

G. CUISINE OF MUSLIMS OF KASHMIR

So far as daily Domestic Meals are concerned, the main staple food of Muslims of Kashmir, is also Plain Cooked Rice. They are all Non-Vegetarian, with a very few exceptions. Mutton, Goats Meat, Fish and Fowl, is commonly eaten, but due to its high price, generally Vegetables and Legumes, along with Milk, Curd and Eggs, mostly form an integral part of their daily food, like that of Kashmiri Hindūs. Cooked Domestic Cheese (H-'Panīr') is also eaten frequently.

As said before, one prominent difference in the Cuisine of Muslims and Pandīts, lies in the liberal use of Onions, Shallots and Garlic by the former, to Spice almost all their Vegetable, Legume and Meat Dishes etc., while in place of these, the latter use Asafoetida (H-'Hīng') in most of their Dishes.

A Muslim 'Vazāvān', as the food for their big Feasts and Dinners, cooked by their professional Cooks (K-'Vāzā') is called, is a speciality of its own.

To prepare Minced Meat, of different textures, for some Dishes, special cuts from Sheep or Goat, are used. It needs knowledge and practice. Various Spices, Suet (fat) and Clarified Butter etc., are added, while pounding Meat on a Flat Stone by a Wooden Mallet (K-'Gōshpār'). For 'Kabābs' and some other preparations, Spices and Condiments are added to Meat during Mincing by a chopping knife on a Wooden Block.

Again slowly frying crisp chopped Onions, Garlic or Shallots, to a golden brown colour, and then preparing an Emulsion of these after pounding, grinding and adding water, also requires skill. This special Emulsion is used in most of the Dishes, as a Seasoning, along with other Spices, and it imparts an appetizing and a pleasant flavour to these. In Muslims' Cuisine, the use of Spices is much less as compared

to their use in the Dishes prepared by Pandīts. Cockscorn Flower (Celosia), called 'Moával' in Kashmir, is boiled to prepare the Red Decoction for colouring some Dishes. Pandīts use the mildly pungent Kashmiri Red Chili Powder as a Spice, as well as to impart Colour in certain Dishes. Muslims use Chilies in very moderate quantity, and avoid hot Dishes in Big Dinners.

Again there is a striking difference in the mode of service and eating between Pandīts and Muslims, especially in the case of Big Dinners, and Feasts. Amongst Muslims usually Four persons eat together, in one big tinned copper platter, called a 'Ṭrāem' in Kashmir. This round 'Ṭrāem', of about 18" diameter, is usually beautifully embossed.

All cooking utensils, mostly made of copper and tinned inside and outside, ladles, cauldrons and serving bowls etc., are generally supplied themselves by the Professional cooks (K-'Vāzā'). Nowadays, their charges for cooking, vary according to the Menu and quantity of Meat and Chicken to be cooked for each 'Ṭrāem', i.e., for a unit of four guests. Meat, Condiments, Spices, Rice, Clarified Butter ('Ghī'), Edible oil, Milk, Curd and fuel etc., are supplied by the host.

Food is cooked on long above-ground drain type fire-places (K-'Vurá'), temporarily made of stones or bricks, for the occasion, and is made usually in the open, as is also done by Pandit Professional Cooks. Here wood and charcoal is used as fuel. Such low level fire-places, as already stated, facilitate the work of watching the progress of cooking, stirring, turning and other processes, as well as the timely adding of Spices and Condiments. One can also conveniently adjust the heat in a 'Vurá'. The placing of big cooking utensils on such a fireplace, and removing these from it, is also easy.

