as snack with tea.



Photo credit: K. Joshi

Ankurit Reins (Sprouted rice beans)

वद्वि र ज
¼ के ज ½

Recipe

Rice bean is soaked overnight. Next day these are taken out and tied in a cloth. In a span of 3 to 4 days the rice bean gets sprouted. To these sprouts finely chopped onion, tomatoes, green chillies, lemon juice and salt is added along with other spices like 'Chaat Masala'. The sprouted rice beans are mixed well with other ingredients and enjoyed as snack. It is very nutritious, easy to prepare dish, which is full of health promoting functional compounds.

Ingredients

Sprouted rice bean (300 g), onion (1-2 bulbs), garlic (1 bulb), 'Chaat Masala', salt and lemon juice as per taste



Photo credit: K. Joshi

ज१ दस०
१/१ दस०

Reins Ke Bedu (Stuffed rice bean chapatti)

Ingredients

Rice bean (200 g), wheat flour (400g), garlic (5-6 cloves), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Rice bean is soaked overnight in water and next day coarsely grinded without adding water. All the spices are added to the coarsely ground rice bean. Next, wheat flour is kneaded into dough and small dough balls are prepared from the same. The mixture of coarsely ground rice bean is stuffed into the round dough balls and flattened in the shape of chapatis. These stuffed chapatis are baked in low flame for better cooking. These are greased with 'Desi Ghee' and served hot with chutney or pickle.

LENTIL (MASOOR)

HEALTH BENEFITS

Rich source of protein with easy digestibility along with fibre and key vitamins to support good health.

Plenty of probiotic fibers that are good for gut health, iron content and also have anti-ageing properties.

Regular consumption reduce cholesterol level, diabetes due to low glycaemic index and also growth of cancerous cells due to polyphenols that have antioxidant activities.

Helpful in reducing obesity, supports weight loss as well as other chronic diseases due to richness of phenols.



Masoor



Nutritional composition (per 100 g)

Moisture 9.2 g, Protein 22.49 g, Minerals 2.39 g, Fat 0.64 g, Total Dietary Fibre 16.82 g, Carbohydrate 48.47 g, Energy 1251 KJ



Photo credit: A. Bhartiya

el jv dh Nky; ka
1/2 el jvd NkZ2

Masoor Ki Chholiyian (Spicy lentil pancake)

Ingredients

Lentil (200 g), carom seeds (5 g), oil (~50 ml), water (~100 ml) garlic (1 bulb), cloves (4-5), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Lentil is soaked for 3-4 hours and then grinded to prepare a fine paste. While grinding (garlic, chilli powder, turmeric powder, carom seeds, cloves, coriander powder and salt) are added along with the lentil. Water is also added to make the paste of semi-thick consistency. Next, a pan is greased with oil and heated. Then lentil paste is spread over it in circular manner with the help of spatula. It is cooked until it turns golden brown and then flipped using a spatula till the other side turns golden brown as well. Oil/ghee is applied to both sides and by intermittent flipping it is cooked evenly on low flame. This is an easy to make nutritious recipe that can be served with pickle/ sauce etc. for better taste.



Photo credit: N. Singh

Masoor Ki Saahi (Shallow fried lentil snack)

el yv dh l kgh
1/2 l yd l 1/2

Recipe

Lentil is soaked for 3-4 hours and ground coarsely. Ground garlic and other spices are added to it and some water is added to make semi-thick consistency paste. Oil is heated in an iron pan and chopped onions are sautéed till it turns golden brown. The paste of lentil is added to it and fried well with gentle continuous stirring with a spatula. Then the mixture is allowed to boil on low flame till the water evaporates. It is served hot.

Ingredients

Lentil (500 g), oil (~200 ml), water (~250 ml), garlic (1 bulb), onion (1 bulb), chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: A. Bhartiya

el jv dh nky
1/2 el jvd nk 1/2

Masoor Ki Daal (Lentil curry)

Ingredients

Lentil (300 g),
ghee/oil (~20 ml),
water (~600 ml),
cumin seeds (5 g),
asafoetida, garlic
(1 bulb), chilli powder,
turmeric powder,
coriander powder
and salt as per taste

Recipe

Lentil is washed and boiled in a pan. All the spices are added to it along with sufficient water. Once the lentil grains become soft and preparation become semi thick in consistency, it is tempered with garlic, asafoetida and cumin seeds in 'Desi Ghee'. This recipe is garnished with coriander leaves and served hot with rice and chapatis.



Photo credit: A. Bhartiya

Masoor Ke Dubke (Soaked lentil curry)

el yv ds Mcds
1/2 el yv Mcd 1/2

Recipe

Lentil is soaked overnight and next day finely ground. In pan, oil is heated and the chopped onions are sauteed along with ground garlic for few seconds. Then, all the spices are added to it along with the lentil paste and fried with gentle stirring. Water is added to it to achieve semi thick consistency of the recipe and allowed to boil on low flame for some time. When it boils heavily and starts to make a bubbling sound, the cuisine is ready to be served. This recipe is garnished with coriander leaves and fried chillies and served hot with rice.

Ingredients

Lentil (250 g), oil (~30 ml), water (~500 ml), garlic (1 bulb), onion (1 bulb), chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: H. Joshi

लेंतु की नमकेन
1/2 लेंतु की नमकेन 1/2

Masoor Ki Namkeen (Spicy lentil snack)

Ingredients

Lentil (300 g), oil (~150 ml), chilli powder, turmeric powder, mango powder and salt as per taste

Recipe

Lentil is soaked overnight and next day, soaked lentil grains are sun dried on a clean surface. Then, oil is heated in a pan and dried lentil grains are deep fried till they become crispy. Finally, chilli powder, turmeric powder, mango powder and salt are added and mixed well. This preparation is served with tea and can be stored for a month.



Photo credit: www.google.com

Masoor Ke Patode (A spicy lentil and colocasia leaves snack)

el yv ds irkMs
1/2 el yv ds irkMs

Recipe

Lentil is soaked for 3-4 hours and then finely grinded along with spices. Soft leaves of colocasia are washed and dried. A leaf of colocasia is taken and turned upside down. The lentil paste prepared is spread on it covering the leaf surface. Similarly, 5-6 leaves of colocasia are prepared by applying lentil paste. These leaves are arranged one over another and are tied well. In a pan, oil is heated and these 'Patode' are placed without overlapping each other. At the time of cooking, these leaves are covered with lid tightly and are fried on a low flame. Upon being cooked, cut 'Patode' into pieces horizontally into circular shapes and are tempered with fenugreek seeds. This is a mouth watering snack eaten during monsoon season.

