



Culinary Institute of America

University of San Diego A Deep Dive into India



The Culinary Institute of America, Hyde Park, NY



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The Culinary Institute of America

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ No cell phone use or text messaging during class
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ Remain in attendance for the class duration
- ☑ Complete the course evaluation
- ☑ Follow all established health and safety regulations
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen
 - Keep all perishable items refrigerated until needed
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Maintain CIA uniform standards
- ☑ Act within the guidelines of the CIA’s policy on harassment
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair

Should be neatly maintained, clean, and under control at all times

A DEEP DIVE INTO INDIA



LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- list the herbs and spices common to Indian cuisine.
- list traditional ingredients common to Indian cuisine.
- apply a variety of cooking techniques using Indian recipes.
- identify special equipment used in the preparation of Indian foods.
- discuss the aromatics in Indian cuisine, how they differ from other Asian cuisines, and how they play an integral role in Indian cooking.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations

Hands-On Production
Product Evaluation

INDIAN CUISINE

The uniqueness of Indian cuisine comes from the nature of the spices used. Spices are freshly ground daily. The motion used in the grinding of the spices is important for the flavors that are being extracted from them. First, by sprinkling a small amount of water onto the spices, then by using an oval motion with a steady pressure, a moist purée is created. In the West, cooks are not familiar with this procedure, but they tend to grind the spices individually, then mix them together (possibly with the addition of tahini paste as the binding agent). This procedure mellows the raw flavors more quickly. There are, of course, certain spices that do not lend themselves to this grinding technique - examples are cloves, cardamom, peppercorns and whole dried chiles. These are ground dry and then incorporated into the wet purée of other spices.

From time immemorial India has been renowned as the source of exotic spices. Its cuisine is famed for its variety and infinitely subtle blends of aromatic spices and seasonings that flavor meat, legumes, and vegetables. The word curry does not do justice to the sheer range of Indian dishes, which reflects the diversity of geography, culture, and religion that this vast country has to offer. What does not vary is the care and sophistication with which food is prepared and cooked, and the value that is attached to its excellence and flavor. From the rich meat-based dishes of the North to the simple legume-based diet of the South, food is a way of life, with many religious and social rituals surrounding it, and throughout the whole country it is a source of great enjoyment and celebration.

India is a vast country and food varies from region to region, as strongly influenced by religion and custom as it is by geography. When the Moguls invaded India in the sixteenth century, they brought with them their Central Asian Muslim cuisine, which is based on meat. Their influence was strongest in North and Central India, and it is here that meat cooking is at its best.

COOKING TECHNIQUES

Bhun-na, or roasting, is a process that has many interpretations in India, and is regarded very differently from the technique used in the west. The term roast is translated as the quick browning of the item in question. It generally refers to the use of dry heat and no addition of fat. Whole lentils, flours, whole spices, and nuts can all be roasted. When meats are roasted it is common to use additional fat. A tava or griddle is placed on the fire and heated. The items are then put into the pan and tossed quickly to get a light brown color. Quite often an item is roasted and then used as a garnish.

Dum is another expression that is commonly used, meaning breath. Certain meat, fish and rice dishes are prepared this way to enhance their flavor. The process of Dum is a form of braising, without the addition of extra moisture, relying on the natural moisture of the product itself. After particular dishes have been cooked using other cooking techniques, like shallow frying, a lid is placed over the pan and sealed very tightly during the last half hour of the cooking time. This maintains the moisture, retains nutrients, and allows the flavors to mellow considerably.

The age-old tradition of **Biryani**, cooking meat and rice together, has been passed down through the centuries by word of mouth. This preparation takes great skill so that neither the meat nor rice will be overcooked or undercooked. This collection of dishes, for there are many, is usually flavored with saffron and spices - creating a most wonderful aroma and flavor.

One process that is unique to Indian cuisine is the use of **Baghar**, **Turka** or **Chonk**. Each of these terms relates to a form of fried garnish that accompanies a meal. Oil will be heated in a karchi or pan, and the selected spice or spices are quickly fried using high heat. These are then added to or poured over the dish just before serving. Chonk would be interpreted as adding a garnish, though not necessarily at the last minute. Here it would not be an uncooked ingredient.

A large part of Indian cooking takes place in a **tandoori oven**. This clay-lined steel vessel is heated from a fire of charcoal on the bottom. Fleeing Hindu refugees from the northwest and the Punjab areas had few possessions and clothes but bringing their cooking pots and tandoori. Families would set up their tandoori and cook chicken which had been marinated in a mildly spiced orange-red colored yogurt and spices. They then placed the chicken on long thin steel skewers in the tandoori oven to cook. The flavor had an earthy component from the charcoal. This was a whole new way of cooking and now has become a common technique. Almost anything can be cooked in a tandoori oven, from fish, poultry, bread, and vegetables. As time has progressed, tandoori cooking has become a heritage to Indian cooking.

TRADITIONAL INGREDIENTS

Almonds	Amchoor (mango powder)
Asafoetida	Basmati rice
Buttermilk	Cardamom
Chick-pea flour	Chiles
Cilantro	Cinnamon
Coconut	Cumin
Curry leaves	Dried fish
Fennel seed	Fenugreek
Garam masala	Ghee
Ginger root	Lentils
Limes	Mangoes
Mung beans	Mustard seeds
Nigella	Onions
Panch phoran	Pistachios
Saffron	Sesame seeds
Split peas	Tamarind
Tomatoes	Turmeric
Yogurt	

ACCOMPANIMENTS

Bread, rice, and dal (lentils) are essential components to an Indian meal, although home cooks usually include only one or two on the table at only one time. The common varieties of bread are **chapati**, **phulka** and **roti**. These are usually made from whole wheat flour, salt,

and water. Ghee, or oil, is sometimes used to make the dough richer, more pliable, and flavorful. This will vary slightly throughout the regions of India. There are many kinds of Indian roti, or bread. Most are unleavened and, with one exception, are round and flat. The most commonly eaten roti is the chapati.

The great wheat-growing plains of the Punjab produce the flour from which roti (bread)—the essential component of every meal in Northern India—is made. The most common, everyday bread is chapati, a flat, unleavened circular bread that is cooked on a griddle and then transferred to hot charcoal and charred. Its purpose is twofold: it is the staple starch dish as well as an edible utensil for scooping up the rice and delectable sauces. Other kinds of roti include naan—a luxurious leavened dough that is slapped on the inside of the tandoor and baked—and paratha, a crispy fried bread that is rolled out and folded into fine layers, often stuffed with vegetables or kheema, ground meat.

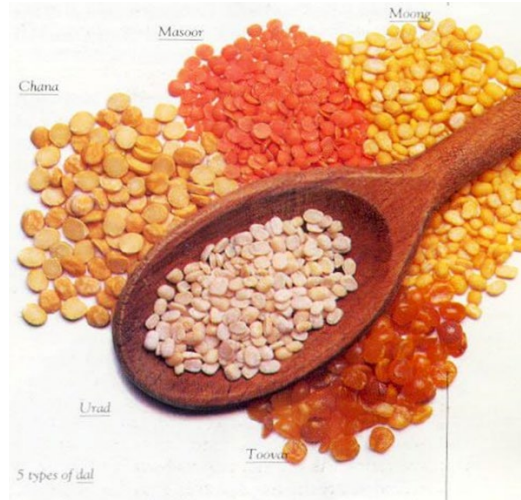
Griddle fried and deep-fried breads, such as parathas, are normally reserved for special occasions, as oil is a fairly expensive item in India. The dough for this type of bread has a richer, smoother texture. Milk can also be added to increase the richness of this dough. In the North, cornmeal is used to make a popular bread called maki ki roti, traditionally eaten with mustard greens. Other flours made from millet, barley and chickpeas are also used regionally to make chapatis of various kinds. In South India, where rice is the staple food, bread is made from rice flour, and toddy, the fermented juice of coconut palm, is used as leavening.

