

A. COOKING OF CERALS ACCOMPAYING NON-VEGETARIAN DISHES

As Plain Cooked Rice, called 'Baṭā' by Kashmirīs, is the staple diet of almost all people here, it has no doubt had its influence on the preparation of the accompanying Non-vegetarian and Vegetarian Dishes. Main ones have to be saucy and not dry, so that the Plain Cooked Rice, mixed with these sauces, tastes good. Preparation of soft, but non-sticky and well puffed Rice, is itself an art. When served puffed grains should not stick to each other and yet must have got well cooked to the very core.

RECIPE NO. 7.

1. Cooking of 'Baṭā'. (E-Plain Cooked Rice) (H-'Bhāt').

Well cleaned Rice is washed twice or thrice in cold water and then transferred after draining all water, to a thick round bottomed tinned brass or copper or an aluminium cooking vessel (K-'Dīgchā'). Water $1\frac{1}{2}$ to two times the volume of the rice is then added, according to the quality of Rice and its moisture content. Older Rice is drier than Rice from fresh harvests, and so needs more water for cooking. Good, 6 to 11 month old 'Bāsmaṭī' Rice, cooks well in twice its volume of water. It is advisable to keep the Rice soaking in water for an hour or two before cooking.

Quantity of Rice eaten per head, varies according to the people of different places. Generally, a tea cup per head suffices.

The pot, with the Rice and water, is then placed on a full flame fire, or a gas flame, occasionally stirred gently by a ladle, preferably wooden, so that the grains do not break, nor stick to the bottom or sides of the vessel, and also get boiled homogeneously. After 10 or 15 minutes of boiling the grains get puffed. When these cook to the core almost all water disappears. Now cover the pot with a well fitting lid and turn down the flame, to enable the grains to get

thoroughly puffed in the steam. A weight may be kept on the lid to avoid the steam to escape freely.

Sometimes, if it is observed that the grains have cooked, and still there is surplus water, it may be drained out by covering the pot with a lid, and tilting it over another vessel, while loosely holding with a cotton cloth the brims of the cooking pot and the lid at two opposite places with both hands. This drained Rice-Water is called 'Anīmā' in Kashmirī and 'Māṇḍ' in Hindī. It is a nourishing drink and is some times added to 'Dāl' etc.

In mass cooking, generally when the Rice has got almost cooked, and extra Rice-Water has been drained out, the 'Dēgchās' are covered with lids and kept on a burnt dry cowdung or live charcoal slow fire, for final cooking and Maturing (K-'Chhāv'). This produces an appetizing fragrance in the cooked rice.

For serving, always take out the Cooked Rice from the cooking vessel, by lightly scooping out with a blunt fork or a spatula, preferably wooden, so that the grains do not get mashed. Always serve freshly cooked and hot steaming Rice. Cold rice may be again served after heating. In this case the cooked Rice is loosened with a fork, moistened and then covered with a damp cloth before heating, to get it uniformly heated and not to dry up.

RECIPE NO. 8.

2. 'Tāhāer'. (E-Yellow Rice) (H-'Taharī, Yā, Kesrī Bhāt').

The process of cooking is same as in the case of Plain Cooked Rice ('Bhāt'). While starting to boil the rice a teaspoon of Turmeric Powder is added to each kg. of the rice and the added water, and then stirred well. This makes the rice yellow. When it is transferred to a basin for serving, about 4 tablespoons of

thoroughly boiled mustard oil, or heated 'Ghi', and a tablespoon of salt, are mixed with 'Tāhāc', made of one kg. of rice, and it is ready for serving. 'Tāhāc' is generally prepared by Pandits on auspicious days as a 'Prasād'. Muslims also prepare it on certain occasions.

Generally Non-vegetarian people eat 'Tāhāc' with cooked Liver (K-Çharvan') which is conditioned predominantly with Red Chili Powder, (See Cooking of 'Çharvan' RECIPE NO. 48.)

RECIPE NO. 9.

3. 'Vaishnau Polāv' (E-Vegetable 'Pulāv') (H-'Vaishnau Pulāv').

Ingredients :

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| 1. 'Bāsmaṭī' Rice, | 1 Kg. |
| 2. Vegetables :- | |
| a. Green Peas, | b. Cauliflower, |
| c. Carrots, | d. Potatoes, |
| | 250 gm. |
| | each. |
| 3. 'Panīr', | 100 gm. |
| 4. Green Chillies, | 3 Nos. |
| 5. Onions of average size, | 3 nos. |
| 6. 'Ghī', | 250 gm. |
| 7. Dry Fruits : | |
| a. Raisins, | b. Almond Kernels, |
| c. Cashew Nuts, | d. Walnut Kernels, |
| e. Husked Cucumber or Musk-Melon Seeds, | 250 gm. |
| 8. Spices :- | |
| a. Black Cardamoms- | 5 nos. |
| b. Cumin Seeds,- | 2 tsps. |
| c. Red Chilli Powder ('Kashmīrī Mirch'),- | 1 tsp. |
| d. Clove, - | 4 nos. |
| e. Black Pepper Corns,- | 1 tsp. |
| f. Cinnamon, - | 3 or 4 pcs. |
| g. Cassia Leaves,- | 6 nos. |
| h. Caraway- | 1/2 tsp. |
| i. Green Ginger,- | 2" pc. |

- j. Garlic,- 5 cloves.

Preparation :-

- Clean and wash thoroughly the 'Bāsmaṭī' rice in several waters and let it soak in twice its volume of water, for an hour before cooking.
- Shell the Green Peas and cut the Cauliflower into flowerets of about 2" each.
- Scrub or scrape and wash the Carrots, and slice each horizontally into discs or lengthwise into 2" long pencil thick slices, or cut into any desired shape and size.
- Pare and dice the Potatoes into about 1" cubes.
- Dice Cheese into about 3/4" cubes.
- Slit the Green Chillies and discard seeds and stems. Chop these.
- Clean and Peel Onions and Garlic cloves and chop.
- Stem and wash the Raisins.
- Blanch the Almond Kernels, by soaking in hot water and peeling the brown skins.
- Split the Cashew nuts and break the Walnut kernels into quarters or smaller pieces.
- Clean the Musk Melon or Cucumber Seeds, by discarding all bad seeds, and any with husk.
- Take out seeds from Black Cardamoms and discard shells and husk. Crush these seeds and Black Pepper corns into granules, in a mortar or by means of a Rolling Pin.
- Scrap and chop the Green Ginger piece.
- Wash all the prepared Vegetables again.

Method of cooking.