Menu and mode of service in Big Dinners and Feasts :-

As already stated, in Muslim Weddings, Dinners and Big Feasts etc., usually four persons dine together, in one platter (K-'Ṭṛāem'). As many as three to four hundred persons may be invited to a big Dinner. Ladies and Men dine, and are served, separately. The custom of this eating together in one platter, was probably introduced to promote fraternity and mutual love. The Menu is almost identical in all big Dinners and Feasts. It generally consists of Plain Cooked Rice, of good, white fragrant, locally grown varieties, upto a dozen of Mutton and mixed Mutton and Vegetable Dishes, along with a Dish each of Domestic Cheese (K-'Ḥāman') and Chicken, a couple of Vegetable Dishes and a 'Chetni'. This may be followed by serving a 'Pulāv' and or a Dessert of 'Halvā' or 'Firiñ' or 'Muṭanjan' (Sweet, 'Pulāv' of 'Bāsmati' Rice, Condimented with Dry Fruits etc.). In small Dinners the Menu may consist of a few selected items only. Service is usually done by Professional Cooks themselves.

A typical Big Dinner Menu and the mode of its service is as under :-

(a) Piping hot freshly Cooked Plain Cooked Rice, enough for four persons, is placed in each 'Ṭṛāem'. It is smoothly spread over almost the entire surface of the platter, leaving only a little margin around. This is done in the very kitchen, before placing the platters in the middle of groups of four persons. Also the following items of the Menu are placed in an orderly manner on the surface of this Plain Cooked Rice, leaving enough space for eating the rice and also for serving other Items afterwards.

1. 'Mēṭhi-Māz' at four places.
2. Two pieces of 'Ṭabaq-māz'.
3. Two pieces of 'Kabāb'.
4. 'Koākur' (Chicken), - a half.
5. 'Ḍāni-Foel' - one piece.
6. 'Vāṅgun', (Sour Brinjal), - one.

(b). Meanwhile the guests, sitting on well carpeted floors, covered with white or printed cotton sheets, form groups of four, leaving enough space around for service.

'Ḍastpāk'.

The guests then wash their hands. Men carrying basins ('Ṭashṭā') and spouted jugs of water ('Nāri'), go round, with towels and soap, to perform this service.

(c). Now the Cooks place platters ('Ṭṛāmi') filled as mentioned in (a) above, each in the middle of a group, and service of other items of Menu follows course-wise. One of the four guests of each group, generally an elderly or respectable person, acts as a distributor of the unapportioned items served, and they start eating at four different opposite place in the very platter.

(d). Then the other items of the menu are served one after the other, as under :-

1. 'Riṣṭā', - a couple
2. Rōḡan Jōsh, - 4 pieces, or
'Henḍī Rōḡan Jōsh', - one big piece.
3. 'Ḍānivali Qoarmā', - Four small pieces.
4. 'Ruvāṅgan Ḥāman', - one piece.
5. 'Palak Riṣṭā', - Four pieces.
6. 'Bam Ḥhūnt', - Four pieces (Optional).
7. 'Marḥāvāṅgan Qoarmā', - Four small pieces.
8. 'Āb Gōshṭ', - One piece.
9. 'Chetien', - a spoonful.
10. 'Goashṭābā', - one big or
four small Balls,
(Last Mutton item - a 'full stop!').
11. Sometimes 'Namkīn Pulāv' is also served. A bowl of good Sweet Curd is generally served with each 'Ṭṛāem'.
12. A dessert of 'Sūji Hālvā' or 'Firiñ' or a 'Muṭanjan' (Sweet Condimented 'Pulāv'), is served occasionally.

Offering a 'Hukāh' (K-'Jajīr'), to smoke a mixture of Tobacco and Molasses, which is sometimes perfumed as well, is common before and after Dinners. Nowadays, Cigarettes are also offered. Servants frequently refill and fire the terracotta pipe ('Chilim') of the ornamental hubble-bubble.

13. Condimented mildly sweetened Green Tea, without Milk, called 'Ḍamātooth' may be offered after a Dinner. It is also called 'Qahvā' or 'Mogael Chāy' in Kashmīr.
14. Offering of Tooth-picks, and again circulating of Water-jugs and Basins ('Tashṭā tā Nārī') for washing of hands and mouth, is done after the Dinner.

DOMESTIC MEALS IN MUSLIM HOMES.

The cooking methods of Vegetables, Mutton, Domestic Cheese ('Panīr'), and Legumes are somewhat similar to that of Kashmīrī Pandīṭs, except in the use of Onions, Garlic and Shallots by Muslims in place of Asafoetida. Hereafter, a full description of the Recipes of a 'Vāzāvān' specialities are only given. Such preparations, on small scale, are also prepared for daily Domestic Meals, by housewives and domestic cooks.