Ingredients

Lentil (300 g), colocasia leaves (10-15), oil (~100 ml), garlic (1 bulb), fenugreek seeds (5 g), chilli powder, turmeric powder, mango powder and salt as per taste



Photo credit: N. Singh

el jv ds cM
1/2 el jvd cM

Masoor ke Bade (Deep fried lentil patty)

Ingredients

Lentil (400 g), oil (~200 ml), carom seeds (5 g), garlic (5-6 cloves), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Lentil is soaked for 3-4 hours in water. Soaked lentil is finely grinded with spices and a thick paste is made without adding much water. In a pan, oil is heated and small circular shaped patties are prepared on palm. These patties are fried in oil till they turn brown in colour. This is a easy to make snack that can be eaten anytime round the year.



Photo credit: H. Joshi & N. Singh

Masoor Ke Bedu (Stuffed lentil chapati)

el yv ds cMw
1/2 el yv d cMw

Recipe

Lentil is soaked in water for 3-4 hours. Soaked lentils are finely grinded along with all the spices (except carom seeds) into a thick paste. In a cooking pan, oil is heated and carom seeds are tempered in it. The lentil-spices paste is added and fried well with intermittent stirring. Salt is added in between the frying. Next, wheat flour is kneaded tightly into dough and balls of required size are made from the dough. These balls are stuffed with the lentil paste and are flattened in shape of a chapati. These flattened chapatis are baked like any other chapati on the heated pan/ tawa and then directly over the flame. The 'Bedu' are served hot after greasing with some 'Desi Ghee' along with chutney/pickle/tea etc.

Ingredients

Lentil (250 g), wheat flour (450 g), oil (~30 ml), carom seeds (4-5 g), garlic (5-6 cloves), chilli powder, turmeric powder, coriander powder and salt as per taste



Photo credit: N. Singh

el y dh i d 1/2
1/2 el y d i d 1/2

Masoor Ki Pakori (Deep fried lentil snack)

Ingredients

Lentil (400 g), oil (~200 ml), garlic (5-6 cloves), spring onion/amaranth/any other green leafy vegetable (100 g), onion (1 bulb), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Lentil is soaked in water for 3-4 hours. Garlic, onion, salt, chilli and turmeric are added to the soaked lentil and grinded to make a thick paste. Spring onions/amaranth leaves/any other green leafy vegetable as per availability are chopped and mixed well with the paste along with chopped onions. In an iron pan, oil is heated and small balls of this paste are deep fried till they turn brown in colour. It is an easy to make snack that served hot with green chutney or sauce.



Photo credit: A. Bharti

Masoor Ki Badeel (Savoury lentil snack)

el jv dh cMy
1/2 el jvd cMy 1/2

Recipe

Lentil is soaked in water and grinded into a fine paste along with all the spices. Oil is heated in a pan and chopped onions are sautéed along with garlic in it. Next, the ground lentil is added to it and fried. Some water is added to keep it in semi thick consistency and it is cooked on low flame for about 15 minutes. When cooked well, a plate is greased with ghee or oil and the shallow fried lentil paste is spread over it evenly. After an hour, this lentil paste is taken out from the plate by keeping the plate upside down and is cut into pieces. A tasty 'Badeel' is ready to be eaten. 'Badeel' pieces are deep fried at some places and eaten with green chutney. This is a very nutritious snack that is eaten round the year.

Ingredients

Lentil (500 g), oil (~50 ml), onion (2 bulbs), garlic (1 bulb), chilli powder, turmeric powder, coriander powder and salt as per taste

TRADITIONAL RECIPES OF VEGETABLES



Photo credit: A. Bhartiya

वक्रवदस खदस
 1/4 क्वद खद 1/2

Aloo Ke Gutke (Shallow fried spicy potato)

Ingredients

Medium sized potato (4), oil (~50 ml), cumin seeds (5 g), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Potatoes are boiled, peeled and cut into small cubes. Then oil is heated in a pan and tempered with asafoetida, cumin seeds along with all the spices. To this, the chopped potatoes are added and sauteed for some time. Salt is added as per taste and mixed well and cooked for some more time. Tasty 'Aloo Ke Gutke' is ready to eat. This is a very tasty recipe that is liked by everyone. Generally, it is eaten with 'Poori' or cucumber 'Raiata' (Mix of grated cucumber in curd along with spices).





Photo credit: A. Bhartiya

Gethi Ki Sabji (Sauteed aerial potato)

xBh dh l Ct h
1/2xBhd xYq1/2

Recipe

Aerial potatoes are boiled and cut into small cubes. Oil is taken in a pan and chopped onion is sauteed along with garlic till they turn golden brown. All spices are added and fried for a while. After this chopped aerial potatoes are fried along with the spices in the pan for 5-10 minutes. This is garnished with green coriander/mint leaves. Served hot with chutney, particularly 'Bhang Ki Chutney' enhances its taste manifolds.

Ingredients

Aerial potato (600 gm), oil (~50 ml), garlic (1 bulb), onion (1 bulb), a blend of ground spices (Garam Masala), chilli powder, turmeric powder, coriander powder and salt as per taste





Photo credit: K. Joshi

xMj h eFlh dh l C h
 1/4 Mj h eFlh l k 1/2

Gaderi Methi Ki Sabji (Taro and fenugreek leaves curry)

Ingredients

Taro (500 g), garlic (1 bulb), cumin seeds (5 g), hemp seeds (~10 g), oil (~50 ml), water (~250 ml), fenugreek leaves, chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Taro is cleaned, peeled and chopped into small pieces. After cutting, it is cleaned once again in warm water. Oil is heated in a pan and cumin seeds are tempered in it. Along with that ground garlic, coriander powder, chilli powder and turmeric powder is also added and fried for a while. Then finely chopped fenugreek leaves are added and sauteed. Water is added to this to make soup like consistency and salt is added. Once the water starts boiling, chopped taro is added and cooked well till it become soft and then water extract of crushed hemp seeds added to it and mixed. This recipe is popular in the region and served hot with chapatis.





Photo credit: A. Bhartiya

Gaderi Ke Gutke (Shallow fried spicy taro)

xMjh ds xYds
½Mjd xq½

Recipe

Taro is boiled, peeled and cut into small cubes. Cloves and garlic are ground separately. Oil is heated in a pan and tempered with asafoetida, cumin and carom seeds and after that all the ground cloves, garlic and other spices are added to it. To this, the chopped taro is added and fried for some time and then salt is added as per taste and mixed well using spatula. It is covered with a lid and cooked for few more minutes. Tasty shallow fried taro is ready to eat. This recipe is served hot with chapatis.