Deep fry in 'Ghī' the diced Cheese and Potatoes to a golden brown colour, and keep aside. Now in a thick round- bottomed 'Dēgchī', of 5 to 6 litres capacity, fry slowly in the 'Ghī' on medium heat, to a golden colour, the chopped Onions and Garlic, and then add Cumin Seeds, and the Chilli Powder. When pure 'Ghī' is not available, deodorized or hydrogenated edible oils may be used. The 'Dēgchī' can be of tinned brass or copper, or of aluminium. Now add the rice after draining out in a bowl all the water in which it was soaked. Keep turning gently with a flat wooden spoon or a steel broad spatula, till

RECIPE NO. 10.

rice gets evenly covered with the 'Ghī' and also gets slightly fried. Now add the fried Cheese and the Potatoe cubes and also the prepared Green Peas, Cauliflowerets, Carrots and the Dry Fruits. Also add Caraway seeds, Cassia leaves, broken Cardamom and Black Pepper corns, Cinnamon pieces, and the chopped Green Chillies and Green Ginger. Turn contents with the help of the wooden spoon or the spatula, so that all the ingredients get uniformly mixed. Add the drained out water kept in the bowl. Stir with the ladle and boil for 10 to 15 minutes till the water gets absorbed and disappears. Old dry 'Bāsmāṭī' rice requires 2 litres of water per kg. for cooking to the core, and rice of fresh harvest needs lesser water. Turn contents now and then gently so that the rice grains or vegetables etc., do not get broken or split or adhere to the bottom of the vessel and cake. It is better to add a little lesser water in the first instance and add a little more afterwards, if needed in case the rice is not done. Thus, the risk of the vegetables and rice getting overcooked is avoided.

When almost all the water gets soaked into the Rice and Vegetables etc., cover the 'Dēgchī' with a well fitting lid. Now lower down the gas flame or put the 'Dēgchī' on low heat of live charcoals, to allow the rice to cook finally into well puffed 'Pulāv', giving out its characteristic aroma, with the escaping steam. It is better to place a weight on the lid, after putting a thin 'Rope' of kneaded flour between the rims of the 'Dēgchī' and its lid. This helps in restricting the free escape of steam from the pot, and thus the proper rising and puffing of the rice grains, and the maturing of the 'Pulāv' is brought about.

On special occasions a little 'Saffron' and some Green Cardamoms are also added, while boiling, along with a pinch of 'Garam Masālā'. Remember the cooked rice grains should not stick to each other, due to adding of too much water, over cooking or too much stirring. Avoid the risk of cooking at the bottom of the pot, by adjusting the flame or the heat of the charcoal fire etc., at the final stage of cooking, i.e., at the time of 'Chhāv' as it is called. This is also why a 'Dēgchī' having a thick bottom is used in cooking of Rice and 'Pulāv'.

This 'Pulāv' of 1 kg. of rice will suffice for 20 to 30 guests in a four or five course dinner. So prepare more or less according to number of persons to be served.

4. 'Nemī Polāv'. (E-Mutton 'Pulāv') (H-'Gōsht Pulāv').

Ingredients :-

1. 'Bāsmāṭī' rice. 1 kg.
2. Mutton, 1/2 to 1 kg. (Meat of Breast, Ribs, Shoulder, Neck, and Tail, and Loin Chops, cut into 20 to 30 pieces, per kg. and a bit fatty).
3. 'Ghī', 250 gm.

Spices :-

- a. Asafoetida, a pinch.
- b. Cumin Seeds, 2 tsps.
- c. Black Cardamom Seeds 2 tsps.
- d. Black Pepper Corns.- 1 tsp.
- e. Cassia Leaves, 8 to 10.
- f. Cinnamon,- a few pieces.
- g. Cardamom green- 10 nos.
- h. Cloves,- 5 nos.
- i. Ginger (dry) broken- 1 piece.
- j. Aniseed whole,- 2 tsps.
- k. Turmeric,- 2 tsps.
- l. Red Chilli Powder,- 1 tsp.
- m. Salt,- 1 tsp.
- n. 'Garam Masālā',- 1/2^g tsp.
- o. Almond Kernels,- 20 nos.
- p. Raisins,- 20 nos.
- q. Green Ginger, (Optional)- a 2" piece.

Preparation:-

- a. Clean and wash the rice thoroughly in 2 or 3 waters and let it soak in a litre of water for a couple of hours before cooking.
- b. In a mortar break the Black Pepper corns and Black Cardamom Seeds into small granules.
- c. Blanch the Almond Kernels.
- d. Stem and wash the Raisins.
- e. Scrape and chop Green Ginger.

Method of Cooking :-

In a litre of water boil the meat, after adding broken Ginger, whole Aniseed, Turmeric powder, Chilli powder and Salt, till it gets tender, but is not over cooked. To save time, sometimes a pressure cooker may be used, but slow cooking is preferred so that all fats do not get melted and the flavour of the Meat is retained fully. Strain the Soup through a colander or a cloth and keep it aside. Now sort out Meat pieces and discard the boiled Ginger pieces and Aniseed and also any loose pieces of bones etc.

In a round bottomed aluminium or tinned brass or copper 'Dēgchī' heat the 'Ghī' and add Cumin Seeds, Asafoetida, Cloves, broken Cardamom seeds, Black Pepper corns and Cinnamon pieces. Fry for a little while. Add the soaked rice after straining all water. Turn with a broad flat spatula (H-'Paltā') softly but thoroughly so that rice etc., gets heated and covered with 'Ghī' evenly. Add Cassia Leaves, Green Cardamoms, 'Garam Masālā', blanched Almond Kernels, and Raisins. Turn again so that these too get mixed. Now, add the soup of the meat, and as much water as to make the two liquids measure about $1\frac{1}{2}$ litres. Turn gently the contents with the flat spatula or a wooden spoon and let boil on moderate heat, till all liquid is absorbed by the rice and it gets puffed up and cooked properly. During boiling also turn gently the Rice etc. occasionally, to avoid caking at the bottom and also for uniform cooking. Cover the 'Dēgchī' with a well-fitting lid and finish cooking as in the case of the Vegetable 'Pulāv'. (See RECIPE NO. 9.)

RECIPE NO. 11.

5. 'Koákar Polāv'.:- (E-Chicken 'Pulāv') (H-'Murgā Pulāv')

Except Mutton, which is replaced by Chicken pieces, ingredients are same as in case of Mutton 'Pulāv'. (See RECIPE NO. 10). Almost all the parts of dressed Chicken, except Head, are used. Even its cleaned Gizzard, Heart and Liver are added. For Dressing of the Chicken, disjoining and cutting its meat into suitable pieces, see RECIPE NO. 7 for 'Koákar Rogan' Jōsh.

RECIPE NO. 12.

6. 'Biryān' (E-'Biryānī') (H-'Biryānī').

Ingredients:-

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| a. 'Bāsmaī' Rice,- | 1 kg. |
| b. Minced Mutton, (Meat of leg),- | 1/4 kg. |
| c. Kidneys, Liver and Testes of Goat or Sheep, cut into small 1/2" to 1" pieces,- | 1/2 kg. |
| d. Hard boiled Eggs,- | 4 nos. |
| e. 'Ghī',- | 250 gm. |

Spices:-

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| a. Green Ginger,- | 2" piece. |
| b. Onions of medium size,- | 2 nos. |
| c. Garlic,- | 5 cloves. |
| d. Cumin Seeds,- | 2 tsps. |
| e. Cloves,- | 3 nos. |
| f. Ginger Powder,- | 2 tsps. |
| g. Aniseed Powder,- | 1 tsp. |
| h. Turmeric,- | 1 tsp. |
| i. Kashmirī Chilli Powder,- | 2 tsps. |
| j. Garam Masālā,- | 1 tsp. |
| k. Almond Kernels,- | 20 nos. |
| l. Musk Melon or Cucumber, Shelled Seeds,- | 1 tsp. |
| m. Raisins,- | 10 gm. |
| n. Black Cardamom Seeds,- | 1 tsp. |
| o. Black Pepper Corns,- | 1 tsp. |
| p. Grated Coconut,- | 50 gm. |
| q. Salt,- | 3 tsps. |
| r. Caraway seeds,- | a pinch. |
| s. Curd,- | 1 tblsp. |
| t. Asafoetida,- | a pinch. |

Preparation :-

1. Soak cleaned 'Bāsmaī' Rice in 2 litres of water, after washing it in 3 or 4 waters.
2. Scrape and finely chop the Green Ginger.
3. Peel and chop the Onions and Garlic cloves.
4. Blanch the Almond Kernels.