Spices, Condiments, Etc., used by Muslims :-

A comprehensive method of preparation and preservation of different Spices and Condiments, has already been given in Chapter 5 and 6. Their Vernacular Names are given in Appendix III.

In Domestic Meals and 'Vāzāvān' of Muslims, almost those very Spices and Condiments are used. In addition to these Muslims use Onions, Garlic and Shallots in almost all their Salty Meat, Vegetable, 'Panīr' and Legume Dishes, accompanying Plain Cooked Rice and other Cereals.

A. Muslim 'Vāzāvān' :-

The main skill of a 'Vāzāvān' lies in two things.

1. Method of preparation of Minced Meat for 'Ristā' and 'Goashṭābā'.

2. Preparation of Seasoning, made of Onions and Shallots, in the form of an Emulsion. In case of big 'Vāzāvān' Dinners, this Emulsion is made in the very start, at one time, from enough Onions and Shallots, to suffice for all the preparations, to which it has to be added.

RECIPES NO. 190.

1. Preparation of Minced Meat for 'Goashṭābā' and 'Ristā'.

The following is a Recipe for only one kilogram of Minced Meat prepared for a small Dinner or a Domestic Meal. The Ingredients are increased proportionally, for larger quantities to be cooked for Big Dinners.

Ingredients :-

1. Mutton or Goat's Meat, of Leg without bones, preferably freshly slaughtered animal, -
one kg.
2. Suet, (Fat around kidneys and from loins), -
250 gm.
3. Ginger Powder, - 1 tsp.
4. Aniseed Powder, - 1 tsp.
5. Black Cardamom Seeds Crushed, - 2 tsp.
6. 'Garam Maslā', - 2 tsp.
7. Salt, - 1 tsp.
8. Arrowroot Powder, - 1 tbsp.

Sometimes Clarified Butter ('Ghī') is added partly in place of Suet.

Process of Mincing :-

For mincing, a Wooden Mallet (K-'Gōshpār') and a Flat hard Stone is used.

1. Cut the Meat into about 1" cubic pieces, by a chopping knife, on a Wooden Block.
2. Put the Suet in a bowl of hot water to warm it and make it soft.

3. Pound on the Flat Stone the Meat pieces, one at a time, alongwith a piece of warm Suet, added at regular intervals, so that it goes with all the Meat and mixes evenly. To begin, place one piece of Meat on the stone, and pound it by striking with the Mallet two or three times. When it is well minced, add another piece of Meat and pound as before. After three or four pieces get minced together, add a piece of warm Suet, and again pound together to mix it evenly. Continue this process till all the Meat and the Suet is pounded.
4. Make a paste of Arrowroot, Spice, 'Garam Masālā' and Salt with a little water, and knead it into the Minced Meat.
5. Again, pound the mass on the Stone, to convert it into a homogeneous doughlike mass. This prepared Minced Meat, is then pressed by hands and rolled between palms, into compact balls of 2" to 3" diameter, for making 'Goāshṭābā', or rolled into smaller, a little flattened balls, for making 'Riṣṭā' or 'Pālāk-Riṣṭā'.

Nowadays, mincing of smaller quantities of Meat and Suet, is done by as Electric Food Processor or an Electric Grinder, using a Chopping Blade.

RECIPE NO. 191.

2. Onion & Shallots Emulsion.

As already said, an Emulsion of Onions and Shallots, is used in most of the Mulsim Dishes, and is prepared at the very start of a 'Vāzāvān' Dinner. In fact, this very skillfully prepared seasoning imparts a special aroma and a distinct flavour to most of the 'Vāzāvān' Dishes, so much so that preparation of this Emulsion alongwith the right method of using Garlic, is believed to be the secret of 'Vāzāvān' specialities.