In different regions, shredded or puréed vegetables are cooked with spices and then added to the dough. Maize, millet, or chickpea flour (called besan) can also be made into dough. Breads are cooked in a variety of ways – stuck on the hot interior walls of the tandoori oven, by using a krai, or wok, over the top of the burner as a griddle, or by steaming and then baking the bread wrapped around a skewer in the tandoor. Most of the baking takes place on the initial contact with the heat and then the item is turned to complete the process.

Ghee, or butter, can then be applied to the cooked bread, which is then placed back on the heat, so it will puff up and crisp slightly. Breads are made fresh for each meal and served and eaten hot – but that is not to say that they do not taste great when eaten cold.

Rice is the major staple food for over half of the Indian population and as such it is a vital component of every meal. In addition to providing the main filler in the meal, rice absorbs the spicy, liquid vegetable and legume curries it accompanies. Rice is cooked in many ways, depending upon the region of the country but every cook pays careful attention to the shape, color, aroma, age, taste, and cooked texture of the rice they may select, and it is graded (and priced) with these considerations in mind. Polished white rice is the most popular form, with brown, unpolished rice being favored in the rural areas. Polished short grain rice is used more extensively in the Southern and Eastern regions. This grain has a fuller more oval shape with a chalky color. It tends to become sticky when cooked, whereas the long grain rice becomes more separated and fluffier after being cooked. Basmati is the most esteemed of the long grain rice varieties and it grows in the foothills of the Himalayas in the North. It has a long even shape with pointed kernels and a faint buttery, nut-like flavor, and fragrant aroma. It is pale yellow to creamy milk white in color.

Dals, lentils, and bean purees are another important element in Indian cuisine and a wide variety of cooking forms have evolved over the centuries, all called by the generic term dal. The vegetarian sector of Indian cuisine utilizes them greatly as a protein source and they are used in many forms, from a soupy sauce-like dish to pour over rice, to tasty hot purées and rice/dal combinations with added vegetable garnishes. These dishes offer the opportunity for cooks to add seasonal variety. Dals are also soaked and ground to make a batter for fried and steamed pancakes or fried and seasoned for a tasty crunchy high protein snack food.



The most common varieties enjoyed are Egyptian lentils (masoor), black-eyed peas (lobia), and mung beans (moong). Lentils are also an important ingredient in classic regional dishes, including such dishes as sambar (lentils with vegetables) and rasam (lentils with garlic) that are prepared daily, being seasoned with different spices to give them variety. Dhansak is a dish that combines meat with lentils and is served with brown rice; dosas are lentil and rice pancakes, popular in the South. Another characteristic of the South is the use of small amounts of roasted or fried split peas to impart a nutty flavor to dishes.

MEATS/POULTRY

There are many ways of cooking meat. Besides curries, there are kormas, braised meats that are cooked in yogurt or cream and sometimes in both. There are kebabs of various kinds and bhoona, sautéed and baked meat. Koftas are spicy meatballs that may be plain or stuffed and served either dry or in a curry sauce. Roasted meats include those cooked on a spit in a tandoor.

Indian chickens, although small and scrawny, are very tasty. Indians have many delicious ways of cooking chicken, from the lightly seasoned dishes of the North to the spicier, coconut-flavored curries of the South. Chicken cooked in a tandoor is a northern dish, which is now eaten all over India. The chicken is marinated in spices and yogurt, threaded

on a spit, and cooked in a clay oven. The succulent result, a tender, moist bird with a dry crusty surface, is difficult to achieve in a modern oven. Duck and goose are also eaten in India, but not as commonly as chicken. Game birds are a delicacy and teetur, partridge, is a special favorite.

SEAFOOD

India boasts a coastline of over two thousand five hundred miles. The Arabian Sea, the Indian Ocean and the Bay of Bengal lap its shores, providing thousands of varieties of fish. It is no wonder, then, that the people of the coastal areas have such a large repertoire of seafood dishes.

Prawns and shrimp, from the smallest and tastiest shrimp to gigantic prawns, which can weigh one pound each, are used in curries, baked with spices, or grilled. On the west coast, in Goa and Kerala, these delicacies are made into the liveliest of curries. In Bengal they are cooked with mustard and yogurt or coated in a spicy batter and fried until crisp. In Bombay, prawns are cooked with onions, tomatoes, green chiles, raw sugar and cumin, or minced with fresh herbs, mixed with spices, and made into patties.

The incomparable Indian pomfret with its fine, firm flesh is also cooked in many ways. It is often stuffed with a mixture of onions, coriander leaves, green chiles, garlic and fresh ginger, which is fried with a paste of turmeric, cumin, tamarind and red chiles. The fish is then wrapped in a banana leaf and baked, steamed, or fried. The banana leaf imparts an unusual flavor, which is lost when foil or parchment is used instead.

Mention must be made, too, of bombil, a fish better known as Bombay Duck. Caught in large quantities, these small almost transparent fish are dried in the sun and provide a cheap form of protein. In the West, Bombay Duck is best known as an accompaniment for curries, but in India it is made into many dishes both in its dried and fresh forms.

OILS

There are many kinds of oils that add another dimension of flavor to the ingredients. In Southern India, peanut oil is widely used, giving a nutty flavor. In the coastal areas, where coconuts grow in abundance, coconut oil is used along with coconut milk to give the distinctive flavor of the South. In Bengal, a state that is crisscrossed by waterways, fish is widely available and much consumed. Mustard oil is used here too, imparting characteristic flavor to the regional cuisine. In Kashmir, it is sesame oil that gives a distinctive flavor to the local cuisine. Ghee, which is butter clarified to the point where it contains no milk solids, is used instead of the oil found in many Northern dishes and has a special nutty flavor of its own.

DAIRY PRODUCTS

Thick, creamy buffalo-milk yogurt (dahi) is made daily in most kitchens. It is the basis of the classic yogurt, mint, and cucumber salad, raita, which is served with spicy main dishes. The yogurt adds richness to sauces and tones down the fire of spices, resulting in a creamy sauce such as the kind found in the meat or fish kormas. Dahi is also used for making lassi, a refreshing, cooling drink that can be either sweet or savory. Sometimes the seasonings are simply salt and black pepper (lassi namkeen); but rose water, sugar, and fruit can also be used.

Chenna is a kind of soft cheese made in the home for use in sweet and savory dishes—for example, in the sweets rasgulla and sandesh, or the savory mattar paneer (cheese with peas). Chenna is made by adding vinegar and water to milk and bringing it to a boil before straining the milk through cheesecloth. This cheese forms the basis of many other sweets, for which Bengal is particularly famous. Other ingredients commonly used in sweets are pistachio nuts, almonds, raisins, and coconut. Rice is combined with milk—in zafrani chawal, and in rice pudding made with rice and milk, like that familiar to many American children—and yogurt, which can be combined with saffron and sugar to

make a creamy dessert. Flavorings, apart from sugar, of course, are cardamom pods and rose water, which give a delicate fragrance to the sweets.

Source: *The Encyclopedia of Herbs, Spices and Flavorings*, pg. 136 - 139

ROLE OF SPICES IN INDIAN CUISINE

Spices have lured men and ships from around the world to India as expeditions and traders set off to find the source of the exotic flavors derived from the use of tropical spices. Venetians, Genoans, Portuguese, Dutch and the British have all played a major role in the spice trade, making vast fortunes along the way. Within Indian cuisine there are a number of distinctive spices that form the basis for its many flavors.

Common Spices of India



Ajowan is related to the parsley family. The seeds are used as a spice and are red to brown in color with a light stripe. The seed is available either whole or ground. When crushed, the seeds have a sharp pungent, acrid aroma - very similar to the herb thyme.

Even though it is harsh, it is not unpleasant; the lingering flavor left on the palate is quite mild and soft and very close to cumin and caraway. Native to India, ajowan is used extensively throughout Indian cuisine. It is used mainly in savory dishes such as breads, samosas and other crisp fried snacks, and dishes created from lentils and chickpeas or chickpea flour (besan). Europeans use it as a substitute for the herb thyme.