5. Discard any bad seeds, or seeds with shells, from Musk Melon or Cucumber Shelled Seeds.
6. Stem and wash the Raisins.
7. Crush the Black Cardamom Seeds and Black Pepper Corns into small granules.
8. To the minced Meat add 1 tsp of Ginger Powder, 1 tsp of Aniseed Powder, the tbsp of Curd, the pinch of Asafoetida, 2 tsps of 'Ghī' 1 tsp. Chilli Powder, the pinch of Caraway Seeds and 1 tsp of Salt. Knead so that the Spices etc. get mixed evenly with the Minced Meat. Make into small flattened balls, each the size of an almond.

Method of Cooking :-

1. On medium heat, in a pan fry pieces of Kidney, Liver and Testes in a tablespoon of 'Ghī', for a couple of minutes. Add half a cup of water, a tsp of Kashmirī Chilli Powder, and 1 tsp of Salt. Frequently turning with a ladle, cook till water dries up. Keep aside.
2. Deep fry for a couple of minutes the Minced-Meat balls in 'Ghī', and take out by a perforated ladle after draining all 'Ghī', Keep aside.
3. In a round and thick bottomed tinned, brass or copper 'Dēgchi' of about 4 litre capacity, fry the chopped Onions and Garlic Cloves, Cuminseeds and Cloves in all the remaining 'Ghī', till the Onions turn golden brown. Add the soaked Rice, after draining in a bowl all water. Add the Chopped Ginger, the 'Garam Masālā', Ginger Powder and a tsp of Salt. Fry for a little while, frequently turning the rice etc. gently with a broad spatula, so that the Rice gets evenly covered with the 'Ghī'. Add the strained water kept in the bowl, the fried Minced Meat balls, grated Coconut, blanched Almond, Musk Melon or Cucumber Seeds, and 1 tsp of Chilli Powder. Turn and stir now and then, with the flat spatula or a wooded spoon gently, and let the whole cook till almost all the water gets absorbed by the rice etc. Finish cooking as in the case of 'Vegetable Pulāv' (RECIPE NO. 9).

When ready, transfer to a serving plate and garnish with neatly sliced boiled Eggs and cooked Kidney, Liver and Testes pieces. Serve hot.

RECIPE NO. 13.) to hot

'Khechier'. (E-Rice and Green Gram Cooked with Mustard Oil and Spices) (H-'Khichdī')

'Khechier' is a nutritious dish containing carbohydrates, proteins, fats etc. in an almost balanced form. It is delicious to eat and easy to cook in a short time. Although it is very well relished with fried or roasted Meat, 'Kōfās' or 'Kabābs', yet it can be enjoyed equally with some Pickles or Curd or raw Radish slices, as well. It is now and then cooked in Kashmirī houses, in place of Plain Cooked Rice. On the 'Amāvasī' of the winter month of 'Pōsh', called 'Yakhshā Amāvas', it is cooked in all Kashmirī Pandī families in the evening, as a 'Naivēdī' for 'Pūjā'. In fact the day is popularly called 'Khechieri-Māvas' and people eagerly look forward to that evening to enjoy this Dish.

Ingredients :-

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| 1. Rice,- | 1 Kg. |
| 2. Green Gram,- | 250 gm. |
| 3. Mustard Oil,- | 1 cup. |
| 4. Turmeric,- | 1 tsp. |
| 5. Dry Ginger Powder,- | 1 tsp. |
| 6. Dry Aniseed Powder,- | 1 tsp. |
| 7. Red Chilli Powder,- | 1 tsp. |
| 8. Caraway Seeds,- | 1 tsp. |
| 9. Asafoetida,- | a pinch. |
| 10. 'Garam Masālā',- | 1/2 tsp. |
| 11. Salt to taste,- | 2 to 3 tsps. |

Preparation :-

Clean the Rice and Green Gram. Mix and wash it in two or three waters. Add twice the volume, (about 2 1/2 litres) of water to it, in a thick bottomed 'Pañā' or 'Dēgchi' of 4 litres capacity or more, and let it soak for 2 to 3 hours before cooking. It is better to soak Rice and Green Gram separately, Rice for 2 hours and Green Gram for three hours. Total water used for soaking and cooking should be same as said above.

Method of Cooking :-

Add all the remaining Ingredients (Item 3 to 11) to the soaked Rice and Green Gram along with the water in which these were kept soaking. Mix well by stirring with a ladle. Let boil on a full flame. Occasionally stir the contents, so that no caking takes place at the bottom of the 'Pañlā', and the Rice and Green Gram cook uniformly. When almost all water gets absorbed, and the grains get almost done to the core, cover the 'Pañlā' with a fitting lid. Reduce the heat so that the Rice and Gram are now steam cooked slowly, and get puffed. If the bottom of the 'Pañlā' is not thick it is advisable to place a Griddle (H.-'Ṭavā') between the flame and the bottom of the cooking pot, to avoid caking, and also for slow steam cooking. Place also a weight on the lid to stop the free escape of steam. This helps in proper steam cooking. The grains should not stick to each other and yet should be soft and well cooked. Subject to the availability, one can add a few chopped Green Chillies along with the Spices. The time in cooking can be saved by pressure cooking. The above quantity is sufficient to serve about 10 persons. Always serve hot.

RECIPE NO. 14.

8. 'Girdā'. (E-Flat leavened bread baked in a 'Ṭaṇḍūr' or on a Griddle)(H-'Nān').

Ingredients:-

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| 1. 'Maiḍā', - | 1/2 kg. |
| 2. Sifted 'Ātā', - | 1/2 kg. |
| 3. 'Ghī', - | 2 tbsps. |
| 4. Fine Sugar,- | 1 tbsps. |
| 5. Salt,- | 1 tsp. |
| 6. Curd,- | 1 tbsps. |
| 7. Poppy Seeds,- | 1 tsp. |
| 8. Soda-bi-Carb,- | 1 tsp. |

Preparation :-

After properly kneading with water keep the 'Maiḍā' dough in a covered pot for 12 to 24 hours, according to room temperature, for fermentation. In hot weather fermentation takes place in shorter time, than when it is cold.