Apart from a 'Vāzāvān', even in home cooking, one can find most women of Kashmīr, adept at cooking various delicious Dishes. The skill has been handed over from mother to her daughters, and

daughters-in-law or the younger sisters, for generations. Here also, Spices, Condiments and Seasoning play an important part, in addition to their methods of Traditional Cooking.

Ingredients :-

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| 1. Onions, - | 1 kg. |
| 2. Shallots (K-'Prān'),- | 1 kg. |
| 3. Mustard Oil, - | 1/2 kg. |
| 4. Clarified Butter, - | 100 gm. |

Sometimes Suet is partly or wholly used in place of oil.

Method of Preparation :-

1. Peel and cut off the hairy roots and green tops of Onions and Shallots. Chop these, lengthwise, into uniform pieces.
2. In a 'Kadāhī', heat the oil till foam disappears, and then add butter and Suet (if used). Deep fry the chopped Onions and Shallots on medium heat, turning these regularly by means of a perforated ladle (H- 'Jhamā'). When these turn golden-brown and become crisp, strain oil, etc., thoroughly through a colander, or a strainer. This oil can be used for cooking, or for future frying of Onions and Shallots.
3. Grind these fried Onions and Shallots in a Stone Mortar by means of a Wooden Pestle (H-'Hāvan Dastā'). Then, while adding enough hot water slowly, continue grinding till it turns into a Milky Emulsion, which is now ready for use in various Dishes as a seasoning. This Emulsion replaces Asafoetida used by Kashmīrī Pandīṭs.

In daily Domestic Preparation of various Dishes, Onions, Shallots and also Garlic, in smaller quantities, are fried and ground and made into an emulsion etc., according to the need, side by side, during cooking.

'Vāzāvān' Preparation :-

In the following pages, the Recipes of the main 'Vāzāvān' items of Kashmīrī Muslims, (Vide Index of Non- vegetarian Dishes of Kashmīrīs, part-G), are described in detail.

A. Cereals and Desserts :-

1. 'Baḡá' (E-Plain Cooked Rice)(H-'Bhāḡī').

Same as prepared by Pandit (See RECIPE NO. 7.)

RECIPE NO. 192.

2. 'Namkīn Polāv', (E-Vegetable Pulāv') (H-'Namkīn Pulāv').

Ingredients :-

1. Good White local Rice
or 'Bāsmatī' Rice, - 1 kg.
2. Clarified Butter (H-'Ghī'), - 250 gm.
3. Onions, - 250 gm.
4. Salt, - 1 tsp.
5. Red Chili Powder, - 1 tsp.
6. Black Cardamom Seeds, - 1 tsp.
7. Seeds of 10 Green Cardamoms, -
8. Cinnamon, - 10 small pieces.
9. Raisins, - 20.
10. Casia Leaves, - a few.
11. Almond Kernels, - 20.
12. Caraway Seeds, - 1/2 tsp.
13. Saffron, - a pinch.

Preparation :-

1. Wash the Rice in several waters, and soak in 2 litres of water for 2 hours before cooking.
2. Stem, clean and wash the Raisins.
3. Blanch the Almond Kernels.
4. Chop the Onions after peeling and cutting the roots and tops etc.

Method of Cooking :-

1. In a tinned, heavy bottomed 'Ḍēgchī' of about 4 litres capacity, on medium heat, fry the chopped Onions in the Clarified Butter, to a golden brown colour, turning these all along with a broad flat spatula.
2. Add Caraway Seeds, Red Chili Powder, crushed Black and Green Cardamom Seeds, Raisins and Blanched Almond Kernels. Continue turning with the spatula, and let these also fry for a minute.
3. Add the soaked Rice, after straining all the water in a bowl. Turn it gently with the spatula so that it mixes thoroughly with the fried Onions, Clarified Butter and other Spices and Condiment, and also gets a little fried for a couple of minutes.
4. Add the water got from straining Rice and collected in the bowl along with the Salt and Saffron. Stir well and let it come to a boil. Meanwhile turn gently with the spatula frequently, taking care not to break the Rice grains, till almost all the water gets absorbed and the Rice get puffed and done almost to the core.
5. Now, on very low heat, cover the 'Ḍēgchī' with a fitting lid (K-'Dakná'), placing a 'rope' of kneaded flour between their rims.
6. Putting a weight (a stone etc.) on the lid, press the kneaded flour 'gasket', so as to stop free escape of steam. After 10 or 15 minutes, the fully steam cooked puffed Rice, gives out an aroma, which can now be smelled from the slowly escaping fragrant steam, and the maturing of the 'Pulāv' is complete, and it is ready to be served piping hot.