Amchur is a spice created from the unripe fruits of the mango tree. This is a tropical evergreen that has been in India for over four thousand years. The tree can reach great age and size and when mature, will yield large amounts of fruit, enjoyed at all degrees of ripeness. Unripe mangoes are first peeled, sliced, and then dried in the sun until the slices turn a light golden color. The slices are either used whole or ground to a fine powder. Amchur is a major ingredient in the making of many of the chutneys and pickles. When amchur is used with other Indian spices it helps the other spices become more distinctive without becoming overpowering. The enzyme, papain, found in mangoes also enables amchur to be used as a tenderizer. Amchur is often used to tenderize mutton and firmer animal proteins, creating a more pleasing texture in the foods. Amchur has its own taste and aroma to add to the foods - when used with vegetables, lentils, legumes, poultry, and fish dishes, it has a light sweet and sour flavor with a delicate earthy, tree-bark aroma. When used with a meat-based dish, such as mutton, the flavor and aroma of the amchur are almost hidden.

The name **cardamom** comes from the Greek, meaning spice plant. Cardamom has a unique aroma and flavor, to which nothing else can compare. Barbosa, from the 1500's, was the Portuguese navigator who claimed that this spice was found on the Malabar coast, in southwest India. Cardamom is a member of the ginger family with a distinctive aroma and flavor, not unlike mentholypus and eucalyptus. The plant has a small yellow green flower like an orchid. The flower is followed by the fruit, which is known as the

greater cardamom. This is very light in color and hollow with a blunt triangular shape about an inch long. Pods are gathered before they are ripe and are then dried in the sun, which bleaches them. The pods are usually left unopened to preserve the aroma and flavor. When the pod is opened there are three cells, and each cell will have two rows of seeds. These seeds are a dark reddish-brown color. This is called lesser cardamom. Black cardamom is shaped like a beetle - very dark in color at first, then lightening with age.

Cardamom and ajowan are probably the most widely used spices in Indian cuisine. The combination is primarily used with dals, biryanis, pillaus and curries. Cardamom is ideal to use with desserts as it has a sweet aromatic flavor. Cardamom can be found in the moist forest regions of southern India, Sri Lanka, and Guatemala, where it is found both cultivated and wild. Cardamom can be bleached to a creamy white color in the sun or dried in a curing chamber with smoke from charcoal. This process allows the moisture to evaporate and then the seeds can be removed through a winnowing process. In Europe and America, it is common to find decorticated cardamom.

Cinnamon is another of the more commonly used spices. It comes from an evergreen tree belonging to the Lauraceae family, found in Sri Lanka and the Malabar coasts. It can also be found in South America and the West Indies, where it is cultivated. Cinnamon was used by Egyptians extensively for embalming kings. At one time in history, it carried a higher value than gold and it became the most profitable spice for Dutch East Indies companies to trade.

Cinnamon is harvested during the wet season to maintain moisture. The shoots are cut very close to the ground, then peeled with a semi-circular blade called a gonakokatha. The shoots are rubbed with a brass rod called a urachi, which loosens the bark, which is then split with another special knife, known as a talana kokatha, and finally peeled. After

four or five days of drying, the thin bark is tightly rolled into quills and dried further in indirect sunlight. Sulfur is used to bleach these quills of cinnamon, which is then graded. The thinner, more consistent the bark, the higher the grade. Cinnamon is used throughout Indian cuisine for its subtle flavor and delicate aroma.

Tamarind, native to tropical East Africa, has been cultivated in India for hundreds of years. It is also grown in the Caribbean and many other parts of the tropics as well. The sour brown pulp extracted from the pods lends an acidity to foods -almost a lemon like flavor. The pods have dark brown seeds, which normally are removed before processing. Tamarind is sold as a fibrous, dark, sticky pulp. The pods can also be partially dried and then pressed into rectangular cakes, which are rehydrated in warm water before being used. Because of the acidity in tamarind, its shelf life is quite long but storage in the refrigerator is recommended. Tamarind is used rather like a lemon or lime is used in European cooking. It is commonly found in relishes, chutneys, savorys, stews, and sauces. Fish dishes are highlighted with tamarind.

Over a hundred spices are known to Indian cooking. Most of the important ones are available in the West, in Indian and Pakistani food shops, and in some of the larger supermarkets. Some additional spices commonly used for making Indian food are:

Common Spices of India



- **haldi (turmeric)** a hard yellow root which is ground into powder and, because of its appetizing flavor, can be used alone or combined with other spices and herbs; it has a pungent flavor and imparts a characteristic yellow color to foods
- **zeera or jeero** (cumin seed), a sharp-tasting spice which may be bought whole or powdered
- **dhanya** (coriander seed), a mild spice, also available whole or powdered, which adds both flavor and aroma to a dish
- **methi** (fenugreek), a powdered seed used in small quantities because of its strong and distinctive flavor
- **soonf** (fennel seed), used in cooking and also chewed after meals as a digestive
- **saffron** (kesar) is the precious golden spice made from the dried stamens of a type of crocus found in Kashmir, most often used to imbue rice dishes with a subtle fragrance and color. It is the most expensive spice in the world, because several thousand blossoms are used to make an ounce of saffron. Fortunately, one pinch of good saffron is all that is required to flavor and give aroma to a whole bowl of rice
- **javitri** (mace)
- **jaiphal** (nutmeg)
- **laung** (clove)
- **black, white and red pepper**
- **rai** (mustard seed)
- **khus khus** (poppy seed), a white variety, not to be confused with the grey-black poppy seeds used in Western cooking.
- **til** (sesame seed)

MASALAS

At the heart of all Indian cooking is the masala, which is the combination of spices and herbs which gives each dish its individuality. It may be a mixture so mild and delicate that a sensitive palate is only subtly aware of the different spices, or it may be so strong and sharp that a tiny taste brings tears to the eyes. The ability to mix and choose the correct spices for each dish is the mark of a good cook; to display virtuosity is the sign of a great one.

Masalas can be wet or dry. The wet masalas of the South may contain freshly ground chiles, ginger root, or onions, pounded with vinegar, water or coconut milk. They form the base of all the spicy dishes, particularly those cooked in the coastal areas. Wet masalas are composed for each dish and used immediately, particularly in the hotter blends, which help the body to lose heat.

Dry masalas, which do not have to be freshly ground each day, are more commonly used in the North. They often include bay leaf, cardamom, cinnamon, ginger, mace, and nutmeg, all of which are considered warm spices. The combination of spices is endless, and each cook follows his own taste and regional preference. There is only one proviso, the end product—the curry, korma or raan—must be a perfect blend of all the spices, with no one element so strong as to dominate the dish, unless, of course, the cook particularly wishes it to do so. These distinctive combinations are incorporated into the dish early in the cooking process so the flavors can develop and marry as the various other ingredients are added and spend more time together.

In India, spices and masalas are ground on a flat, rectangular stone with a stone rolling pin, or in a circular, shallow, stone mortar. Great care is taken of the stone, and it is regularly resurfaced by itinerant stone workers. The high-pitched banging sound of the stone being chipped is one of the earliest memories of an Indian childhood. In the west, electrical

blenders and food processors are often used instead but many cooks maintain that quality is lost since the ingredients are cut rather than crushed, as with the mortar.

There is also that combination of ground spices called garam masala. No two recipes for making it are the same, but it usually contains black pepper, cardamom, cinnamon, clove, and cumin seed. Unlike the wet and dry masalas described earlier, garam masala is generally sprinkled over a dish just before serving or stirred in just before the end of the cooking time. Garam masala means “warm blend of spices,” and these are usually highly aromatic, made with spices that are believed to warm the body. For this reason, they are traditional in the cooler regions of the North.