Method of Baking :-

To the sifted 'Ātā' add the 'Ghī', Sugar and Salt. Rub in the 'Ghī' etc. with hand evenly. Now add this to the fermented 'Maiḍā' dough and knead the whole, adding as much water as required to make it into an elastic mass, which does not stick to fingers, or the basin in which it is kneaded, and it is fit for rolling into rounds of 'Nāns'. Now, add Soda-bi-Carb to this dough and knead again. This will make the dough to rise and become spongy. Make about 30 balls out of this dough. On a bread board spread, by hand, each ball into a 'Nān' shaped bread i.e., a flat round or an ovalshaped bread, with a thicker rim, and of about 4" to 6" in diameter. Smear, and rub over a little Curd on the surface inside the rim, and sprinkle evenly a pinch of Poppy Seeds on it. Press, with four finger tips, this centre surface to make four or five rows of small depressions. Bake in an oven or a 'Ṭaṇḍūr'. In case no oven or 'Ṭaṇḍūr' is available, bake on an ordinary Griddle ('Ṭavā') on medium heat, covering the 'Nān' with a domed lid of a pan etc. so that it rises and gets partially baked in a couple of minutes. Now, to make the surface brown, bake the upper surface of this partly-baked 'Nān', on a gas flame or on a Charcoal fire or an electric heater, by placing it, face downwards, on a 'wire-baker', commonly used for toasting slices of bread.

Ordinarily 'Nāns' are made of fermented dough of 'Maiḍā' (Fine white wheat flour, from which all bran has been removed). A little Curd and Soda-bi-Carb are added while kneading the dough. Most of these are sprinkled with Nigella Seeds (H-'Kalaññī'). These 'Nāns' baked in a 'Ṭaṇḍūr' are not soft and tasty like those made as per above Recipe.

RECIPE NO. 15.

9. 'ÇHOET YĀ PHULEK.' (E-Round of thin flat unleavened bread baked on a Griddle)(H-'Çhapāñī')

As already mentioned, plain cooked rice forms the main staple food of Kashmirīs. Wheat bread, in the form of 'Çhapāñī' (K-'Çhoet'), 'Nān' (K-'Girjā'), 'Parāñthā' (K-'Parāt') or 'Luchayī' (K-'Luch') etc. is only sometimes, eaten as a staple in main meals, or is eaten under medical advice, or else due to a habit formed by having resided outside Kashmir for sometime. Of course various type of cakes, made of leavened wheat flour dough, and baked in 'Tañdūrs' (Ovens) by professional bakers, who are called 'Kāñḍar', are used at breakfast and afternoon Teas and Tiffins etc. These are named as 'Kāñḍeir-Vānā-Çhoechi', 'Çuelchi', 'Ṭēlvaer' 'Kaḷam' etc., according to their shape, mode of preparation and constituents.

'Çhapāñīs' are called 'Phulkā' or 'Çhoechi' in Kashmir and are made as under :-

1. Knead whole-wheat flour, according to requirements, into a non-sticky, smooth, stiff and elastic dough, an hour or so before baking of 'Çhapāñīs'. Only as much water is used in kneading as is sufficient to turn the dough into a mass which will not stick to the hands or the basin in which it is kneaded, but will have the consistency of being easily rolled out into thin round breads. With a little 'Ghī', anoint the outside of this kneaded mass, made into a ball in the basin. Cover it with a wet cloth so that the outside does not get dried, and leave it aside before baking on a Griddle ('Ṭāvā') and for serving hot.
2. Ten or fifteen minutes before serving knead again until the dough springs up when punched. Divide the dough into egg size flattened round balls (H-'Pēḍe') of almost equal size, by pressing and rolling between palms. Keep some dry flour in a bowl by the side of the Bread-Board ('Çhaklā').
3. Place a thick iron Griddle, (H-'Ṭāvā')(K-'Ṭāev'), on a moderate flame and let it get heated

to the right temperature. If you sprinkle a pinch of wheat flour on it, it should not burn, but just turn brown.

4. Meanwhile on the smooth surface of the Bread-Board ('Çhaklā') sprinkle, and rub over a little dry flour. After rolling each dough ball in the dry flour bowl, so that it gets dusted by it all over, roll it by means of a Rolling Pin (H-'Bēlan') or pat it, into a thin round of about 6" to 8" diameter. Transfer, and spread it on the hot Griddle. As soon as one side gets baked without scorching, turn the 'Çhapāñī' by means of a tongs or a flat spatula ('Paltā') or fingers, to get baked on the other side similarly. Meanwhile roll out another 'Çhapāñī'. Now with the help of the tongs, roast the bread on an open, sootless, flame of a gas stove, or on live charcoals. The 'Çhapāñī' will get bloated with its own steam and is ready for immediate serving. Sometimes it is smeared with a little 'Ghī' and is then called a 'Çhōḍḍī Rōñ'. In spite of regular heating, the right temperature of the Griddle is maintained automatically, due to the baking of cold rolled-out 'Çhapāñīs' one after the other.

RECIPE NO. 16.

10. 'Parātā'. (E-Layered flat and fried, unleavened bread of wheat flour made on a griddle)(H-'Parāñthā').

The 'Parāñthā' or Parāñthā' is made of either fine sifted 'Ātā', or 'Ātā' mixed with 'Maiḡā' (White finely ground flour of wheat, from which all bran has been removed), usually half and half. Always rub in with hands 2 or 3 table spoons of 'Ghī' per kg. of flour before kneading, after adding 2 tea spoons of Salt, a tablespoon of fine Sugar, and a tea spoon of Caraway or 'Ajwāin' Seeds. Knead while adding as much water as to make it into a dough of proper stiffness and texture (See Recipe no. 15 for making of dough). Roll between palms two pellets of dough, each the size of a walnut, and flatten these a little on a Bread-Board by means of a Rolling Pin ('Çhaklā' and 'Bēlan'). Smear a little 'Ghī' on the surface of one, and put evenly the other on it, and roll it into a double layered round. Now smear the top surface again with a little 'Ghī' and fold double into a semi-circular

shape. Again smear top surface with a little more 'Ghī' and re-double it giving it a rough triangular shape. Again roll out further with the pin to make it bigger and thinner. Transfer to a hot griddle as in the case of a 'Chapāṭi' (RECIPE NO. 15). Slowly fry on both sides in shallow 'Ghī' on the Griddle, turning with a tongs till the sides get equally fried to the desired crispness.

RECIPE NO. 17.

11. 'Pūr' (E-Small round of deep fried and puffed Wheaten Cake) (H-'Pūrī').

The dough is made as in the case of 'Parāṅthā' (RECIPE NO. 16). Between the palms, roll round balls of the dough, each the size of a walnut. Now on a Bread-Board ('Chaklā'), with the help of a Rolling Pin ('Bēlan'), roll each ball or pat it, into a thin round of about 5 to 6 inches in diameter. Deep fry, in a 'Kadāhī' (Deep round-bottomed thick pan), in 'Ghī' or Deodorized Refined or Hydrogenated Vegetable oil. By turning one or two times, with the help of a perforated ladle ('Jhamā'), these bloat into hollow ball-shaped crisp 'Pūrīs'. Served hot, these are relished with vegetable preparations or sweet dishes, like 'Ālū Matar' or 'Chhōlē' or 'Halvā'.

RECIPE NO. 18.

12. 'Luch'. (E-Deep fried puffed pan-cake of sifted Wheat Flour kneaded with Curd etc.) (H-'Luchayī').

Add 4 tablespoons of curds to a kg. of 'Maidā' (Fine wheat flour, from which all bran has been removed). Mix and add 2 tps of Salt and a tbslp of fine Sugar. Knead after adding as much water as to turn the mass into a stiff plastic dough. Let this stand for 2 or 3 hours, to ferment a little. Take small walnut size pellets of this dough. Roll into balls between the palms, after anointing these with or little 'Ghī'. Now roll out these balls into rounds of 5 to 6" diameter, using a Bread-Board ('Chaklā') and a Rolling pin

('Bēlan') or by patting these between palms. Deep fry in a round bottomed deep Pan ('Kadāhī'), in 'Ghī' or refined or Hydrogenated vegetable oil. 'Luch' should be soft, white and not over fried. These are enjoyed at home or at picnics with 'Halvā', 'Khīr' and certain vegetable preparations.