Ingredients

Medium sized taro (4), oil (~50 ml), cumin (5 g), carom (5 g), clove (5 g), garlic (1 bulb), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste





Photo credit: A. Bhartiya

फि उक्य वड्स x वड्स
 1/4 फि उक्य वड्स x वड्स 1/2

Pinaloo Ke Gutke (Shallow fried spicy colocasia tubers)

Ingredients

Colocasia tubers (500 g), oil (~50 ml), cumin (5 g), fenugreek seeds (5 g), garlic (1 bulb), clove (2-3), asafoetida (a pinch), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Colocasia tubers are washed, boiled, peeled and chopped into small pieces. Spices (cloves and garlic) are grinded. Oil is heated in a pan and after tempering it with asafoetida, cumin seeds, fenugreek seeds along with ground clove, garlic other spices are added to it and fried. Chopped tubers are added to this mixture along with salt and mixed thoroughly. It is covered with a lid and cooked for few more minutes. In order to accentuate the taste of the dish tomatoes or fenugreek leaves are also added at some places. This is garnished with coriander leaves and served hot with chapatis.





Photo credit: A. Bhartiya

Gabe Ki Sabji (Taro leaves assorted with radish)

खस ध 1 क ह
1/2 क 1 क 1/2

Recipe

Closed taro leaves (Gabe) are washed thoroughly and chopped. Radish are also washed, peeled and chopped. Oil is heated in an iron pan and tempered with carom/fenugreek seeds. Chopped vegetables are added in it along with salt and other spices and the pan is covered with a lid. This is cooked till the vegetables become softer and mushy. Finally, it is garnished with coriander leaves, served hot with chapatis.

Ingredients

Gabe or closed leaves of taro (500 g), radish (2), oil (~50 ml), fenugreek or carom seeds (~5g), asafoetida, chilli powder, turmeric powder, coriander powder and salt as per taste





Photo credit: A. Bhartiya

फि उक्युध १ क् ह
 १/२ फि उक्युध १ क् १/२

Pinaloo Ki Sabji (Colocasia roots curry)

Ingredients

Colocasia corms (500 g), oil (~30 ml), water (~300 ml), asafoetida, fenugreek/carom seeds (5 g), turmeric powder and coriander powder, chilli powder and salt as per taste

Recipe

Colocasia corms are washed, boiled, peeled and chopped into cubes. In pan, oil is heated and tempered with asafoetida, carom/fenugreek seeds and then all spices are added and sauteed. Chopped colocasia corms along with salt as per taste is also added. Sufficient water is added to this and then the pan is covered with a lid. This curry is allowed to cook for a while. Some people also use raw colocasia roots without boiling them. Boiled Colocasia corms take about 4-5 minutes, whereas raw colocasia corms take very long to cook. This dish is garnished with green coriander leaves and served hot with chapatis.





Photo credit: www.google.com

Ramkarele Ki Sabji (Cooked stuffing cucumber)

1 kg stuffing cucumber
1/2 kg onion; 1 kg 1/2

Recipe

Firstly, the stuffing cucumber is chopped and its seeds are removed. Onions are chopped and garlic is grinded. In a pan oil is heated and cumin seeds tempered then chopped onions and ground garlic are sauteed till they turn golden brown. Next, all the spices are added to it and sauteed, then the chopped stuffing cucumber is added and fried for few minutes. To enhance the taste of the dish, a dash of dry mango powder is added to it. Salt is added to taste and the pan is covered with a lid and the whole mixture is allowed to cook on a low flame. Some people also add chopped potatoes while making this dish.

Ingredients

Stuffing cucumber (500 g), onion (2-3 bulbs), garlic (1 bulb), oil (~50 ml), asafoetida, chilli powder, turmeric powder, coriander powder, mango powder and salt as per taste





Photo credit: A. Bhartiya

र: मधु १ ० ह
 १/४: म १ १/२

Tarud Ki Sabji (Potato yam curry)

Ingredients

Potato yam (600 g), garlic (1 bulb), oil (~50 ml), water (~400 ml), cumin seeds (5 g), tomato (2), onion (2 bulbs), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

Potato yams are boiled, peeled and chopped into pieces. Oil is heated in a pan and cumin seeds are tempered and chopped onions and ground garlic are sauteed in it till they turn golden brown. Then other spices are added to it and sauteed for a while. Next, tomatoes are added to it along with salt and cooked well. Once all this has been cooked properly, the chopped potato yam is added to this and fried for some time and then sufficient water is added to it to make curry. The dish requires cooking for a long time if the potato yam is used raw. This recipe is generally made on 'Shivratri' festival. During festival use of onion and garlic is avoided. This preparation is served hot with 'Pooories'.





Photo credit: A. Bhartiya

Paalak Ka Kapa (Thick curry of spinach)

1 kg d k d k k
1/2 d k k 1/2

Recipe

Spinach leaves are plucked, cleaned, washed and then roughly chopped or it is boiled in an iron pan and finely grinded. Oil is heated in a pan and tempered with cumin seeds. The garlic cloves are sauteed along with turmeric, chilli powder and coriander powder in it and then chopped/ground spinach is added and fried for some time. 'Biswar' (A solution of gram flour prepared in water) is added to the pan along with salt and sufficient water to make semi thick consistency of curry. Once the dish has 2- 3 boils and semi thick in consistency, it gets prepared. This is generally served hot with rice.

For preparing 'Kapa' other green leafy vegetables like wild spinach (Bathuwa), buck wheat (Ugal), mustard leaves (Lahi) are also used at some places.

**Nutritious and Healthful Traditional
Cuisine of Uttarakhand Himalayas**

Ingredients

Spinach (500 g), cumin seeds (5 g), garlic (1 bulb), oil (~30 ml), water (~300 ml), gram flour (~60 g), chilli powder, turmeric powder, coriander powder and salt as per taste





Photo credit: Vidya Devi

fcPNwdh l Q h
1/1 l l k l k 1/2

Bicchu Ki Sabji (Cooked nettle leaf)

Ingredients

Nettle leaves (500 g), onion (1 bulb), garlic (1 bulb), oil (~50 ml), water (~100 ml), a blend of ground spices (Garam Masala), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

The soft buds (young budding leaves) of the nettle are plucked using a tong. In a pan water is boiled and these buds are dipped in it and intermittently flipped. Next, wring out the water from these leaves and grind them. After this, oil is heated in a pan and the chopped onion and garlic cloves are sauteed. The ground nettle leaves are added to this and all spices are added. Sprinkle some salt over this and mix everything well. This preparation is served hot with chapatis. This recipe is not prevalent these days.