One classic combination of spices is panch phoran, a Bengali blend of whole spices—cumin, fennel, nigella, fenugreek, and spicy radhuni seeds (black mustard seeds)—customarily used to flavor lentil and vegetarian preparations. Tarka is a combination of hot oil and spices, such as chiles and cumin seeds, which is often used to add interest to simple dal dishes.

FLAVORINGS

Today, spices are used mainly for flavoring, but in the old days they were also used as preservatives and for their medicinal properties. Spices are also used to make food more attractive, by providing color. Turmeric, which makes food yellow, is used to color rice and such white vegetables as potatoes. Coriander leaves and green chiles make the famous green curries of the South, while red chiles give the Goan curries of the west coast their vivid color.

Chiles are essential to most Indian cooking. Green and red when fresh, a brownish-red when dried, they can be mild or fiery hot, and must be used with discretion. The seeds are the most pungent part of the chili and may be removed and discarded before the chili is used. Chiles should be handled with care because the juice is strong enough to make the skin tingle and the eyes burn. Hands must be thoroughly washed after handling chiles. Hot green chiles give a special spicy tang to many dishes.

Garlic and onions are commonly used as flavorings and give body to a dish. Fresh herbs such as hara dhanya (coriander leaves), pudina (mint), kari patha (curry leaves) and tulsi (sweet basil) are used in many dishes and to make chutneys and sauces. Fragrant fresh cilantro leaves are used both as a flavoring and a garnish. In southern Indian cuisine, fresh grated coconut and coconut milk are added to many dishes, lending a sweet, delicate flavor to fish and vegetable stews, and salads.

There is a whole philosophy attached to the use of flavors that has been handed down through the generations and that, subconsciously at least, every Indian cook applies. This goes beyond simply the flavor they impart, important though this is. Spices and other seasonings are considered to have medicinal properties: garlic, for instance, is good for the circulation of the blood; turmeric is an antiseptic and is often sprinkled on fish before frying. Asafoetida is a pungent resin, derived from the rhizomes of a species of fennel, which helps digestion; it is often combined with difficult-to-digest legumes. Ginger root is another digestive that is often paired with lentils and other legumes.

Besides vinegar and lemon juice, the most used souring agents are imli (tamarind) and amchur. As described earlier, imli is sold dried or in pulp form. Before the pod is used it is soaked in hot water for an hour, strained and the pulp pushed through a strainer. Only the pulpy water is used. The seeds and fibrous pod are discarded. Anardana (pomegranate seed) and amchur (dried mango powder) are also used to add piquancy to Indian food.

SWEETS

Indians seem to have a collective sweet tooth but rather than being made in the home, sweets are generally bought in the bazaars, and they hold a special importance on all occasions of celebration or religious festival. The professional sweet makers, the Halwais, sell Halwas of every kind, based on milk and then sweetened and flavored with coconut, almond or pistachio. Indian sweets are eaten as an afternoon or evening snack, often accompanied by a savory tidbit.

The professional sweet-makers keep the secrets of their trade strictly within the family and hand them down from father to son. Although there are many large chains of shops selling sweets

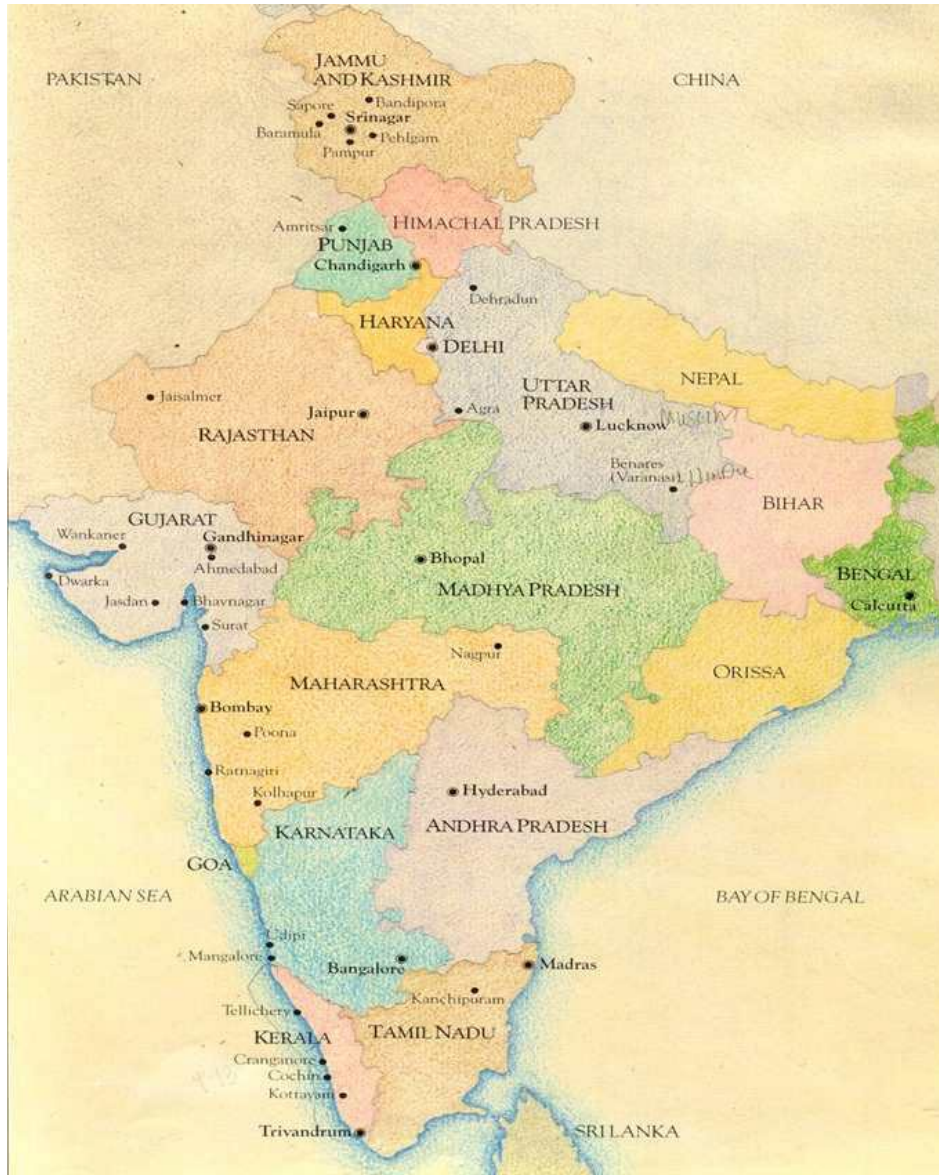
which are neatly and hygienically wrapped in paper or arranged in glittering pyramids behind glass, there are even more small family businesses. These tiny, open-fronted shops look out on busy streets and the halvai squats in front, stirring the milk, which simmers in a large, wide-mouthed pan beside him.

Most Indian sweets are made from milk which is simmered until it condenses into a thick mass called mawa. The mawa is then further cooked with sugar and such flavorings as coconut, almond, pistachio or kewra, a perfumed flower essence. Other milk sweets, and these are more frequently made at home, are known as kheer. Semi-liquid, they usually contain rice, ground rice, vermicelli and sago or almonds. Kheer is flavoured with cardamom, garnished with nuts and often covered with thin edible silver or gold leaf. Milk is also made into a cottage cheese called chenna. First mixed with a little flour, the chenna is shaped into small balls which are then simmered and served in syrup to make rasgulla, the most famous of this type of sweet.

There are also sweets which are made not from milk but from wheat flour, gram (chickpea) flour, semolina or corn flour. In this category are jelly-like Karachi halva, made from corn flour, and suji halva, made from semolina. Laddu are bright yellow balls made from ground almonds, pistachios, and chickpea flour. Barfi is a sugary, fudgelike sweet with a crumbly texture, sometimes called Indian fudge. Plain barfi is light brown; bright green pistachio-flavored barfi is called pista, and almond flavored barfi, called badam, is a deep brown. Jaggery is a product made from sugar. Sugar cane juice is placed in large cast iron pots, which are heated from beneath with wood. The juice is stirred for hours until it is thick enough, then poured into molds to set. Jaggery is an important sweetening agent in the diets of vegetarians. It is used to sweeten lentils and Kadhi, which is a soup of chickpea flour and yogurt.