RECIPE NO. 193.

3. 'Muṭanjān'. (E-Sweet Condimented 'Pulāv') (H-'Mīthā Pulāv').

This is sometimes served in big Dinners and Feasts of Muslims as a Dessert.

Ingredients, Preparation & Method of Cooking :-

Same as in case of 'Moḍur Polāv', (See RECIPE NO. 164.) cooked by Kashmīrī Pandīṭs.

The only difference is, that Muslims usually use only Raisins and Almond Kernels as Condiments. Sometimes they dye a part of the Rice red by Cockscorn (K-'Moával') decoction, and remaining part yellow by Saffron water.

4. 'Fīrīn (E-Sweet, Milk Pudding), (H-'Fīrīn')

Ingredients & Method of Cooking :-

Same as in the case of RECIPE NO. 166 for 'Fīrīn' made by Kashmīrī Pandīṭs.

Muslims also use Semolina (H-'Suji'), in place of Rice Flour usually.

5. 'Sūjī Halvā', (E-'Halvā' of Semolina)(H-'Sūjī kā Halvā').

For ingredients and Method of Cooking, (See RECIPE NO. 169).

B. Mutton, Chicken and other Dishes :-

RECIPE NO. 194.

1. 'Mēthī Māz, (E-Fenugreek Leaves Cooked with Stomach and Intestines of Sheep or Goat) (H-'Mēthī aur Ūjhdī').

This is, in facta Side Dish, but quite delicious, nutritive and also carminative. It is prepared for Domestic Meals as well.

Ingredients :-

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| 1. Cleaned big pieces of Stomach and Intestines of Sheep or Goat, - | 1 kg. |
| 2. Fenugreek Leaves, - | 3/4 kg. |
| 3. Mustard oil, - | 1 cup. |
| 4. Garlic, - | 10 cloves. |
| 5. Cloves, - | 3 nos. |

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| 6. Emulsion of Onion and Shallots, - | 2 tsp. |
| 7. Turmeric, - | 1 tsp. |
| 8. Red Chili Powder, - | 1/2 tsp. |
| 9. Ginger Powder, - | 1/2 tsp. |
| 10. Aniseed Powder, - | 1/2 tsp. |
| 11. Powder of Coriander and Cumin Seeds, - | 1/2 tsp. |
| 12. Salt to taste, - | about 1 tsp. |
| 13. Curd, - | 1/2 cup. |

Preparation :-

1. Boil, in a litre of water, for 5 minutes, the big pieces of Stomach and Intestines. Strain and discard the water. Chop these boiled pieces uniformly, somewhat to the size of wheat grains. Keep aside in a bowl.
2. Remove the coarse stems of Fenugreek sprigs. Rinse the Leaves alongwith tender Stems, thoroughly in water. Boil these in a cup of water for 5 minutes. Strain, and squeeze out water, using a colander. Pound the boiled Leaves and Stems to a thick paste, by means of Wooden Pestle and a Stone Mortar (H-'Hāvan Dastā'). Keep the paste aside in a bowl.
3. Peel the Garlic cloves and chop these fine.

Method of Cooking :-

1. In an iron 'Kadāhī', or a tinned copper heavy 'Paṭīlā', heat the oil on medium flame. When foam disappears, add the chopped Garlic and the Cloves. Stir, and when the Garlic gets fried to a golden brown colour add the pounded Fenugreek paste and the chopped Innards. Go on turning and stirring with a steel or wooden ladle or a broad flat steel spatula, till the water evaporates, and the Fenugreek and the Innards begin to get fried.
2. After frying for five minutes, add well beaten Curd and the other Spices along with the Seasoning of Onions and Shallots. Continue stirring till all ingredients blend nicely, and after another 5 minutes add 2 cups of water. Let cook on low heat till most of the water evaporates, and oil

begins to show. Stir frequently in the meanwhile, so that no caking takes place at the bottom. The Dish is ready when it cooks to a pasty mass.