**Nutritious and Healthful Traditional
Cuisine of Uttarakhand Himalayas**



Photo credit : www.google.com

Lingud Ki Sabji (Cooked fiddlehead fern)

फिडलहेड फर्न 1 किलो
1/2 किलो

Recipe

The fiddlehead fern is broken, its hair are removed and then the fern is finely chopped. These chopped fiddlehead ferns are boiled. In a pan oil is heated and chopped onions are sauteed in it till they turn golden brown along with garlic and other spices. After this the boiled fiddlehead ferns are added to this and fried for some time and covered with lid for cooking. It is made without adding water. Curd is added to this after the dish has been cooked. At some places fiddlehead fern is not boiled but it is just cleaned, cut and sun dried and fried in oil tempered with onion, garlic and spices and cooked on low flame with intermittent stirring. This recipe is popular in the region and served hot with chapatis.

Ingredients

Fiddlehead fern (500 g), onion (2 bulbs), garlic (1 bulb), curd (250 ml), oil (~50 ml), cumin seeds (5 g), a blend of ground spices (Garam Masala), chilli powder, turmeric powder, coriander powder and salt as per taste





Photo credit : P.S. Chauhan

Timil Ki Sabji
(Cooked raw fig fruits)

Timil Ki Sabji (Cooked raw fig fruits)

Ingredients

Soft figs (500 g), oil (~50 ml), curd (250 ml), tomato (2), onion (2 bulbs), garlic (5-6 cloves), chilli powder, turmeric powder, coriander powder and salt as per taste

Recipe

The small soft figs are boiled. While boiling the figs, some ash is added to them as it helps remove the outer covering of the figs. In a pan, some oil is heated and chopped onions along with ground garlic are sauteed till they turn golden brown. Chopped tomatoes along with other spices and salt are added and fried well. Then boiled figs are added to it and fried till everything is cooked well. Finally, curd is added to it and fried for some more time. Water is not added to this dish as it is dry recipe. This recipe is not prevalent these days.





Photo credit : K. Joshi

Ugal Ki Sabji (Cooked buck wheat leaves)

Ugal Ki Sabji
(Cooked buck wheat leaves)

Recipe

The tender leaves of buck wheat are plucked, washed and finely chopped and then dried under the sun for a while. Oil is heated in a pan and tempered with crushed coriander seeds and chillies. Once these get fried, the chopped buck wheat leaves are added to this along with salt. The mixture is stirred intermittently and cooked with a covered lid. It is a nutritious dish and served hot with chapatis. This dish is tempered with onion slices instead of coriander seeds at some places.

Ingredients

Buck wheat bundles (500 g), oil (~50 ml), coriander seeds (5 g), chilli powder, turmeric powder and salt as per taste





Photo credit: A. Bhartiya

1 cup Bathuwa
1/2 cup oil
1 tsp cumin seeds
1 garlic bulb
1/2 tsp salt

Bathuwa Ki Sabji (Cooked white goosefoot)

Ingredients

Bathuwa (500 g),
oil (~50 ml), cumin
seeds (5 g), garlic
(1 bulb), chillies
and salt as per
taste

Recipe

White goosefoot is washed and finely chopped or boiled and then wrung out. In a pan oil is heated and cumin seeds, garlic cloves and crushed red chillies are tempered. Next, boiled white goosefoot is added to the pan and salt is sprinkled over it as per the taste. Everything is mixed well using a spatula and then vessel is covered with a lid and cooked for another few minutes to make it ready to eat. The cuisine is rich in iron and is greatly nutritious. This cuisine is pretty beneficial against digestive ailments. It is a popular recipe in the region and it is served hot along with chapatis.





Photo credit: A. Bhartiya

Laahi Ki Sabji (Sauteed mustard leaves)

1 kg dh 1 G h
1/2 kg 1 k 1/2

Recipe

Mustard leaves are washed and finely chopped. In a cooking pan oil is heated and to that crushed dried red chillies are added and fried till it turns to dark brown colour. After that chopped mustard greens are added and salt is sprinkled and mixed well with spatula. The pan is then covered with lid and cooked till the vegetable become soft and dry. It is served hot during winters with chapatis and rice-daal. This is a nutritious vegetable and very popular in the region.

Ingredients

Laahi (500 g), oil (~50 ml), dry red whole chillies (4-5) and salt as per taste





Photo credit: K. Joshi

ng hok y h e sh dh l t h
 ¼ Solb Z e f d l k ½

Dahi Wali Methi Ki Sabji (Savoury fenugreek and yoghurt curry)

Ingredients

Fenugreek leaves (250 g), curd (1 cup), dry red chillies (1-2), turmeric powder, coriander powder, red chilli flakes and salt as per the taste

Recipe

Fenugreek leaves are washed and finely chopped. Then, oil is heated in an iron pan. Cumin seeds are tempered in the heated oil along with whole dry red chillies. Finely chopped fenugreek leaves are added to the pan. Turmeric powder and coriander powder are added along with salt to it and allowed to cook on low flame with a covered lid. Once the fenugreek gets cooked, whipped curd is added to the cooked fenugreek to give a curry like consistency. The curry is brought to a boil. The curry is garnished with red chilli flakes. This curry is served hot with chapatis.





Photo credit: A. Bhartiya

Aloo Muli Ka Thechuwa (Crushed potato and radish gravy)

वक्यव्यह दक एपोक
एपोक 1/2

Recipe

For preparing this recipe, potato and radish are peeled, washed and coarsely crushed with a grinding stone. Cumin and mustard seeds were grinded to make a fine paste. Then oil is heated in pan and the paste of cumin and mustard seeds sautéed in it. After that onion is fried and tomatoes and salt are added to it and cooked properly. Crushed potato and radish are added to it and fried for some time and then water is added to make a semi-thick consistency of the preparation and cooked till the vegetables get softened. Once the preparation is ready, it is garnished with coriander leaves and served hot with rice/ chapatti. This preparation is preferred and frequently cooked in the region. This preparation can also be made with only potato or radish.

Ingredients

Potato (4) and radish (2), cumin seeds (5 g), mustard seeds (5 g), onion (1 bulb), tomato (2), coriander powder, chilli powder, turmeric powder and salt as per taste



TRADITIONAL CHUTNEY RECIPES



Photo credit: A. Bhartiya

हलधुपवुह
हलधुपवुह [K]½

Bhang Ki Chutney (Hemp seed chutney)

Ingredients

Hemp seeds (50 g),
water (25-30 ml),
lemon (1), green
chillies, sugar and
salt as per taste

Recipe

Hemp seeds are cleaned and roasted on a heavy bottom pan/tawa on low flame. These seeds are gently pressed using a cloth while roasting to avoid the popping off from pan. Once these are roasted and sweet aroma start coming then salt and chillies are added as per the taste along with some water. Then these ingredients are grinded to make a very fine paste and then a lemon is squeezed in it. Some sugar may also be added as per the taste but it is optional. It is very popular chutney and liked very much by local population. It is considered as thermogeneic and mainly consumed during winters.