Halwa is a distant relative of Middle Eastern halvah and is made with nuts or vegetables. Habshi halwa includes pistachios, cashews, and almonds; while gajar halwa, made from carrots, is orange. Sindhi Halwa is formed into a large green and yellow slab. The green layer is flavored with pistachios and the yellow layer with almonds. It is traditionally cut into squares or diamonds.

REGIONAL INDIAN CUISINE



NORTHERN INDIA

India's neighbors have influenced the cuisine of the various regions they adjoin. In the north, Mughlai cuisine has been influenced by its Middle East neighbors. The food of Northern India has become familiar to millions, for this is the common cuisine of Indian

restaurants all over the world. It is a cuisine that was profoundly influenced by the Moguls-- the Muslim conquerors of India. The Mogul Empire was founded in 1526 by Baber and lasted until 1857. From Delhi, their seat of power, Mogul cooking radiated outward to be adopted and adapted throughout much of the region.

Mogul food had its roots in the Middle East, a legacy that can be traced back through dishes such as the Persian pullaos, saffron-perfumed combinations of rice and meat; and kabobs, barbecued skewered meat, perhaps ground and mixed with spices or with lentils (shami). Another well-known Mogul dish is biryani, the great festive casserole of meat and rice imbued with the fragrance of saffron and other spices. Another is murgh masala, a stuffed chicken marinated in spices and yogurt and then roasted. Among sweets is zafrani chawal, sweetened rice with saffron and nuts, and gajar halwa (carrot halvah).

The meat preparations are very distinctive in Mogul cuisine, featuring open-fire cooking, and the use of the tandoori oven with roasting and broiling on skewers and special combinations of spices. Also unique are the many breads - chappatis, phuldas, parathas stuffed with meat or vegetables, naan, and tandoori rotis. Rice also plays a significant role, with Basmati rice being favored. Pullaos made from this highly aromatic rice, contain meat and rice. Samosas are deep fried pastries stuffed with dried fruits, spiced ground lamb or tartly spiced potatoes and peas.

Other typical foods would be meat cooked in gravy with large quantities of fried onions, many varieties of pan-fried kebabs, boneless stuffed chickens cooked on spits over charcoal, black buck meatballs, Siberian goose which was first cleaned then boiled. Many of the dishes cooked would be smothered with almonds and raisins, as a garnish topping. Yogurt played an important part in the foods smoothing out some of the tart flavors created. Many dishes would have a pie crust topping. Roomali roti bread has a great popularity in this area.

Food in the Muslim-influenced north of India is meat-based, while for the large population of Hindus the cow is sacred, making beef a meat that is never touched. Goat is the most used meat in all regions, although lamb and chicken are also consumed, and there is a whole variety of ways to prepare them. Jainism has also created a large vegetarian cuisine within this area. Sauces made from onions, dried and ground spices and cashew nuts form the basis of much of the vegetarian cuisine. Panis, a form of cottage cheese that is made fresh daily, is a rich protein source for this area. Dhal dal, which is prepared more like a stew than a loose sauce, is a common accompaniment to cuisine of the north. Flavored oils, such as mustard oil, are also part of the flavor incorporated through the cooking technique.

The state of Punjab is famous for the tandoori style of cooking. The most well-known dish is tandoori chicken: the meat is marinated in seasonings and yogurt and then cooked at very high temperature in the traditional clay oven, called a tandoor. This results in a succulent combination of moist, fragrant meat on the inside with a flavorful spicy coating on the outside. Other delicious northern dishes include kormas, meats cooked in rich creamy sauces with yogurt and fruit, or nuts and saffron, and koftas, which are spicy meatballs, served alone or with a sauce.

While oil is more commonly used in Southern India, ghee (clarified butter) is the preferred cooking fat in the cooler northern climes. Spices are put to milder use here; garam masala is a typical blend of spices designed to warm the body, unlike the fierce blends more commonly used in the South.

Kashmir is in the northwest corner of the country, surrounded by the Himalayan mountains, and is rich in agriculture, lakes, and streams. The area is much influenced by Afghanistan and Iran. The population is Indo-Aryan with a Caucasian element. Both Hindu and Moslem religions are observed. The most commonly eaten meat is lamb, which is cut into large

pieces then cooked although Muslims also eat beef as well as chicken, eggs, milk and yogurt. Wild ducks along with the migrating geese from Siberia also augment the high protein diet. Panir, the firm white country cheese, is used in many of the dishes of this area. Chutneys made from sour cherries, yellow pumpkin, radish, and walnuts often accompany meat dishes.

Most of the spices used in the foods of this region originate in the tropical areas where they are grown. Green and black cardamom pods, cinnamon, fennel, cloves, cumin seeds, coriander, black pepper, hot red chili, and red turmeric are the most popular spices. Mixing these spices with generous portions of onions, garlic and fresh or dried ginger develop the flavors commonly found. The spices are crushed using a round stone mortar with a wooden pestle. Vegetables and meats are also made into smooth purees with this equipment. Simple cooking is also a trademark of this Northern region of India; kerosene stoves, frying pans, simple pots and a Karas which is like a wok.

Rice, which is grown on stepped terraces carved out of the hillsides, is a staple grain. The cold dew can penetrate the husk thus making the grain hard and sweet. Wheat, though grown to a lesser degree, is used to make the Kashmir's superb breads, such as the flaky bun-shaped Kulcha and the sesame-encrusted Tsachavaru. Both are very popular when accompanied with tea.

Water harvesting is important in Kashmir, including lotus roots, which are cooked with many different foods. Other popular items are water chestnuts and edible lotus seeds. A unique feature of this area is agriculture on man-made floating islands, which are used to grow fruit and vegetables on the water. Layers of water reed are piled up and covered with mud to a depth of four or five inches. The islands can be moved around the lakes or anchored in a particular place by long poles. Crops such as cucumbers, sugar melons, tomatoes,

watermelons, mint, and radishes are grown in this fashion. Many freshwater fish are also found in Kashmir, such as trout and mahaseer, a sweet, fleshed fish.

There are four temperate seasons in this area. As the winters are hard all available vegetation grown is cut and dried during the year and preserved. Muslims in the winter will eat porridge made from meat and grains called harissa along with Girda bread. Hindus, on the other hand, eat Rajma Gogji, which is a porridge made from red kidney beans and turnip. Produce is in abundance throughout the summer and autumn months. Great varieties of fruits are also available. This area also has a rich harvest of almonds and walnuts.

Benares is the Hindu's holiest city and thought to be around three thousand years old. Thousands of people gather here on pilgrimage every day of the year. Breakfast starts with a Poori, which is a deep-fried bread that puffs up like a balloon, stuffed with spicy cooked potatoes. Aloo Koda is another traditional preparation of pumpkin and potatoes. Kachoori's fenugreek greens have a sweet-hot spicy combination and are cooked until they are dry. Ghugni are small black chickpeas stewed together with mustard and cumin seed.

Lucknow, a Mogul royal city, was renowned for the luxuriance of its courtly life, and it still has an Old-World charm about it. Vast banquets were often held, the chefs striving each time to surpass past triumphs and astound the guests with their inventiveness. After the collapse of the Moghul empire, the British took over, but a great presence of grandeur still seems to be in the food presented in this area. Cooks take great delight in astounding and amazing people with the combinations of food, flavors, colors and aromas and taste. One example would be pearl pilaf. It looks as if pearls have been scattered over it, but the pearls are made from cooked droplets of egg yolk. These pearls are found in many other dishes too, such as in chicken as a stuffing or fish, or scattered amongst vegetables as a garnish.