Spinach Leaves can replace Fenugree, or half and half Spinach and Fenugreek Leaves can be used, in the above preparation. Sometimes when fresh leaves are not available, Dried Crushed Fenugreek Leaves, after reconstitution by soaking in water, are used.

RECIPE NO. 195.

2. 'Ṭabaq Māz' (E-Fried pieces of Rib Cuts) (H-'Paslī kē tukdē ṭalē huyē').

This preparation is somewhat like 'Kabargāh', cooked by *Pandiṭs*, (RECIPE NO. 44.) but is less Spiced.

Ingredients :-

1. Mutton Rib Cuts, about 2" to 6" pieces, having 3 or 4 Rib Bones lengthwise, - 1 kg.
2. Clarified Butter ('Ghī'), - 1 cup.
3. Garlic, - 5 cloves.
4. Turmeric, - 1 tsp.
5. Ginger Powder, - 1/2 tsp.
6. Aniseed Powder, - 1 tsp.
7. Salt, - 1 tsp.

Method of Cooking :-

1. In a litre of water, boil the Rib Cuts, after adding the Spices, Salt and crushed Garlic cloves. When almost all water evaporates and the Meat becomes tender, remove the cooking vessel from heat, and let it cool.
2. Sort out the Meat pieces, and strain the leftover Gravy, which may be used as Stock for some other Dish. Pull out, and discard alternate Rib Bones if there are four, and the middle one in case there are three Bones, and thus let 2 Bones remain in each piece.

3. On thick platters, usually of copper, pour some melted 'Ghī' all over the Inner surface place the Meat pieces, side by side, on it, and pour evenly on all pieces, some more 'Ghī'.
4. Place the platters on live wood charcoals, to sauté (fry slowly), the boiled pieces. Turn these often with a pair of tongs, so that every piece turns brown and become somewhat crisp. Serve hot.

RECIPE NO. 196.

3. 'Kabāb' (E-Condimented Minced Meat, roasted or fried, on Skewers) (H-'Sīḳh Kabāb').

'Kabābs' form a part of the menu in Big Dinners and Feasts, and are also served in Tea Parties. These are relished at Picnics and equally at Domestic Meals, Breakfast and Teas.

Ingredients :-

1. Lean Meat of the Leg of Sheep or Goat, - 1 kg.
2. Eggs, - 2 nos.
3. Black Cardamom Seeds, - 1 tsp.
4. Cinnamon Powder, - 1/2 tsp.
5. Ginger Powder, - 1/2 tsp.
6. Aniseed Powder, - 1/2 tsp.
7. Red Chili Powder, - 1/2 tsp.
8. Caraway Seeds, - 1/2 tsp.
9. Salt, - 2 tsp or to taste.

Optional :-

1. Onion, medium size, - 1.
2. Garlic, - 5 cloves.
3. Dry Mint leaves crushed, - 1 tsp.
4. Clarified Butter or Deodorized Oil, - 1/2 cup.

Preparation :-

1. After cutting tops and roots of the Onion and Garlic cloves, peel these, and chop fine.
2. Crush the Cardamom Seeds.
3. On a cross cut Wooden Block (K-'Muond'), by means of a chopping knife, first cut the Meat into small pieces and then chop together fine. While chopping, add the white and yolk of the Eggs, chopped Onion and Garlic, all the other Spices, Salt and a tablespoon of Clarified Butter. Go on mixing and side by side chopping, till a homogenous well blended Mince is formed.

Method of Cooking :-

1. Mount the Minced Meat on as many iron Skewers as may be needed. This will depend on the length of each 'Kabāb', and its thickness. Usually 8" to 10" long 'Kabābs' of about 1" diameter are made.
2. Then roast the 'Kabābs' on live Wood-Charcoals, placed in a rectangular iron open fire box (H-'Aṅgīthī'), or in an earthen oven (K-'Ṭaṅḍūr') or an Electric Oven. The Skewers should be turned often, so that the 'Kabābs' roast evenly on all sides, to a dark brown colour.