Photo credit: A. Bhartiya

Alsi Ki Chutney (Flax seed chutney)

व्यंजन
1/2 व्यंजन [1/2]

Recipe

Flax seeds are cleaned and roasted on a heavy bottom flat pan/tawa on low flame and kept aside. Then mint/coriander leaves (optional), garlic, salt and chillies are added as per the taste along with some water. These all ingredients are grinded to make a very fine paste. Then a lemon is squeezed and mixed well. This recipe is considered good for lowering cholesterol levels due to high fibre content.

Ingredients

Flax seeds (50 g), water (25-30 ml), lemon (1), garlic (3-4 cloves), mint/coriander leaves (10 g), green chillies and salt as per taste



Photo credit: H. Joshi & N. Singh

हव्व ध पवुह
१/२ [१/२

Bhat Ki Chutney (Black soybean seed chutney)

Ingredients

Bhat (50 g), water (25-30 ml), lemon (1), mint leaves (10 g), green chillies and salt as per taste

Recipe

Bhat seeds are cleaned and roasted on a heavy bottom flat pan/tawa on low flame. Then mint leaves, garlic, salt and chillies are added as per the taste along with some water and grinded to make a very fine paste and a lemon is squeezed and mixed well. Bhat is considered thermogenic, therefore this preparation is mainly consumed during winter season.



Photo credit: A. Bhartiya

Kaddu Ki Chutney (Pumpkin seed chutney)

कद्दू की चटनी
(कद्दू की चटनी)

Recipe

Pumpkin seeds are peeled and roasted on a heavy bottom pan/tawa on low flame. Once these are roasted then garlic, tomatoes, salt and chillies are added as per the taste. Then these all ingredients are grinded to make a very fine paste. In case tomatoes are unavailable, anything sour can be added to it. This preparation is not popular these days.

Ingredients

Pumpkin seeds (50 g), water (25-30 ml), garlic (3-4 cloves), tomato (1-2), green chillies and salt as per taste



Photo credit: www.google.com

nk. ke dh pVuh
1/4 nk. ke d [W] 1/2

Darim Ki Chutney (Wild pomegranate chutney)

Ingredients

Wild Pomegranate (2-3), mint leaves (10 g), green chillies and salt as per taste

Recipe

Wild pomegranates are peeled and seeds are separated. Then mint leaves, salt and chillies are added as per the taste and grinded to make a very fine paste. Wild pomegranates are sour-sweet in taste so this chutney is very tasty.



Photo credit: Champa Joshi

Aloo Bukhare Ki Chutney (Plum chutney)

वहोकिचपवुह
1/2 गेक [K] 1/2

Recipe

The plums are kept in heavy bottom pan and boiled without adding water till they get softened and then their seeds are removed. Then salt, chilli and sugar/jaggery are added as per the taste to the boiled plum and cooked on low flame till it gets semi thick pouring consistency. This chutney is then cooled and stored for long in a glass bottle.

Plum chutney can be made in another way also. In this method boiled plums are pressed and dried under the sun and then the well dried plums are stored for long. Whenever the plum chutney is needed, a small section of these dried plums are soaked in water and the soaked plums are then grinded with mint, sugar, salt and chilli to prepare sour sweet plum chutney. This chutney can be eaten round the year with various food preparations.

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Ingredients

Plums (15-20),
mint leaves (10 g),
sugar/jaggery, red
chilli powder and
salt as per taste



Photo credit: A. Bhartiya & N. Singh

fcPNwdh pVuh
1/4 1 KSk [K1/2

Bichchu Ki Chutney (Nettle leaf chutney)

Ingredients

Nettle leaves (200 g), garlic (1 bulb), lemon (1), green chillies and salt as per taste

Recipe

Soft nettle leaves are plucked carefully, washed and boiled in water for some time. Once boiled, the leaves are grinded along with salt, chilli and garlic. This paste is then placed in a utensil and lemon juice is added to enhance the taste. The consumption of this recipe is rare these days.



Photo credit: A. Bhartiya

Til Ki Chutney (Sesame seed chutney)

fry dh pVuh
¼ryk [K½

Recipe

Sesame seeds are roasted along with some cumin seeds and finely grinded along with salt and green chillies. Then lemon juice is added to it. This is generally consumed during winter season.

Ingredients

Sesame seeds (100 g), lemon (1), cumin seeds (5-10 g), green chillies and salt as per taste



Photo credit: A. Bhartiya

हल्दीस ध पवुह
हल्दीस ध [K $\frac{1}{2}$]

Bhangeere Ki Chutney (Perilla seed chutney)

Ingredients

Bhaangjeera (100 g), lemon (1), cumin seeds (5 g), green coriander leaves (10-20 g), green chillies and salt as per taste

Recipe

Perilla seeds are roasted along with some cumin seeds and finely grinded along with green coriander leaves, salt and chillies. Then lemon juice is added in this finely grinded mix. Bhaangjeera paste without spices also used commonly during cooking vegetables like bottle gourd, ridge gourd etc. to impart a special taste in the food preparations.



Photo credit: H. Joshi

Kilmore Ki Chutney (Indian barberry chutney)

fdyekM+ dh pVuh
fdyekM+ [W½

Recipe

Soft Kilmora leaves and flowers are plucked, washed then grinded along with salt and chilli. This paste is then placed in a utensil and some lemon juice (optional) is added. This can also be grinded coarsely with grinding stone called 'Kuti Kilmori Chutney'.

Chutney of other local fruits like 'Kafal' (Box Myrtle), 'Bedu' (wild fig) etc. is also prepared in similar way.

Ingredients

Indian barberry leaves and flowers (100 g), lemon (1), cumin seeds (5 g), green coriander leaves (10-20 g), green chillies and salt as per taste

TRADITIONAL FLAVOURED SALTS



Photo credit : Saraswati Devi, H. Joshi & A. Bhartiya

हलु किल कुद
 १/२ कड फिल हयल १/२

Bhaang Ka Pisi Namak (Hemp seed salt)

Ingredients

Hemp seeds (50 g),
 garlic (5-6 cloves),
 green/red chillies
 (4-5) and salt (30 g)

Recipe

For preparing this salt, the hemp seeds are cleaned and sun dried. Then these seeds are dry roasted in a heavy bottom pan on low flame and kept aside. Next, with the help of grinder or traditional grinding stone (Sil-batta), these seeds are finely grinded along with garlic, chillies and common salt. This fine powdered mix of hemp seed-garlic-chillies-salt is called 'Bhaangak Pisi Lun' and can be stored for months.