RECIPE NO. 19.

13. 'Yāji'.

Rarely prepared in urban areas nowadays, this boiled and steam-cooked salty Rice-flour cake, is still made occasionally by some rural households of both Kashmirī Pandits and Muslims. These are usually cooked overnight in a earthenware cooking pot, ('Lejj'). Especially Pandit families eat 'Yāji' on the mornings of 'Sōṅṅh' i.e., first day of the month of 'Chētrā', the beginning of 'Vasaṅt Ritū'. These are made in the shape of semi-spherical bowls of about an inch in thickness and eaten with some green vegetable, especially cooked Amaranth Leaves (K-'Līsā') (H-'Chaulāyī').

Ingredients :-

| | |
|-------------------------|------------|
| 1. Rice flour, - | 1 kg. |
| 2. Salt, - | 2 tps. |
| 3. Caraway seeds, - | 1 tsp. |
| 4. Ginger Powder, - | 1/2 tsp. |
| 5. Red Chilli Powder, - | 1/2 tsp. |
| 6. Mustard oil, - | 1/2 cup. |
| 7. Asafoetida, - | a pinch |
| 8. Cloves, - | 2 nos. |
| 9. Kernels of, - | 5 Walnuts. |

Preparation :-

After sifting, knead the Rice-flour with enough water into a stiff dough, adding 1 tsp of Salt, the Caraway Seeds and Walnut Kernels broken into pieces. After dividing the kneaded dough into ten to 15 portions, roll each, between palms, into a ball. Press each ball, with fingers and thumbs, into the shape of a semi-spherical bowl, of about 3" diameter and of uniform thickness of about 1" or 3/4". These when cooked are called 'Yāji'.

Method of Cooking :-

Heat the oil in a 'Kadāhī' and when foam disappears, cool it a bit by removing the 'Kadāhī' from the stove. Add the cloves and Asafoetida to the oil. Stir with a ladle and add a cup of water, one tsp. salt and the Chilli and Ginger Powders. Stir again and transfer this stock to an earthenware 'Leij'. Place the 'Yājīs' gently, without disturbing their shape, with rims downwards, i.e., in inverted position, at the bottom of the 'Leij', side by side. Now heat the 'Leij' on a medium flame, and cover it with an earthenware lid (K-'Āniut'), after adding as much water as to immerse fully all the 'Yājīs'. Bring to boil and then let the pot simmer on a low heat, so that the 'Yājīs' cook well, and when all water gets absorbed, these get further cooked in their own steam. After the rims get baked brown, serve with cooked Amaranth greens (K-'Līsa')(H-'Chaulāyī'), placed inside every cup-shaped 'Yāj'. Generally 'Yāji', are allowed to simmer, on low heat of live charcoals, overnight, ('Yāj' is singular of 'Yāji' in Kashmir).

RECIPE NO. 20.

14. 'Vaer'. (E-Salted Rice Pudding) (H-'Varī').

This is a preparation always cooked by Kashmirī Pandits at the beginning of Weddings or 'Yagneōpavīṭ' ceremony, on the 'Gṛehā Lēpan' Day, and also on 'Mehndī-Rāt', as an auspicious and happy inauguration. It is distributed to neighbours, and kith and kin, besides being taken by all the family members and guests present in the house, as a cherished tiffin Dish.

Ingredients :-

- | | |
|---------------------|----------|
| 1. Rice, - | 1 kg. |
| 2. Caraway Seeds, - | 1 tsp. |
| 3. Ginger Powder, - | 1 tsp. |
| 4. Salt, - | 1 tbsp. |
| 5. Cloves, - | 2 Nos. |
| 6. Asafoetida, - | a pinch. |
| 7. Chilli Powder, - | 1 tsp. |
| 8. Varī Masālā, - | 20 gm. |

- | | |
|--|---------------------------------|
| 9. a) For Vegetarians, Kemels of, - | 10 Walnuts. |
| b) For Non-vegetarians Fatty Intestines of sheep or goat,- | cut into small pieces,- 250 gm. |
| 10. Mustard Oil, - | 250 gm. |

Method of Cooking :-

After cleaning and washing the Rice in several waters, soak it for an hour or two in water before cooking. Now in a thick-bottomed brass 'Dēgchī' or any other 'Paṭlā', of about 6 litres capacity, heat the oil till foam disappears, and then add the Cloves and pinch of Asafoetida. Stir and add the soaked rice, after draining all the water, along with the well washed fatty intestine pieces or Walnut Kemels broken into pieces, the Caraway Seeds, Chilli and Ginger Powders and the Salt. Go on turning the Rice etc. with a broad spatula or a ladle. When the Rice etc. gets a little fried, add 4 litres of water and continue stirring till the whole comes to a boil. Continue boiling for half an hour while stirring frequently. When it cooks to a uniform pasty pudding, add crushed 'Varī Masālā'. Stir and the 'Vaer' is ready to be served hot.

RECIPE NO. 21.

15. 'Māyir'. (E-Saltish pudding of Rice cooked with diluted Curd from which generally butter has been separated)(H-'Māyir').

After separating butter from Curd diluted with water, it is called 'Gurus' in Kashmirī. This is taken as a drink with meals, or mixed, with Plain Cooked Rice, (K-'Baṭā') or 'Makāyī Vāth' or 'Gāri Vugrā' or 'Vushki Vāth' etc. before eating it. Different 'Chetnīs' made of Red or Green Chillies, Mint leaves ('Puḍinā'), or grated Radish, or roasted Lotus Roots ('Naḍeir'), or Sour Cherries (K-'Ālichī'), or Walnut Kemels etc. and Salt, usually accompany such meals.

Rice cooked in 'Gurus', called 'Māyir' is mostly prepared in rural areas particularly after a week or so on the happy occasion of the delivery of a cow, when it is also distributed amongst neighbours.

Ingredients :-

1. Rice, - 1/2 kg.
2. 'Gurus', - 4 litres.
3. Salt, - 1 tbsp.
4. Caraway Seeds, - 1 tsp.

Method of cooking :-

1. Clean and wash the Rice in several waters, and then keep it soaking in enough water to cover it, for about 3 hours.
2. Now in a thick bottomed steel 'Pañā' or tinned copper or brass 'Ḍegchi' of about 6 litres capacity, transfer the soaked Rice after straining the water, and add about 4 litres of 'Gurus' or 1 1/2 Kg. of curd churned with 2 1/2 litres of water. Let it boil on medium flame, while stirring the contents constantly by means of a steel or a wooden ladle. Add the Salt and Caraway Seeds. Go on boiling and stirring till the whole thing cooks to a pasty thick pudding, and the cooked rice grains get almost mashed. A pleasantly sour and delicious Side Dish is ready to serve.

RECIPE NO. 22.

16. 'Makāyi Vāth'. (E-Cooked Granular Maize Meal) (H-'Makāyī kā Ḍaliyā').