Kakori Kababs are another specialty of Lucknow. Traditionally a cook would bring their own spices, charcoal, skewers, and assistants to make these kebabs. The meat and fat is pounded for hours into a paste to which ground spice would be added. Water would then be sprinkled over the pounded mixture and the mixture would then be wrapped around the skewers in the shape of a fat cigar. Cooking was done briefly over the hot charcoals, resulting in a light crisp kebab. Other great dishes for more formal banquets would be chicken stuffed with quail, whole legs of lamb, and sweet and sour pilafs called Mutajan and Shirmals. Flaky breads flavored with saffron, yogurt and chutneys would be the accompaniment.

EASTERN INDIA

Rice and fish are the primary foods of the people of eastern India. This coastline has a plentiful supply of prawns, pomfret, shrimp, crabs, lobster, and hilsa. Dah Machi, unique to this region, is a preparation in which fish is cooked in a yogurt gravy. Macher Jhol is a fish curry made from the large round pomfret fish with a red chili paste which is then deep fried until it has a hot crisp coating. Ambal, a dish of potatoes and eggplant with stewed tomatoes, is widely eaten. Poories, a deep-fried puffed bread, are made from refined flour rather than the whole-meal flour. Desserts will be offered during the meal rather than be served separately at the end as the sweetness is used to offset some of the spices.

Darjeeling, a beautiful and mysterious area of India, lies at the foothills of the Himalayas close to the great plateau of Tibet. The cuisine is based on what is easily and immediately available to the population, a mainly mountain people who come from Nepal, Bhutan, Sikkim, and Tibet. The influence of China is also recognizable, both in the flavorings and the techniques of preparation. Only fruits, meats, vegetables, and grains that can flourish at the higher altitudes are used. The broad open plateaus and valleys support large herds of sheep and yak, which supply wool, milk, and meat which is an important part of the cuisine.

Barley is a hardy grain, and it flourishes in harsh growing conditions. One common dish is Tsamba, a toasted mash of barley, and a local beer is also produced from it. Both tea and beer are food and are consumed in large quantities. Stir frying is the principal cooking technique of this area. It is used to combine meat, vegetables, and sauces. Steaming is also a technique used mainly with breads. There is also a strict, vegan vegetarian sector here. These are members of the great Buddhist society in which meat is forbidden.

In Bengal a meal usually starts off with Sukto, which is a combination of diced and fried vegetables. Depending on the variety of combinations, it can be a little bitter in taste, or sweet and starchy, even pungent or stiff. Dried split peas can be incorporated into the mix as well, being then known as Bori. All of this is then cooked with milk and water and a special spice mix found only in Bengal called Panchphoran; five whole spices of cumin seed, fennel seed, fenugreek seed, and parsley seed. A rice dish, dal and chutney would be served along with the vegetables. The dal would be cooked with fish heads for extra flavor. Rui Macher Jhol, a pungent carp curry, is another favorite of this region. Pieces of carp are cooked in a simple sauce of coriander, turmeric, and red chiles.

A typical snack would be of puffed rice, Moori, potatoes and cucumber. Jhal Moori is seasoned with pepper, red chili, and mustard oil. Puchka is another favorite- a very small crunchy round puffed Poorie which holds its shape well, so that when the top is cut open, it can be filled with small diced cooked potatoes. Tamarind is used as the seasoning here to produce a slightly sour flavor.

WESTERN INDIA

Gujrati food features jaggery, which brings out flavor and natural sweetness. Wheat flour breads are eaten with all meals, as are rice and lentils. Vegetables, pulses and beans are important foods in the cuisine of western India. Maharashtrian meals include a large

quantity of rice, which would be flavored with tamarind, amchur, chiles and yogurt. Sago and peanuts are complements.

The people of Parsee who are followers of Zoroastrian religion are concentrated in this area of Western India. A typical combination of food would be chicken and apricots as a stew. Fish and shellfish are consumed in great quantities, with pomfret and rava being two of the favorites. Also popular are fiery hot curries which are then rounded off and smoothed down with coconut or coconut milk. Bombay duck, a dried eel-like fish is also popular.

Rajasthan has vast stretches of desert and many creative dishes have evolved from the Rajput warriors. Poultry and game are used, along with fish. Soola Kebabs are one example of meats skewered and grilled over hot glowing charcoals. Cow dung is an important source of fuel, as an alternative to charcoal, which costs more. Large pits are also used. These are lined with the cow dung and then fired. One unique dish starts with a huge pot rubbed on the inside with a cinnamon paste, and then placed in the pit. Chicken is marinated in a paste of ginger, saffron, cloves, cardamom, mace and coriander seeds and then stuffed with a ground meat and then placed in the pot against the cinnamon paste. The pot is sealed with dough, and then more burning cow dung is placed over the top. More soil is piled up around the pot and the whole thing is then left embedded in the earth, so the chicken bakes slowly. When done, the top is cracked open, and a wonderful earthy aroma and flavor comes out.

Madhya Pradesh is a cosmopolitan area of Central India. Bhopal is the predominant Muslim area and most of the foods are of Muslim origin. Korma, a lamb dish which has great aroma, is marinated with ginger, garlic, black cardamom, bay leaves, cinnamon, black cumin, onions, coriander, yogurt and red chiles. Most of the spices utilized in this area are used whole rather than ground. Whole spices are better for marinades because they create softer flavors.

Chopped spinach and onions fried together is a common vegetable. Also vegetarian is Salim Gobi, where a whole head of cauliflower is steamed with a spicy paste of fresh ginger, garlic, dried red chiles. Baigan Ki Boorani is a very popular Afghan style dish of fried eggplant slices, garlic paste and flavored yogurt; it makes an excellent complement to fish. A spicy rice dish, known as Baghare Chaval, has ginger and garlic as the basic flavors and will be served with lamb.

Achar Gosht is a spicy preparation of pickled lamb which is braised with green chiles and pickling spices. It is cooled and then put into an earthenware container and left to further marinate for five to seven days so the flavors can penetrate into the lamb. Murghi Rizala is a braised chicken dish with green coriander and yogurt. Fresh pomegranate can also be added to it for special occasions. Muzafir is a sweet pilaf made with Seviyan, a fine vermicelli made from rice flour and wheat blended, and then the pilaf is mixed with many dried fruits.

Betal leaves are very popular in this area of Central India. They are eaten at intervals during the day and the fillings can vary throughout, depending on the time of day. The leaf can be stuffed with a variety of fillings, including tobacco, sweet seeds and stimulants, each selected to suit the individual taste. Quick lime is one of the more common ingredients, whether rolled in or liked as a separate item. Each person has their own favored mixture.

Gujrat is named for Gurjara, a subtribe of the Huns. The state came into its own existence in 1960, when the former state of Bombay was divided between the states of Maharashtra and Gujrat. This is a large area of vegetarian people whose diet is based upon grains, beans, roots and root vegetables. Millet is the staple grain in this region, it has more protein, vitamin E and iron than wheat, and less carbohydrate and fat. The diet of non-vegetarians would include the same as the vegetarians with the addition of meat and fish. Fresh kernels

of millet and wheat called paunk are eaten as a celebration with small sugar lumps when the new crops start to show each year. People of the cities travel to the country to be part of this celebration. Saurashtra, a region of Gujarat, the earth here is dry, caked and cracked. Even with this difficulty, crops of sugar cane, millet, wheat, and sesame seed are harvested.

Ingredients such as cumin, coriander, fennel and turmeric, and sweet and sour preparations are popular in the cuisine of this region. Pickles play an important role as they accompany most meals.

SOUTHERN INDIA

From Bengal in the west, Gujarat in the east and Tamil Nadu on the most southern tip of the peninsula, the southern half of India incorporates a vast culinary repertoire. At the heart of this predominantly vegetarian cuisine is the use of grains and legumes, always combined with skillfully blended spices.