Photo credit: A. Bhartiya, H. Joshi and S. Nath

Alsi Ka Pisi Namak (Flax seed salt)

व्यल ह दक िल क उेद
¼ व्यल ह द फिल ह य व ½

Recipe

For preparing this salt, the flax seeds are cleaned and sun dried. Then these seeds are dry roasted in a heavy bottom pan on low flame and kept aside. Next, with the help of grinder or traditional grinding stone (Sil-batta), these seeds are finely grinded along with chillies and common salt. This fine powdered mix of flax seed-chillies-salt is called 'Alsik Pisi Lun' and can be stored for months.

Ingredients

Flax seeds (50 g),
green/red chillies
(3-4) and salt (25-
30 g)



Photo credit: A. Bhartiya, H. Joshi & S. Nath

jk&l j l kdk ued
 1/4 k&l j l k d yw 1/2

Rai-sarson Ka Namak (Mustard seed salt)

Ingredients

Mustard seeds (50 g), green/red chillies (2-3) and salt (25-30 g)

Recipe

For preparing this salt, the mustard seeds are cleaned and sun dried. Then these seeds are dry roasted in a heavy bottom pan on low flame and kept aside. Next, with the help of grinder or traditional grinding stone (Sil-batta), these seeds are finely grinded along with chillies and common salt. This fine powdered mix of mustard seeds-chillies-salt is called 'Rai-sarsonk Lun' and can be stored for months.



Photo credit: A. Bhartiya, H. Joshi & S. Nath

Bhangire Ka Pisa Namak (Perilla seed salt)

हलिसदकिह कुएद
हलियद फिलहयव

Recipe

For preparing this salt, the Perilla seeds are cleaned and sun dried. Then these seeds are dry roasted in a heavy bottom pan on low flame and kept aside. Next, with the help of grinder or traditional grinding stone (Sil-batta), these seeds are finely grinded along with garlic, chillies and common salt. This fine powdered mix of Perilla seeds-garlic-chillies-salt is called 'Bhangirak Pisi Lun' and can be stored for months.

Ingredients

Perilla seeds (50 g),
garlic (2-3 cloves),
green/red chillies
(3-4) and salt (25-
30 g)



Photo credit: Saraswati Devi, H. Joshi & S. Nath

gjs/fu; s dk ued
 1/2 gh /f. kd yw 1/2

Hari Dhaniye Ka Namak (Coriander leaves salt)

Ingredients

Coriander leaves (25 g), green/red chillies (5-6), turmeric powder (a pinch) and salt (40-50 g)

Recipe

For preparing green coriander leaves salt, fresh coriander leaves are cleaned and washed. Next, with the help of grinder or traditional grinding stone (Sil-batta), coriander leaves are finely grinded along with chillies, turmeric powder and common salt. This fine powdered mix of coriander leaves-chillies-turmeric powder-salt is called 'Hari Dhaniye Lun' that can be stored for long.



Photo credit: A. Bhartiya & H. Joshi

Podine Ka Namak (Mint leaves salt)

1 cup dried
1/2 cup yw

Recipe

For preparing mint leaves salt, fresh mint leaves are cleaned and washed. Next, with the help of grinder or traditional grinding stone (Sil-batta), mint leaves are finely grinded along with chillies, turmeric powder and common salt. This fine powdered mix of mint leaves-chillies-turmeric powder-salt is called 'Podinak Lun' that can be stored for months. All ingredients are sun dried to prepare dry fine powdered salt to facilitate sprinkling over eatables.

Ingredients

Mint leaves (~15 g),
red/green chillies
(3-4), turmeric
powder (a pinch)
and salt (30-40 g)



Photo credit: A. Bhartiya, H. Joshi & S. Nath

1 bulb
6-8
a pinch
40-50 g

Lehsanak Ka Namak (Garlic cloves salt)

Ingredients

Garlic (1 bulb), green/red chillies (6-8), turmeric powder (a pinch) and salt (40-50 g)

Recipe

For preparing garlic cloves salt, garlic cloves are separated and peeled off and kept aside. Next, with the help of grinder or traditional grinding stone (Sil-batta) garlic cloves are finely grinded along with chillies, turmeric powder and common salt. This mix of garlic cloves-chillies-turmeric powder-salt is called 'Lehsanak Lun' that can be stored for long. To make the preparation powdery and free flow, the garlic cloves are sun dried and then grinded along with other remaining ingredients to prepare fine powder of the salt to facilitate sprinkling over eatables.

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Photo credit: S. Nath & H. Joshi

Lehsun Ke Patton Ka Namak (Garlic leaves salt)

यह एक पारंपरिक उत्तराखण्ड व्यंजन है।
यह एक प्रकार का नमक है।

Recipe

For preparing garlic leaves salt, fresh garlic leaves are plucked and washed. Next, with the help of grinder or traditional grinding stone (Sil-batta), garlic leaves are finely grinded along with chillies, turmeric powder and common salt. This mix of garlic leaves-chillies-turmeric powder-salt is called 'Lehsana Paatk Lun' that can be stored for long.

Ingredients

Garlic leaves (~15 g),
red chillies (6-8),
turmeric powder
(a pinch) and salt
(40-50 g)



Photo credit: A. Bhartiya and H. Joshi

तुहसुदकिलकुएद
 १/४तुहदफिलहयु१/२

Jeere Ka Pisa Namak (Cumin seed salt)

Ingredients

Cumin seeds (20-25 g), coriander seeds (10 g), red chillies (5-6), a pinch of turmeric powder and salt (40-50 g)

Recipe

For preparing cumin salt, cumin seeds and coriander seeds are cleaned, dried, roasted and cooled down. Next, with the help of grinder or traditional grinding stone (Sil-batta), dry roasted cumin and coriander seeds are finely ground along with chillies, turmeric powder and common salt. This fine powdered mix of cumin-coriander-chillies-turmeric-salt is called 'Jeerak Pisi Lun'. This grinded cumin salt is stored for months and enjoyed with fruits and salads and daily meals.



Photo credit: A. Bhartiya, H. Joshi and S. Nath

Timur Ka Namak (Szechuan/Mountain pepper salt)

1/4 cup timur seeds
1/2 cup salt

Recipe

Timur is also known as the Szechuan pepper of the Himalayas', is a fiery hot pepper used to flavor curries. It has the same tongue tingling, mouth numbing properties. It is generally consumed to cure cough and cold. For preparing Timur salt, timur seeds are cleaned and grinded along with garlic, red chillies and salt. This fine powdered mix of timur-garlic-chillies-salt is called 'Timurak Lun'. The taste of Timur is very intense therefore its seeds are used in limited quantity.