This used to be a nutritious staple cereal food of Kashmirīs in most of the unirrigable high land villages, where Rice could not be grown. Now because of free availability of Rice, Maize is mostly grown for other purposes and 'Makāyi Vāth' is cooked in a few places only. Dry Maize is broken into granules of about half the size of a Rice grain, generally by means of a quern. The husk are completely removed by winnowing. Only Granules of uniform size are retained, and it is called 'Makāyi Vāth'. Husks, fine grains and meal are used as cattle fodder.

Method of Cooking :-

1. Wash a kilogram of the prepared Granular meal of Maize, in a basin in several waters, so that all still adhering husks are removed. Then soak in

enough water to cover the 'Vāth' for two or three hours or even more time.

2. In a thick bottomed 'Ḍegchi' boil about 4 litres of water and transfer the soaked meal to it after draining all water and stir well.
3. Now continue boiling and stirring now and then, till the maize granules get cooked to the core and a thick porridge is formed. This too is called 'Makāyi Vāth'. It is eaten cold as a staple food, generally mixed with churned Curd diluted with water mostly after separating butter from it, when it is called 'Gurus'. The Acidophilus Bacteria of 'Gurus' and Curd promote the manufacture of Vitamin B in the body. Without separating butter the well churned diluted Curd is called 'Chhokāḍoq'. Cooked vegetables are also taken along with it. Some times only Pickles or 'Chetnīs' are eaten with 'Vāth', when Curd is not available.

RECIPE NO. 23.

17. 'Gāri Vugrā'. (E-Water Chestnut flour Porridge) (H-'Singhāḍe kā Ātā ubāl ke').

This porridge is generally taken as a single light meal on 'Fast' days ('Bṛaṣ') by Hindūs, and is considered a 'Phalāhār'.

It is the profession of many Boatmen, called 'Gāer Hāṅz' in Kashmir, to collect these Water Chestnuts or Buffalo nuts. Their Botanical name is 'Trapa Bispinosa'. These are called 'Singhāḍe' in Hindī and 'Gāer' in Kashmirī. These grow in shallow waters at many places in Kashmir, especially near the shores of famous 'Wullar' lake, where these are available in abundance. In fact, there is a separate State Government Department, 'Mahāli Singhār', to look after their collection. It is an Excise Department and also looks after proper methods of collection of these nuts, without damage to the further growth of plants. In many other places in India these Water Chestnuts also grow but are generally bigger in size and have more water content.

Mature Nuts are dried in sun and their kernels are extracted by pounding these in big stone mortars by big stone pestles attached to one end of a wooden lever which is moved, up and down, by a foot pressing and releasing alternately, on the other end. This is called a 'Inḍṛá Muhul'. The kernels in broken form are thus separated from their shells. Shells are used as fuel. Dry kernels in the broken form are called 'Gār' in Kashmīr. For these boatmen, and some people living in villages around the shores of 'Wullar' lake, 'Gār' is a staple food. They take it the form of Porridge ('Gāri Vuḡrá') or bread made from its flour ('Gāri Choet') or 'Gārivūn' (Cooked 'Gār') or 'Gāri Pūr' (Deep fried small rounds of its flour). For methods of cooking these Dishes see RECIPE NOS. 23, 36, 34 & 37.

Method of Cooking of 'Gāri Vuḡrá'.

A cup of sifted flour of dried Water Chestnut Kernels ('Gār') is sufficient to make porridge for the meal of two persons. In a thick bottomed 'Paṭīlā' mix a cup of flour with 6 cups of water by means of a ladle. Boil it for an hour while stirring it all along. When it thickens into a homogeneous Porridge, transfer it to a deep flat dish ('Thālī'), and let it get cold. It will set to a white translucent jelly like mass. It is generally eaten with churned Curd diluted with water and also in accompaniment of 'Chetnīs' and cooked Vegetables.

RECIPE NO. 24.

18. 'Buziṭh Gāer' (E-Roasted Water Chestnuts)(H-'Singhādē bhūn kē').

Mature Water Chestnuts are also roasted inside the fire of dry lake weeds. These form a good eatable at excursions in gardens etc. Excursionists sit around a hot roasted small heap of Nuts, and with the help of two stones, one big and other small, pound these one by one and extract and eat the kernels ('Gāer Gōji'), conditioned with a little Salt and Ginger Powder.

'Yunānī Hakīms' prescribe Water Chestnut preparations as a suitable food for Diabetics, espe-

cially 'Gāri Vuḡrá'. Water Chestnut has a good Protein content, and has almost all essential Vitamins and Minerals in it.

RECIPE NO. 25.

19. 'Moan̄ji Gūel' (E-Fritters of Water Chestnut Kernels)(H-'Singhādōṇ kē Pakōḍē').

Unripe or even mature kernels of Water Chestnuts, before drying, are extracted whole by a special knife with a short curved blade. These kernels are called 'Mesá' or 'Gāer Gūel' in Kashmīr. These are eaten either after frying in oil, or in the form of fritters. These fritters are called 'Moan̄ji Gūel'. These are prepared by deep frying the kernels after covering these with a thick batter of Rice flour, Red Chilli Powder and Salt. These are generally fried by vendors ('Halvāyīs') at picnic spots and mostly at Fairs.

RECIPE NO. 26.

20. 'Vushki Vāth' (E-Barley meal Porridge) (H-'Jav kā Ḍaliyā').

It is prepared like 'Makāyi Vāth' (See RECIPE NO. 22). Granular Coarse meal of Barley is used instead of Granular Maize Meal. The Barley is first hand pounded by using a big Pestle and Mortar ('Wooden 'Mūsāl' and a wooden or stone 'Ukhlī', called 'Muhul Ṭá Kan̄z' in Kashmīr), to remove all husk. Then it is made into a coarse meal ('Vushki Vāth') by means of a quern and cooked as a staple food in some hilly villages of Kashmīr, where Rice or Maize is not easily available or grown. The Porridge is cooked in water, and is eaten after cooling with diluted churned Curd or 'Gurus' just like 'Makāyi Vāth'. It is a bit laxative and is also cooling in summer.

RECIPE NO. 27.

21. 'Makāyi Choet'. (E-Maize-flour bread) (H-'Makāyī kī Rōtī').

This is a staple food in some places, and also an occasional delightful change, for those taking only cooked rice or wheat flour bread regularly. It is baked plain or sauteed with 'Ghī'. Sometimes finely chopped 'Baṭhuā-Sāg' or 'Mēṭhī' leaves (Fenugreek leaves) are mixed with the maize flour and then kneaded together to make the bread more nutritive and delicious too.

Ingredients :-

1. Sifted Maize-flour, - 1 kg.
2. Salt, - 1 tsp.
3. Caraway Seeds, - 1/2 tsp.
4. 'Ghī' (Optional), - 2 tbsps.
5. Sorted washed and finely chopped Fenugreek or 'Baṭhuā' leaves, - 1 cup (Optional).
6. Finely chopped Green Chillies, - 4 nos, (Optional).