Goa, once colonized by the Portuguese, has a cuisine that is strongly influenced by European tastes, with many meat-based dishes that blend East and West to exotic effect. Although there are many dishes that use meat, a style of cuisine more typical of the North, the taste is unmistakably southern, with widespread use of flavorings such as coconut milk, tamarind, chiles, cinnamon, curry leaves, and peanuts. Goa is one of the few places in India where pork eaten, but fish and sea foods are also very popular. Mangoes, papayas, bananas, custard apples and pineapples are among the fruits more commonly used. Chiles, ginger, garlic, and coconut are the characteristic flavorings of much of the region, and their uses vary according to custom and geography. The style of cooking alters subtly farther south. Oil, not ghee, is a staple ingredient, and steaming is a common cooking method, producing such snacks as dhoklas (steamed lentil cakes, found in Gujarat) and idlis (fermented steamed rice cakes, popular in Kerala). Very spicy food helps the body perspire and thus lose heat, making it popular in this warm region. The fiery vindaloo—a Goan dish in which spices soaked in wine and vinegar are added to meat—is perhaps the most well-known example.

The magnificent exotic fruits that flourish in this hot climate add a rich dimension to the diet; red bananas are eaten as a nutritious snack, and mangoes may be pulped into juice and mixed with milk and nuts to provide a delicious and refreshing drink. Another use for the abundant supply of bananas involves banana leaves, which can be used as plates.

In the most southerly states, freshly roasted and ground coffee is the popular drink, while farther north the natively grown teas, such as Assam, are preferred. Different areas use different ingredients. Buttermilk, for example, is a vital part of Gujarati cooking, as are gingerroot, chiles, and coconut. In Maharashtra, a primarily agricultural area with a long coastline, fish is a common ingredient, and its flavor is enhanced by the coconuts from the palm groves that cover much of the state.

"Bombay duck," comes from the south, but it is not of the quacking variety. Rather it is the name given to a dried fish that is a popular seasoning. Bombay duck is made from a native fish from the waters around Bombay, the local name is bommaloe macchli. After harvest, the fish are filleted and hung on frames to dry. In its dried form, Bombay duck can be added to curries, or pickled, or served as a snack with aperitifs.

In the fertile coastal strip that comprises the state of Kerala, coconut-scented fish dishes are prevalent, and the availability of coconuts, also grown here in great quantity, has given rise to the use of coconut oil in the local cuisine.

CHUTNEY

"Chutney: A sweet and sour condiment, made of fruit and/or vegetables, cooked in vinegar with sugar and spices, until it has the consistency of jam. The word is a corruption of the Sanskrit chatni, meaning to lick." Chutneys may contain exotic fruits as well as the temperate ones we know here in the west. Some are reduced to a purée. Others still retain recognizable pieces of their ingredients. All are characterized by a syrupy and sometimes highly spiced juice which coats the ingredients.

Few Indian meals are served without the traditional fruit or vegetable chutneys. Unlike Western bottled chutneys, they often are not cooked but are more like relish salads and are notable for their fresh flavors, which can be mild or very hot, similar to salsas. Bottled chutneys sold in this country come from England, India, France and all over the US and they are made with everything from mangoes and bananas to apples and cucumber.

Source: *Condiments*, Kathy Gunst

THE FOLLOWING ARE A FEW IDEAS TO INSPIRE:

- **Sesame Chutney:** Often served at breakfast, this combines sesame seeds with cilantro leaves, mint, chiles, and tamarind.
- **Tomato Chutney:** A sweet and-sour chutney made from tomatoes flavored with gingerroot, chiles, and often the spice mixture panch phoran.
- **Coconut Chutney:** Eaten in the South, this combines chick-peas, flavored with freshly grated coconut, and ground spices.
- **Raita:** This is a mild yogurt mixture, usually made with cucumber, which is meant to offset the heat of curries.
- **Ginger Relish:** A commonly eaten spicy mixture of ginger root, garlic, green chiles, and coconut that is said to aid digestion.
- **Mango Chutney:** A sweet fruit chutney to enhance the flavor of meat dishes.
- **Cilantro Chutney:** This is a very popular chutney made daily in many homes, blending fresh cilantro with oil, mustard seeds, and asafoetida, eaten in small quantities with meals or served as a dip.
- **Lime Pickle:** A delicious, tangy, strong pickle in which the limes are marinated in spices and oil for several days until soft.
- **Onion Relish:** A simple side dish of raw onions, finely sliced and tossed with lemon juice and paprika.

Source: The Sauce Bible

TRADITIONAL MEALS

Historically, food in India is not eaten with a knife and fork: custom dictates that the right hand be used to pick up food, with the help of the rice or bread that is always served with it. Northern Indians use their fingertips, but the less formal manners that prevail in the South permit the use of the whole hand. It is taboo to use the left hand for eating, because it is considered unclean.

An ordinary middle-class meal consists of a rice dish (or bread in the North), a lentil dish, a vegetable, a meat, and a chutney. There are no separate courses, and even the dessert, if there is one, is served at the same time as the other dishes. Food is served in small dishes that are placed on a thali, a round metal tray which is given to each guest. Women serve the guests and the men of the household, and all sit on small mats on the floor. In the South, the customary replacement for the thali is a banana leaf. These leaves are also used at formal events, such as wedding banquets, when a slice of lime will be salted and placed on a tender young banana leaf and served as a condiment.

Religious customs also dictate etiquette in the dining room. A purifying ritual that dates from 1500 B.C., the Vedic period of Hinduism in Southern India, is traditionally carried out on the rice that accompanies each meal. This involves a ceremony of combining rice with ghee. Rice is considered the most important ingredient in the meal and will be served with each course. In an Orthodox Hindu household, the guests will not be allowed in the kitchen since this is considered unclean. Orthodox families will not eat out in public for the same reason. Other religious restrictions include separate dining quarters for men and women, and the prohibition of alcoholic drinks.

India's regional cooking is also influenced by the staple food of the area. In the North, where wheat grows, the food is dryer and the sauces thicker than in the South, where rice is the staple diet. This is because Indians eat with their fingers, and with the help of a chapati,

flat, unleavened whole-wheat bread, it is easier to pick up dry food. The more liquid curries are better eaten with rice, which is more absorbent. Climate, too, plays its part and the south, with its heavy rainfall, grows an abundance of vegetables that make the vegetarian cuisine varied and exciting.

Most of India's large population are Hindus. They never eat beef because they regard the cow as sacred. Although the majority are vegetarian, especially those people who are members of the higher castes, there are exceptions. Influenced by long years of Muslim rule, the Brahmans of Kashmir, for example, eat mutton. The Brahmans of Bengal and the Saraswat Brahmans of Mangalore eat fish because it is plentiful, cheap, and delicious. Other than the large Muslim minority there are the smaller minority communities, which include the Catholics of Goa, the Syrian Christians of Kerala, the Parsees and Jews of the west coast and the reformed Hindu community of Jains, each with its own distinctive cuisine.

India is the land of home cooking because restaurants are unable to compete with private homes in the quality of the ingredients used and the care taken in the preparation of each dish. Indians, therefore, rarely eat in restaurants and when they do it is to eat food which is not traditionally made at home. Consequently, a visitor to Bombay, for example, interested in tasting authentic local dishes, may very likely find it impossible.

The brightly lit, air-conditioned restaurants in Bombay serve, besides Chinese and European food, the inevitable tandoori dishes of the north, while suburban restaurants often serve idli and dosa, the rice flour breads of the south. To taste the subtly spiced vegetarian food of the Gujeratis, the more robust food of the Maharashtrians and the exciting, spicy Goan or Parsee dishes, one would have to dine at a private home in Bombay.

Prior to India's Independence in 1947, when cities were less crowded and life more leisurely, the average middle-class family not only never ate in a restaurant, but they also never bought commercially prepared foods. Great pride was taken by the women in making

pickles and preserves at home. Spices were ground and mixed in accordance with old family recipes. Wheat for chapatis was ground into flour in a chakki, two massive stones, one on top of the other, turned by two servants who squatted on the floor facing each other. Butter was churned from rich, creamy, buffalo milk, while ghee (clarified butter) the best and preferred cooking medium, was invariably made in the home.