Ingredients

Timur seeds (10-15),
garlic (3-4 cloves),
red chillies (5-6)
and salt (50 g)

MISCELLANEOUS RECIPES



Photo credit: A. Bhartiya

1 uk fuEw
¼ kuh fuew

Sana Neembu (Hill lemon in curd with hemp seed)

Ingredients

Hill lemon (250 g),
hemp seeds (50 g),
cumin seeds (5 g),
green coriander
leaves (10-20 g),
curd (250-300 g),
sugar/ jaggery,
green chillies and
salt as per taste

Recipe

To prepare this recipe hemp seeds along with cumin seeds are dry roasted on low flame till they start spluttering and become fragrant. In this chopped green chillies, coriander leaves and salt are added and grinded. (A small piece of ginger, 2-3 black pepper and few green garlic leaves may also be added but it is fully optional). In the next step, hill lemon is peeled off and except inside pulp/ juicy segments all other things are removed and kept in a big bowl to allow good mixing. Now lemon segments, the roasted hempseed and other spices paste, jaggery and curd are added to the bowl and mixed gently. Local masses also prefer to add other fruits like apple, pomegranate, oranges, kinnow, radish, carrots etc. cut into small pieces in small portion to it but it is also optional. In hills it is generally enjoyed during sunny days of winters with family and friends. This preparation is known to cure cold like symptom and considered thermogenic in nature.

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Photo credit: S. Nath

Raiata (Yoghurt with grated cucumber and spices)

jk rk
¼ S ½

Recipe

For preparing this recipe, cucumber is grated and kept aside for a while. Then mustard seeds and chillies are grinded. Next, whisk the curd till it become smooth and then all the ingredients (grated cucumber, ground mustard and finely chopped chillies) are added to it along with salt. To get the real flavour of 'Pahari Raita', it is kept as such for some time to get some sensations (Jhans) in the nose while eating. Before serving add some chopped coriander leaves to it. It is a mouth-watering recipe that complement many food preparations. It is a prevalent recipe in the region.

Ingredients

Curd (100 ml), cucumber (250 g), turmeric(1-2 pinch), cumin powder (5 g) mustard seeds (15 -20 g), coriander leaves (5-10 leaves), green/red chillies and salt as per the taste.



Photo credit: A. Bhartiya

ewh dk Vi D; k
1/2 ewk Vi dh 1/2

Mooli Ka Tapkya (Crushed radish salad)

Ingredients

Radish (200 g),
cumin seeds (5 g),
green coriander
leaves (10-20 g),
green chillies and
salt as per taste

Recipe

Locally grown round radish (round shaped/'Doonagiri mooli') is generally used to prepare this salad. Cumin seeds, green coriander leaves, green chillies and salt are grinded on grinding stone and kept aside. Radish is washed, cleaned and cut into medium sized pieces. These radish pieces are then crushed on the traditional grinding stone and the earlier made paste is mixed with it. The salad is ready and generally consumed during lunch time with rice-dal/gravies.



Photo credit: H. Martoliya & S. Nath

Timur Soup (Soup of Himalayan szechuan pepper)

fregj 1 w
1/4 fregid 1 w 1/2

Recipe

Firstly, Timur seeds are roasted and finely grinded with chillies, hemp seeds, coriander seeds and garlic. This mixture is diluted by adding water and boiled and then salt is added as per the taste at the last. The boiled mixture is strained. Fried tomatoes and onions as well as a dash of lemon are also added to give it a tangy flavour at some places. This soup is consumed during winter as a remedy for cold and cough.

Ingredients

Timur seeds (10 g),
Hemp seeds (10 g),
chillies (red or green),
coriander seeds (5 g),
garlic (4-5 cloves) and
salt as per taste



Photo credit: K. Joshi

uedhu pk
¼; ½

Namkeen Chai/Jya (A salty tea)

Ingredients

Milk (100 ml), texus barks (10-15 g), 'Desi Ghee' and salt as per taste

Recipe

Water is boiled in a pan. The *Taxus baccata* bark powder is added to the boiling water and allowed to boil for 10-15 minutes. When the water takes brownish-red colour, it is poured into a bamboo vessel (known as Dumma). Then, milk, common salt and 'Desi Ghee' are added to the mixture along with black pepper powder and dry walnut powder, which is optional. The mixture is blended for at least 3-5 minutes by the loosely packed wooden Piston in 'Dumma'. Then mixture is poured in wooden bowls/cups and served with 'Sattu' or 'Murmure'. The 'Bhotia' community of Uttarakhand consumes this tea during winters as it is considered beneficial in curing pain, cold, cough and fever. The *Taxus baccata* bark used in this preparation is also known to have anticancer compound 'Texol'.



Photo credit: A. Bhartiya & H. Joshi

Bal Mithai/Chocolate

ky feBb@pWlyV
1/kyfeBs@pWlyV1/2

Recipe

In a non stick pan evaporated milk (khoya) is heated carefully on low-medium flame till it turn brownish in colour. Continuous stirring with the help of ladle is done to avoid burning from the bottom. Then sugar is added to it and mixed till the colour deepens to a dark brown shade on mild flame. A clean plate is greased with 'Ghee' and the cooked sugar-'khoya' mixture is spread evenly on it. This mixture is allowed to cool down and cut it into rectangle/square shapes that are finally coated with the white granulated sugar called 'Bal Mithai'. It is also served without sugar balls as chocolate.

Ingredients

Evaporated milk (500 g), sugar (500 g), 'Ghee' (20 g) and white sugar balls (125 g)



Photo credit: H. Joshi

१ किलो
१/२ किलो

Singodi

Ingredients

Evaporated milk (250 g), sugar (250 g), fresh grated coconut (100 g), cardamom powder (20 g), dry fruits and 'Maalu' (*Bauhinia variegata*) leaves

Recipe

Evaporated milk (Khoya) and sugar are heated in a saucepan on medium heat and mixed well. Once the 'Khoya' and sugar are melted, the cardamom powder and grated coconut are added to it and mixed well. This is removed from flame and cooled down for some time. In next step 'Maalu' leaves are wrapped in the form of cone and then filled with the 'Singodi' mixture and garnished with dry fruits. After filling in the 'Maalu' leaf cone 'Singodi' is again kept for 7-8 hours in the fridge to imbibe the flavour of 'Maalu' leaves in the sweet.



Photo credit: H. Joshi

Khenchua Mithai

[kɔk feBkZ
¼kɔk feB½

Recipe

A non stick pan is heated and milk is boiled with sugar and cardamom powder on medium flame till it turns solid and elastic. Continuous stirring with the help of ladle is done to avoid burning from the bottom. After achieving the desired texture the 'Khechua' is spread on the tray and grated dry fruits are sprinkled over it and allowed to cool down. Finally, this is cut into pieces and served.