7. Finely chopped Onions, - 2 medium size, (Optional).

Method of Cooking :-

1. With hot water, knead the Maize flour after adding Salt, Caraway Seeds and also chopped Fenugreek or 'Baṭhuā' leaves, if desired, into a semi-stiff elastic dough. Chopped Onions and Green Chillies may also be added.
2. Make with hands into egg size or bigger balls.
3. Roll these into about 1/2" thick rounds either by patting between palms of hands, or by means of a Rolling pin (H-'Bēlan') on a Bread Board (H-'Chaklā'). Bake on both sides on an iron Griddle (H-'Ṭavā') like 'Chapāṭīs'. Turn these gently with a broad spatula while baking, so that these do not split, as Maize flour is less pliable than wheat flour.
4. If desired baked bread may be sauteed on both sides using a tea spoon or more of 'Ghī' for either side in order to make the bread crisp, delicious and more nutritive. Serve hot preferably with cooked leafy vegetables. Maize bread and cooked 'Sarsōṅ kā Sāg' is a good combination. Sometimes 'Makāyi Choet' is also taken with tea at breakfast etc., after smearing it with Honey.

RECIPE NO. 28.

22. 'Rōth'. (E-Fried Sweet Bread) (H-'Rōth').

'Rōth' are made generally on certain rituals and auspicious occasions. Particularly, in the month of 'Bahāḍōṅ', when new wheat crop is harvested. Kashmirī Pandits prepare these on 'Vināyaka Chaturthī' or on any other auspicious day of that month, to offer these as 'Nivēd' to 'Shrī Ganēshā', the controlling 'Deity' of 'Budhī' (Intellect). It is called the 'Pan' Ceremony. This 'Prasād', after 'Pujā', is distributed to all kith and kin and neighbours, and is also taken by all family members. Kashmirī Pandits also send big 'Rōth' to the in-laws of their daughters after their wedding, as a 'Prasād' and as a token of gratitude to God for the unimpeded happy consumption of the Wedding. Nowadays bakers bake these big 'Rōth'. 'Roth' is both singular and plural.

Ingredients :-

1. Wheat flour according to need.
2. Fine white or Brown Sugar, -
250 to 500 gm. per kg. of flour.
3. 'Ghī', -
250 to 300 gm. per kg.
4. Black Cardamom Seeds, -
a tsp. per kg.
5. Poppy Seeds, -
a tsp. per kg.
6. Milk (Optional), -
1/4 litre per kg.

Preparation :-

1. Mix Sugar and Cardamom Seeds, with the flour and rub in 2 to 3 table spoons of 'Ghī' per kg. into it by hand.
2. Knead it with the milk and enough water to make it into a semi-stiff elastic dough, which does not stick to the hands, or the basin in which the flour is kneaded. Keep aside covered by a wet cloth.

Method of Cooking :-

From the sweetened and condimented kneaded dough, take big chunks of about 100 to 200 gm., and roll into balls between the palms. Now roll out, each ball on a Bread Board ('Chaklā') by a Rolling Pin ('Bēlan'), or by pressing and patting between palms, into flat rounds of about 1/2" thickness and about 6" to 8" diameter. In a 'Kadhī' (Deep round-bottomed frying pan), deep fry one round at a time in 'Ghī'. When after turning once or twice by means of a perforated ladle, each gets uniformly fried to a golden brown colour, and becomes a bit stiff, take out of the frying pan ('Kadhī'), after draining all 'Ghī' and transfer to a flat basin. Sprinkle a pinch of Poppy Seeds ('Khas Khās') on one side of each 'Rōth'. Seeds stick because of the 'Ghī' which gets congealed on cooling. Let cool and the 'Rōth' is ready. These are delicious cakes, which keep for many days and are relished with Green Tea ('Qahvā').

Sometimes, instead of frying, 'Roth' are baked on a griddle (K. 'Tāev'). In that case more 'Ghī' is rubbed in the flour before kneading it.

RECIPE NO. 29.

23. 'Moḍuir Pūr'. (E. Thin fried rounds of sweetened flour.) (H-'Mīthī Pūrī').

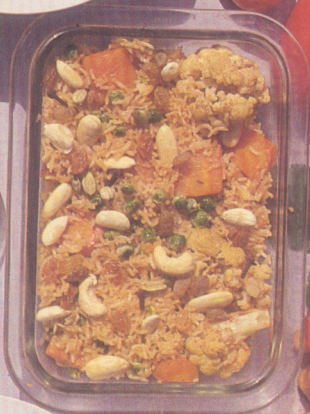
These are also generally prepared for offering to Deities by Hindūs as 'Nivēd' during 'Saṅyā Narāyan Kaṭhās' or other 'Pujās'.

Preparation :-

Sweet dough is made as in the case of 'Rōth', (See RECIPE NO. 28.)

Method of Cooking :-

Take walnut size pellets of the sweet dough, and roll into balls. Roll out each ball into thin rounds of about 5" to 6" diameter on a Bread Board ('Chaklā'), by means of a Rolling Pin ('Bēlan'). Deep fry as in case of 'Rōth' (See RECIPE NO. 28). After turning with a perforated ladle ('Jhamā') after these get fried to a golden brown, take out when straining all 'Ghī'. Sprinkle Poppy Seeds on one side. These are generally made in small quantities, say, from a quarter kg. to 2 kgs. of flour.





RECIPE NO. 30.

24. 'Laed'. (E-Small spherical fried sweet scones of Wheat flour) (H-'Laddū').

These are mostly made for offering as 'Prasād' to 'Shrī Ganeshā' during His 'Pūjā'.

Preparation :-

Sweet dough is made as in the case of 'Rōth', vide RECIPE NO. 28.

Method of Cooking :-

Take a small quantity of the dough at a time, and roll it into a 'Rope' between palms, greased with a little 'Ghī'. Coil it on a finger, take it off and then, between palms, roll into a small ball of the size of a marble or somewhat bigger. After preparing these small balls out of the whole dough deep fry these in 'Ghī', on moderate heat, to a golden brown colour. These are generally prepared from a small quantity of flour, upto a kg. The coiled small round scones cool down to delicious cookies, called 'Laed' in Kashmirī.

RECIPE NO. 31.

25. 'Churmā'. (E-Meal of sweet fried wheat flour cookies) (H-'Churmā').

Small half inch thick rounds of 2" or 3" in diameter, made out of the dough as described in the RECIPE NO.28 for making 'Rōth', are deep fried in 'Ghī'. When these get cooled, these are pounded by a pestle in a mortar into a course meal. This is called 'Churmā'. It is also used as a 'Nivēd' (offering), to Deities in 'Pujās' by Hinḍūs, and then distributed as 'Prasād'.

RECIPE NO. 32.

26. 'Shakkar Pārā'. (E-Fried Squares or Rhombs of sweet wheaten cookies) (H-'Shakkar Parē').

Method of Cooking :-

Roll on a Bread Board, greased with a little 'Ghī', a chunk at a time of dough, made as in case of RECIPE NO. 28. for making 'Rōth', into a sheet of about 1/4" to 1/2" thickness. Greasing again the surface with 'Ghī', cut with a knife the sheet into about 1" side squares or rhombs. Deep fry these to a golden brown colour. These form delicious sweet cookies for domestic use etc, like Biscuits.

RECIPE NO. 33.

27. 'Kṛeḥh Vaor' or 'Çhhirā Çhoet'. (E-Pan cakes made of Rice flour) (H-'Chāval kē Ātē kā Namkīn Pūdā').

'Kṛeḥh Vaor' is something like a South Indian 'Dōsā'. These are relished with morning or afternoon Teas, and are often made in Kashmirī homes.