Today, after the industrial and economic expansion which followed Independence, the wide variety of commercial pickles and chutneys available in Indian shops shows that fewer women have time to make their own. Itinerant spice-grinders stand on street corners pounding spices in giant mortars, throwing the heavy pestle with skill and ease, making passers-by sneeze as the finely powdered spices fly in the air.

The middle-classes have moved from their spacious bungalows into modern flats, and there is no longer space for the grain mill, nor spare hands to turn it. Instead, grain is taken to the neighborhood mill—a small kholi, a room with a motor-driven mill—where, for a penny, it is ground into flour. Ghee, when it is used, is now bought at a dairy but, because it is so expensive, most households use the cheaper vanaspati, a hydrogenated vegetable fat.

There are, however, some foods, particularly sweets, which have always been bought in the bazaar. Described in detail earlier, sweets have always held a special place in India's social and religious life. Every joyous occasion, every holiday, every arrival and departure, a new job or baby, an examination passed, or a prize won is celebrated with sweets. However, the ladus, halvas and those syrup-laden, golden pretzel shaped confections called jelibies, are all so delightful to eat and so tedious to make, that most Indians leave the job to the professionals.

Other foods rarely made in an Indian home, and if they are they never taste as exciting, are the spicy, salty, sweet-and-sour snacks sold in special shops or by street-sellers. These

snacks may be just hot roasted channa, chick-peas, kurmari, puffed rice, or the tastier panipuri, little dough puffs filled with a peppery liquid. But best of all is that special and most delicious of all Indian snacks, bhel-puri, a mixture of crushed crisp dough puffs, chopped onion, hot chiles, sour-sweet chutneys, potato, lentils, puffed rice and fragrant coriander leaves.

At lunchtime and in the evenings, street-sellers set up their huge baskets of snacks on the pavements. Small earthenware pots containing glowing charcoal keep the chickpeas hot. Old newspaper, cut into rectangles and deftly twisted into cones, is the only wrapping. Gay little stalls with striped awnings are set up in the evenings on Bombay's beaches, where thousands come to stroll and to escape the heat of the city. Most of the stalls serve their specialties on leaves. The more expensive ones, however, provide plastic plates and spoons for those who do not wish to dirty their fingers.

The long tradition of vegetarianism in India, the abundance and variety of vegetables, the choice of spices and the methods used in cooking have combined to produce a unique and distinctive vegetarian cuisine. The commonest, simplest, and most delicious way of cooking vegetables, known as bhujia in the north and foogath in the south, is to fry them with spices. There is no sauce, and the dish can be surprisingly pungent.

Vegetable curries are made from one or several vegetables. A dish of pureed vegetables, delicately spiced, is called bharta. Mashed vegetables are shaped into patties or balls, fried, and eaten dry or added to a curry sauce. Sambal, a South Indian specialty, is a mixture between a relish and a salad and can be served hot or cold. Raita is a North Indian salad made from yogurt to which vegetables or fruit and seasonings are added. It is served as a cooling contrast to hot and spicy dishes.

No Indian meal is complete without a dhal of one kind or another. Dhals, pulses, or lentils, are a tasty and inexpensive source of protein and are the most important part of a vegetarian diet. There are nearly sixty varieties of dhals in India. The most common ones, such as moong, both green and yellow, masoor, Egyptian lentils, and channa, split peas, tur, pigeon-pea, lombia, black-eyed peas and rajma, red kidney beans, are all available in the west.

Since the advent of modern methods of egg farming in India, "vegetarian", or unfertilized, eggs are slowly being accepted and eaten by Indian vegetarians. For those who do eat meat in India, meat usually means mutton. Very little beef is available, and pork is eaten mainly by the Christian communities on the west coast.

In a middle-class Indian home the main meal of the day usually consists of two or three vegetable dishes, one of which will be dhal, a meat or a fish dish, if the household is not vegetarian, together with yogurt, pickles, and chutneys. Chapatis or rice, sometimes both, are also served. A sweet is often included and eaten with the other dishes, rather than afterwards as is the custom in the West.

All the food is put on the table at the same time. Each person eats what he or she wishes, combining the different dishes to suit individual taste. Generally, the meal is eaten off thalis, large, round trays made of brass, stainless steel or, for grand occasions, silver. On the thalis are placed several small matching bowls called katoris. These are filled with various dishes. The rice is placed in the middle of the thali itself, and the chutneys, pickles and such side dishes as pappadums, vegetable fritters and fried chiles, to one side.

In South India, banana leaves often replace thalis. They are cheap and since each is used but once, hygienic. Even in modern Indian cities, such as Bombay, banana leaves are used, particularly when hundreds of guests must be served at a wedding banquet or a reception.

In traditional Indian homes, guests and the men of the family eat first, the women later. The food is put on the thalis by the woman of the house or by the servants. The diners never help themselves to food because they eat with their fingers, using only the right hand.

No Indian meal is complete without paan. Paan is betel leaf, spread with lime paste and wrapped around chopped betel (areca) nut and mixed spices to make a small triangular wad which is chewed as a digestive and mouth freshener. In the old days, the preparation of paan after dinner was an elaborate ritual performed by the woman of the house. Today, although it is still frequently prepared by her, it is as often bought already prepared from a shop.

Paan is the perfect ending to a good Indian meal which, well cooked, perfectly balanced, and beautifully served, is a pleasurable experience.

Source: *The World Atlas of Food*, pg. 208 – 213

USING INDIAN RECIPES

Due to English colonizers and the American clipper ships of the 19th Century, the curries and chutneys of India are popular throughout the Western world, and to many people Indian cuisine has a familiar and appetizing ring. There are roasted and grilled meats, deep-fried pastries, interesting vegetable dishes and desserts of all kinds. The basic Indian blendings of spices are neither odd tasting nor fiercely hot. Finished dishes lend themselves easily to both Western and traditional menus.

Indian food is easily used for entertaining. The savory fried *chiura* and *bhelpuris* are attractive cocktail snacks. The spectacular *shahjahani biryani* of lamb and rice or the *tandoori* chickens presented on a platter of *salat* are elegant *pièces de résistance* for a

dinner party. Curries also improve with age so they may be cooked hours before guests arrive and simply reheated at dinnertime.

The simplest way to integrate Indian food into your menus is to use the familiar Western-style organization of courses. To begin, try one or two Indian recipes as a substitute for equivalent Western ones. As you become more fluent, this can lead to a whole meal of Indian dishes. An all-Indian dinner may start with some kind of *samosa* or *pakora*; or a selection of several of these small stuffed appetizers. A curried meat, poultry or seafood dish serves as main course, along with a simple rice dish and a complementary fresh chutney. An Indian *salat* or *raytas* may serve as salad. For dessert, experiment with an Indian sweet, or, more simply, present fresh fruit – mangoes, papayas or bananas would all be appropriate. On some occasions, the food may be served in the traditional style. In India, meals are not formally divided into courses. Instead, everything – even the dessert – is brought to the table at the same time.

An Indian hostess serves guests small portions of many kinds of food rather than large portions of just a few kinds. A menu composed of half a dozen or more different dishes is not unusual. This means preparing many separate foods, but the number of guests a recipe can serve will increase as your menu becomes more elaborate. One rule of thumb suggests a dish per person plus starch and accompaniments.

Food is ladled out into individual bowls or carved into bite-sized pieces in the Indian kitchen. Each guest's portion is then arranged on a separate tray or *thali* and brought to the table ready to eat. Indians pick up food with their fingers or small pieces of bread. Your guests may be more at ease using a spoon and fork. Finger bowls, though not traditional, would be useful after the trays are cleared away – especially for guests who have chosen to eat with their fingers.

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

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2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

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