Ingredients

Milk (1 kg), sugar (100 g), green cardamom (5 g), dry fruits (almond and pistachio (25-30 g))



Photo credit: S. Nath

मेथी की कुरी
1/2 किलो

Methi Ka Paani (Fenugreek grain curry)

Ingredients

Fenugreek seed (100 g), onion (1 bulb), garlic (4-6 cloves), water (~200 ml) chillies, turmeric powder, coriander powder and salt as per taste

Recipe

Fenugreek grains are finely grinded. Oil is heated in pan and then chopped onion, garlic is sauteed well till they turn golden brown. Then fenugreek paste is shallow fried for some time. All the spices and salt are added as per taste to it and then sufficient water is added to prepare a semi thick consistency gravy and boiled for some time. This gravy is eaten with chapatis or rice.



Photo credit: A. Bhartiya

Pakode (Salty deep fried snack)

1 dM
¼ dM½

Recipe

Gram flour is taken into a mixing bowl and then salt, chillies, turmeric and coriander powder are added to it. The vegetables of the choice are finely chopped and added to it and mixed well then water is added carefully to prepare a thick batter. Oil is heated well in a heavy bottom pan and then small balls of gram flour-vegetable batter are dropped into it and deep fried till they become crispy and golden brown. This is a easy to make snack that can be prepared round the year with available vegetables. This salty mouth-watering deep fried 'Pakode' is an easy to make snack and served hot with sauce/chutney along with tea.

Ingredients

Gram flour (200 g), oil (250 ml), tender pumpkin leaves/ spinach / onion leaves/any green leafy vegetable/ onion/ potatoes (approx. 150 g), water (approx. 75 ml), green/red chillies, turmeric powder, coriander powder and salt as per taste



Photo credit: A. Bhartiya

[Khadi Mix Daal] nky
1/2 nky

Khadi Mix Daal (Whole pulses gravy)

Ingredients

Kidney bean (100 g), black gram (25 g), cow pea (25 g), chick pea (25 g), onion (2 bulbs), tomato (2), garlic (4-6 cloves), ginger (1 inch piece), cumin seeds (5 g), oil/ghee (50 ml), bay leaves (4-5), water (~400 ml), ground mix of spices (Garam Masala), asafoetida, chillies, turmeric powder, coriander powder and salt as per taste

Recipe

Whole grains of kidney bean, black gram, cow pea, chick pea etc. are soaked overnight. Next day, soaked grains are boiled with sufficient water and salt till the grains become softer. Oil is heated in cooking pan and cumin are crackled and asafoetida is added and sautéed. Finely chopped onions are fried for some time and then ginger-garlic paste is added to it and sautéed till they turn golden brown. After this all the spices are added and sautéed. Then chopped tomatoes are added along with salt and these all are cooked well till oil separates from all ingredients. Next, the boiled grains are added to it and boiled till it become slightly thick in consistency. This is a very popular recipe in the region and consumed with rice and chapatis. Kidney bean curry also prepared alone without mixing any other legume with it.

EPILOGUE

On 26th February 2020, people of villages Gallibaseura, Chinona, Ana, Dhankholi, Mujholi, Pankot, Pathura, Naukuta, Govindpur, Kujoli and Vajgal of Ranikhet, Almora participated in a big way for the 'Crop and Food Diversity Fair' organised in Village Mujholi, Ranikhet, Almora. Every one present in the festival demonstrated immense zeal and enthusiasm as they tasted

over hundred different traditional cuisines of Uttarakhand of which most of are endangered as not being prepared by the local communities these days. It was very elating that all people has made efforts and put immense hard work in preparing these cuisines. The people had saved and collected the ingredients that were required for the preparation of these delicious cuisines for months like pumpkins



were dried and their seeds were stored, the stem of taro was also dried and stored and pulp of plums was dried and stored in anticipation of preparing cuisines made out of it for the festival. In this atmosphere of joy and happiness a lot of people didn't just taste many of these traditional cuisines for the first time, but also a good proportion of them got to know about many of these cuisines for the first time as well. Their efforts were greatly appreciated as the people cheered and applauded the lip-smacking dish that they prepared. Through the festival and the other activities of the project women get opportunities to come out of their homes and are able to share their skills and knowledge of traditional foods and their ingredients and their past memories. This festival also proved quite significant for the process of documentation of the cuisines for this book particularly the cuisines that have gone extinct or are no longer made anymore like nettle leaves based recipes, flax seed salt etc. The taste of the traditional cuisines, the atmosphere created by the festival and the pleasant spring evening was all so magical that it automatically brought all the people together. Gradually everyone bid their goodbyes, giving birth to the desire of rekindling such beautiful and memorable moments from time to time in future.

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List of crop and food diversity fair participants conducted on 26th of February, 2020 at Village Mujholi, Almora, Uttarakhand

S. No.	Name of Participants	Village
1	Shobha Parihar	Mujholi
2	Mamta Mehra	Mujholi
3	Asha Parihar	Mujholi
4	Geeta Parihar	Mujholi
5	Deepa Chilwal	Pankot
6	Sonu Chilwal	Pankot
7	Champa Bhandari	Vajgal
8	Tara Devi	Pankot
9	Pooja Bhandari	Vajgal
10	Devki Devi	Vajgal
11	Maya Bhandari	Vajgal
12	Mamta Bhandari	Vajgal
13	Pushpa Bora	Ana
14	Nandi devi	Ana
15	Shanti Devi	Ana
16	Bhagwati devi	Ana
17	Janki Bora	Ana
18	Hema Bhandari	Vajgal
19	Pushpa Sinari	Vajgal
20	Kamla Devi	Vajgal
21	Renu	Dhankholi
22	Gopuli Devi	Chinona
23	Pushpa Devi	Pathura
24	Vimla Bisht	Chinona

25	Champa Devi	Dhankholi
26	Bhawna Adhikari	Naukuta
27	Asha Adhikari	Naukuta
28	Kavita Kandpal	Pathura
29	Khimuli Devi	Pathura
30	Sarita Rawat	Govindpur
31	Leela Devi	Pathura
32	Prema Bhandari	Govindpur
33	Sunita Tewari	Chinona
34	Neema Bisht	Chinona
35	Kavita Bisht	Chinona
36	Leela Rana	Kujoli
37	Pushpa Bisht	Gallibaseura
38	Kamla Bisht	Gallibaseura
39	Kamla Devi	Gallibaseura
40	Bharti Devi	Gallibaseura
41	Shanti Bhandari	Vajgal



हर कदम, हर डगर

किसानों का हमसफर

भारतीय कृषि अनुसंधान परिषद

Agrisearch with a human touch



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