Ingredients :-

- | | |
|-------------------------|----------|
| 1. Sifted Rice Flour, - | 1 cup. |
| 2. Salt, - | a tsp. |
| 3. Red Chili Powder, - | 1/2 tsp. |
| 4. Caraway Seeds, - | a Pinch. |
| 5. Mustard Oil, - | a cup. |

Method of Cooking :-

1. In a bowl make a well mixed batter of the Rice flour and a cup and a half of water. Add Salt, Chili Powder, and Caraway Seeds, and mix well with a ladle.

2. Heat a slightly concave Griddle (H-'Ṭavā') on a medium flame, and at a time, spread a couple of teaspoons of oil on it.
3. As soon as the oil gets heated, pour slowly a ladleful of batter, in concentric circles, beginning from an inch inside the rim of the Griddle, and reducing the diameter after pouring the batter for each circle, till you come to the centre of the Griddle.
4. Due to the concave surface of the Griddle, the circles of batter will spread inwards, and all the pourings will roll into a single Pan-cake, which will get fried in a minute or two on once side.
5. With the help of a broad flat spatula (H-'Paltā'), turn the cake, which will be by now stiff and compact enough not to split because of having got fried on one side. Let it get fried on the other side. Pour with a tea spoon a little more oil if needed around the rim of the cake. Remove from the Griddle the cooked crisp Pan-cake by means of the spatula and it is ready to be served hot. Now pour again a couple of teaspoons of oil on the Griddle, and repeat the process of making more cakes. These are called 'Kṛeḥh Vaer', perhaps because these were made in a 'Kṛoaḥh', a flat iron ladle used for removing live charcoals from the fire place (K-'Ḍān'). It is also called a 'Ḥhirā Choet' because of the 'Ḥhirā' sound produced on pouring the batter on the hot Griddle.

'Vaer' is plural of 'Vaor'

RECIPE NO. 34.

28. 'Gārivūn'. (E-Broken Water Chestnut Kernels cooked with Condiments) (H-'Singādē pakāyē huyē').

This is a dish made of broken dry Water Chestnut Kernels called 'Gār' in Kashmīr, and is eaten as a 'Phalāhār' on 'Fast' days ('Bṛaṭ') by Hinḍūs and also eaten occasionally.

Ingredients :-

1. Broken dry Water Chestnut Kernels, - 1/2 kg.
2. Mustard oil or 'Ghī', - 2 tbsps.
3. Dry or Green Chillies, - 3 nos. or 1/2 tsp. Red Chili Powder.
4. Salt to taste about, - 1 tsp.
5. Ginger Powder, - 1/2 tsp.
6. Cumin or Caraway Seeds, - 1/2 tsp.
7. Cloves, - 2 nos.
8. Asafoetida, - a pinch

Preparation :-

1. Wash the broken Water Chestnut Kernels in 2 or 3 waters so that any shell pieces etc. are washed away. Soak it over-night in enough water to cover this 'Gār'.
2. Slit open the dry or green Chillies, remove seeds.

Method of Cooking :-

In a thick bottomed 'Paṭlā' heat the oil or 'Ghī' and when foam disappears, add the Cloves and Asafoetida and stir with a ladle. Add the soaked 'Gār' after straining all water and stir well. After the 'Gār' gets fried a little, add Dry or Green Chillies, or Chili Powder, the Cumin or Caraway Seeds, Ginger Powder and Salt. Stir again. Now add a litre of water. Stir and mix with the ladle. Cook on low flame for half an hour, frequently stirring the contents till the 'Gār' becomes tender and a stiff porridge called 'Gāri Vūn', is formed ready to be served.

Sometimes a few Potatoes, Lotus Roots or Brinjals, dressed and cut into pieces, are also added to cook together.

RECIPE NO. 35.

29. 'Tomlá Choet'. (E-Rice flour baked rounds) (H-'Chāwal kē Atē kī Rōī').

Only seldom, just for a change, rice flour bread is baked in houses. It is not eaten as a main staple, but sometimes taken with tea etc. It is also prepared on some Hindū Rituals like 'Shrādhā' Ceremony, 'Havan' and 'Shivārātrī Pūjā'. Rice flour bread is called 'Tomlá Choet' in Kashmīr. Fine sifted Rice flour is kneaded like wheat flour, and made into small thin rounds of 4" to 5" diameter, by pressing and patting between two palms, or by means of a Rolling Pin ('Bēlan') and a Bread Board ('Chaklā'). These are baked like 'Chapāṣ' on a griddle, (RECIPE NO. 15). Rice flour dough is not as pliable as wheat flour, and hence smaller rounds are made. Sometimes the dough is conditioned with a pinch of Caraway Seeds, and a pinch of Salt.

RECIPE NO. 36.

30. 'Gārī Choet' (E-Plain thin round Bread made from Water Chestnut flour) (H-'Singhādē Ātē kī Chapāṣ').

Method of Cooking :-

Sifted flour of Water Chestnut Kernels (K-'Gār') is kneaded, with hot water, into a stiff dough, which can be rolled into thin rounds. These are baked like 'Chapāṣ' on a Griddle (See RECIPE NO. 15). The boat men, who collect Water Chestnuts from lakes etc., and who are called 'Gār Hānz', generally use this bread as their staple food. They are experts in rolling these by hands. They make these 8" to 10" in diameter, and then bake on a terracotta flat pan. They use the dry shells of these nuts as fuel, and eat these 'Chapāṣ' mostly with cooked Fish, which is also available freely in the lakes in Kashmīr.

RECIPE NO. 37.

31. 'Gārī Pūr'. (E-Fried Sweetened or Salted small rounds of Water Chestnut flour) (H-'Singhadē Ātē kī Pūrī, Namkīn yā Mīthī').

Sifted flour of Water Chestnut Kernels is kneaded into a stiff dough with hot Milk or water, and fine Sugar or Salt to taste. A little 'Ghī' is also rubbed with hands into the flour before kneading, to make the fried cakes soft and delicious. Some coarsely ground black Cardamom Seeds are also added as a Condiment. Small balls of Walnut size, from the dough, are rolled into rounds of about 4" diameter. Rolling is done by a Rolling Pin or by patting between palms of hands. These rounds are deep fried in Mustard oil or 'Ghī'. By turning once or twice, while frying, by means of a perforated ladle, these become golden brown in colour and get bloated. 'Gārī Pūr' as it is called, is generally eaten along with Green Condimented Tea, or Milk on 'Fast' days ('Bṛaṭ') by Kashmīrī Pandīṭs and other Hindūs.

Sweetened kneaded flour, as in above, is also rolled out into half inch thick sheets, and cut by a knife, into squares or rhombs of about 1" side, and these are deep fried to a golden brown colour. These are called 'Gārī Shakkar Pārā' and are also eaten generally during 'Bṛaṭ' by Hindūs. These keep for days together so as to be eaten when desired.

RECIPE NO. 38.

32. 'Vushki Choet'. (E-Baked rounds of Barley Flour) (H-'Jav kī Rōī').

Baked thin rounds, of sifted ground meal of Barley, are also made like rounds of Wheat flour i.e., 'Chapāṣ', (Vide RECIPE NO. 15). Sometimes wheat flour and Barley flour are mixed to be made into such breads. 'Vushki Choet' is nutritious and laxative, and is made mostly in hilly villages, where more barley and less wheat is cultivated because of climatic conditions.