



KASHMIRI

COOKBOOK



KILAMS



CULINARY ART OF KASHMIR.

A
COOK BOOK OF
ALL POPULAR KASHMIRI DISHES.
ALONG WITH
A GUIDE TO HEALTHY EATING, ETC.

BY
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AND
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GUIDE TO THE PRONUNCIATION OF INDIAN WORDS

It may please be noted that, in this book, written in English, most Indian words, especially names of various dishes, cooking utensils etc of Kashmīrī's, are written within inverted commas, except in the appended Table No.7.

In 'Dēvnāgrī' script there are distinct sixteen vowels, and in Kashmīrī language eighteen. In English alphabet there are only six vowels, which, along with some of its consonants, are not pronounced alike always. Again there are some consonant sounds of Indian languages which are not present in English alphabet. Therefore it is almost impossible to transcribe the Indian words, especially those of Kashmīrī's, in English alphabet as it is, and convey the right pronunciation. In order to overcome this difficulty, use of dots and dashes etc, over and under some English letters, and use of diphthongs and double letters, has been made to express the extra Indian vowel and consonant sounds. This makes it possible to pronounce the Indian words correctly, to a good extent. The following is the guide:-

- | | |
|-------------------------------------|---|
| 1. A, a, as u in us. | 2. Ā, ā, as er in early. |
| 3. Ā, á, as e in kitten. | 4. Ā, ā, as a in arm. |
| 5. AI, ai, as i in right. | 6. AO, ao, as ow in owl. |
| 7. B, b, as b in boy. | 8. BH, bh, as bh in abhor. |
| 9. CH, ch, as ch in child. | 10. ÇH, çh, (soft), as ch spoken with tip of tongue near the upper front teeth. |
| 11. CHH, chh, as ch-h in catch him. | 12. ÇHH, çhh, (soft) chh spoken with tip of tongue near upper front teeth. |
| 13. DH, dh, as dh in 'Dhōl' (Drum). | 14. D, d, as d in door. |
| 15. Ḍ, ḍ, as th in this. | 16. ḌH, ḍh, as dh in 'Dhōḷī' (Indian loin cloth). |
| 17. E, e, as e in pert. | 18. Ē, ē as a in blade. |
| 19. EI, ei, as ei in leisure. | 20. F, f, as f in father. |
| 21. G, g as g in get. | 22. Ğ, ğ as g in 'Ġāzī' |
| 23. GH, gh, as gh in ghost. | 24. H, h as h in hen. |

25. I, i as i in it.
26. I, Ī as ea in eat.
27. J, j, as j in jackal.
28. J, jh, as jh, as in 'Jhāpsī'.
29. K, k, as k in king.
30. KH, kh, as kh in 'Sikh'.
31. K̄H, k̄h as kh in 'K̄hān'.
32. L, l, as l in leg. (Dental)
33. Ļ, ļ, as l in 'Kaḷā' (Art) (Palatal)
34. M, m, as m in mother.
35. N, n, as n in no.
36. N̄, n̄ as n in sing.
37. N̄, n̄ as n in 'Kriṣhēn'
38. N̄, n̄, as ny in canyon.
39. O, o, as o in got.
40. Ō, ō, as o in old.
41. OI, oi, as oi in oil.
42. OU, ou, as ou in proud.
43. P, p, as p in pen.
44. PH, ph, as ph in phantom.
45. Q, q as q in 'Qurān'.
46. R, r, as r in rice.
47. R̄, r̄ as r̄ in brick.
48. S, s, as s in say.
49. Sh, sh as sh in shame.
50. T, t as t in tin.
51. TH, th, as th in 'Thug'.
52. Ṭ, ṭ as t in 'Ṭāj Mahal'.
53. ṬH, ṭh, as th in thin.
54. U, u, as u in put.
55. Ū, ū, as in fool.
56. V, v, or W, w, as v in very.
57. Y, y, as y in young.
58. Z, z, as z in zip.
59. ZH, zh as L spoken with tip of tongue near middle of palate (Tamil letter ழ & Malayalam letter ഴ).

PREFACE

Enjoying and cooking good food has been a sort of hobby of almost all members of our family. For us, husband and wife, the co-authors of this book, cooking various Kashmirī dishes and entertaining with these our friends, guests, and many others who came to our home, has always been a pleasure.

Because of the interest shown by most people in Kashmirī Cuisine, after they had the opportunity of partaking of these delicately spiced dishes, many people collected 'Recipes' of these, for publication in newspapers and magazines, or even for compiling these in a book form. Generally, the information has been second-hand and without correct and personal knowledge of the preparation of these much-liked dishes or their recipes. Apart from incorrect nomenclature of the Dishes often, it has been observed that lot of guess-work has gone into their dissemination.

At the earnest solicitations of our friends, relatives and especially Smt. Sudhā Dhar and Shri Deepak Kaul we have been encouraged to write this book, to serve as a guide to housewives and laymen, as also to professional chefs of Hotels and Restaurants and some households. An attempt has been made to give the minutest details of the preparation and method of cooking of almost all the popular dishes.

Again, to add to the instructional value of the book, important and very useful, detailed, information, about the nutritive value of the common Indian Food Stuffs, has been given separately by way of an Appendix. There are many common foodstuffs which are quite inexpensive, but are very rich sources of Minerals, Vitamins or Proteins, which, generally, the diet of the common people lacks. In the book we have tried to guide the readers on this aspect too.

'Āyurvēdā' and 'Supā Shāstrā' extol the medicinal properties of many Spices used by Indians, and especially by Kashmirīs, apart from the flavour and aroma that these lend to food. The method of blending these spices has developed as an art in Kashmir. The recipes of patent, exquisitely blended 'Masālā' mixtures of Kashmirīs, and methods of their preparation, and also preparation and preservation of almost all Spices and Condiments, have been described in detail. In fact these 'Masālās', Spices and Condiments form the very essence of this Kashmirī Culinary Art.

Almost, recipes of all the common and special vegetarian and non-vegetarian Kashmirī-dishes, have been given in the book. In this respect the book will form an authentic reference book. In spite of personal knowledge of cooking of the various dishes, many professional Pandit and Muslim cooks-'Voāshā' and 'Vāzā'-have been consulted to authenticate the recipes. Names of different dishes have been given with their correct Kashmirī pronunciation, along with their nearest translation in English and Hindi. A guide to Hindustānī and Kashmirī pronunciation is given in the beginning of the text.

An Appendix of the names of different Food Stuffs, Spices and Condiments, in the main Indian languages, along with their popular and Botanical names, has also been added for the facility of all Indians and English-knowing readers. The data, regarding the 'Nutritive Value of the Common Indian Food Stuffs', is preceded by a chapter on 'Human Nutrition', which, to a layman, should convey useful working knowledge about food requirements of different individuals.

At the outset we are profoundly grateful to our beloved 'Swargya' Ex. P.M., Shri Rājiv jī, for introducing us to the readers.

Dr. Fārooq Abdullāh M.P., the ex-C.M. of the J & K State, has been kind to write a foreword to the book. We are grateful to him, as also to Pandit P.L. Handoo ex-Minister J & K State, for their judicious assessment of this work.

We owe our gratitude to many more. Shri V.P. Kapoor, our friend and ex-partner did the laborous work of typing the original manuscripts. Our son-in-law, Shri Rāhul Dhar got the work Electrotyped after first revision. Another son-in-law, Prof. B.N. Kaul helped us, and provided us books as well, for collecting Botanical names of many food stuffs. His son Shri Romēsh Kaul also helped us in informing us about many names for Appendix III. Mr. Jayant Kumār Misra of I.D.T., Dehra Dun, devoted his valuable time in collecting lot of data for this Appendix. Our dearest grand daughter, Mrs. Shārḍā Cherwoo went through the whole Electrotyped manuscript to correct all typing mistakes etc. Begam Mahamooḍa Maṭṭoo helped us in collecting useful information about the Cuisine of Muslims of Kashmīr. Our daughter Mrs. Mahālakshmi Krishen, provided us all the facilities at her home at New Delhi, during our long periods of stay there in connection with the publication of the Book. Our son Shri M.K. Kilam and our dear grand daughter Km. Kārtika Kilam went through the final laser proofs and corrected all the misprints. May Bhagwān Bābā Bless them all !

We are also grateful to the authors of India and abroad, whose works we consulted to gather most of the information given in Appendices.

1. GURU ROAD
Dehra Dun UP

AUTHORS

NOTE :

The first letters of the names of most Ingredients in the Recipes, and also of many common names and words at some other places in the text of this book, have been written in capitals. This has been done to emphasize their importance.

IT GIVES ME RARE PLEASURE TO RECORD THAT 'DE LEIJ' WRITTEN BY MRS. AND MR. S. S. K. KILAM, ON THE CULINARY ART OF KASHMIRI, IS FIRST BOOK OF ITS KIND. IT DESCRIBES VERY ACCURATELY RECIPES OF ALMOST ALL THE FOOD PREPARATIONS OF THIS HAPPY VALLEY.

THE SPICES, CONDIMENTS, PICKLES AND MASALAS USED IN PREPARING TASTY AND RICH DISHES ALONG WITH MODES OF THEIR PREPARATION, HAVE BEEN LUCIDLY DESCRIBED.

THE NAME OF FOOD MATERIALS AND SPICES GIVEN IN ALMOST ALL INDIAN LANGUAGES ALONG WITH THEIR BOTANICAL NAMES, FORMS A VERY INFORMATIVE AND USEFUL APPENDIX OF THE BOOK.

THE CHAPTER ON FOOD REQUIREMENTS AND ANALYSIS OF VARIOUS COMMON CEREALS, VEGETABLES, MEATS AND MILK PRODUCTS ETC., IS ALSO AN INTERESTING AND EDUCATIVE PART OF THE BOOK FOR GUIDANCE OF THE COMMON MAN.

I WOULD COMMEND THE BOOK FOR USEFUL GUIDANCE AS A BOOK OF REFERENCE AND AS A KEY TO PLEASURE OF RICH AND TRADITIONAL EATING HABITS OF THE INHABITANTS OF THIS PARADISE ON EARTH.

P.L. Handoo
Minister for Revenue,
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JAMMU & KASHMIR



TO MRS. & MR. SHYAM SUNDER KAUL KILAM, COOKING IS A HOBBY AND BOTH ARE VERY GOOD AT IT. A PART FROM BEING A SERICULTURIST AND AN INDUSTRIALIST, MR. KILAM, AN EX-ADVISOR TO GOVT. OF U.P., HAS PAINTING, SINGING, KASHMIRI CRAFTS AND URDU AND KASHMIRI POETRY AS HIS OTHER PASTIME. 'DE LEIJ' IS AN EXHAUSTIVE AND EXCELLENT TREATISE ON THE CUISINE OF PANDITS AND MUSLIMS OF THE HAPPY VALLEY OF KASHMIR. THE BOOK IS RECOMMENDED TO ALL CONNOISSEURS OF GOOD FOOD AND SPECIALLY TO HOTELS, HOTEL MANAGEMENT INSTITUTES AND LIBRARIES.

RAJIV GANDHI