For more details, about mounting and fixing of 'Kabābs' on Skewers and roasting these see RECIPE NO. 45.

In Dinners, each roasted 'Kabāb' is cut into half, to 4" to 5" length, and then served.

In Case of Tea parties, Afternoon Teas and Pincnics, the 'Kabābs' are not fully roasted in the first instance, but are fried subsequently in shallow pans, at the time of serving, and sometimes sprinkled with a pinch of 'Garam Masālā'.

RECIPE NO. 197.

4. 'Koākūr', (E-Chicken) (H-'Murgā').

Usually in a 'Vazāvān' half of a cooked Chicken is served to 4 guests eating from each 'Ṭrāem'. Dressed Broilers, weighting 3/4 to 1 kg. each, suit the

purpose. These are cooked whole and halved afterwards for serving.

The Ricipie for a 'Vazāvān' Chicken Dish, for 16 guests, i.e., for 4 platters ('Ṭrāmi'), is given below. For greater or lessor number of guests the Ingredients are to be increased or decreased proportionately. The capacity and number of cooking vessels is also to be more or less accordingly.

Ingredients :-

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| 1. Broilers, - | Two each 3/4 to 1 kg. |
| 2. Turmeric, - | 1 tsp. |
| 3. Red Chili Powder, - | 1 tsp. |
| 4. Ginger Powder, - | 1 tsp. |
| 5. Aniseed Powder, - | 1 tsp. |
| 6. Salt, - | 2 tbps. |
| 7. Garlic, - | 4 cloves. |
| 8. Cloves, - | 2 nos. |
| 9. Dry Cockscorn Flower, - | 1. |
| 10. Onion and Shallot 'Emulsion, - | 2 tbps. |
| 11. 'Garam Masālā' - | 1/2 tbps. |
| 12. Mustard Oil, - | 1/2 cup. |
| 13. Clarified Butter ('Ghī'), - | 2 tbps. |

Method of Cooking :-

1. If purchased undressed, remove the skin of the two Birds, along with feathers, after cutting off the Head and the Claws with Shanks. Incise, lengthwise, the bellies of the Birds and remove the Giblets. Wash thoroughly inside and outside of the Birds with water.
2. In a 'Paṭlā', preferably with a round bottom, boil these in enough water to immerse both the dressed Chickens, after adding Turmeric, Ginger and Aniseed Powders and the Salt. Turn the Birds with a ladle after every two or three minutes. When their meat becomes tender, remove the 'Paṭlā' from the fire, and strain the Soup, and retain it in a bowl.

3. Now, in the 'Pañālā' after cleaning its inside, heat the oil till foam disappears. Then add the 'Ghī'. Stir, and add peeled and chopped Garlic cloves and the two Cloves. Stir till these get fried and add Chili Powder along with a tablespoon of the retained Soup. Stir till the oil and 'Ghī' takes colour. Fry the two boiled Chickens in it, turning the Birds regularly with a broad flat spatula (H-'Palta'), till these turn brown uniformly on all sides.
4. Add the remaining Soup, half a cup of Red Decoction of Cockscomb Flower, and a tablespoon of Onion and Shallot Seasoning. Let cook, while turning frequently with the spatula or a ladle, till almost all water evaporates, and the fats begins to show. For preparing Onion and Shallots Emulsion (See RECIPE NO. 191).
5. Add 'Garam Masālā' and turn the Chickens to let it soak on all sides. Sometimes even a little 'Saffron' is also added at this stage, after which the 'Kōākar' Dish is ready.

Chicken for Domestic Meals, is also cooked in this very manner, but after disjoining it. Usually without removing the skin, the feathers are plucked. Scalding makes that easy. Young, fat and well-fed Fowls, which may weigh upto 2 kgs. each, or sometimes more, are liked for this purpose. Gizzard, Liver and Heart of the Fowl, after cleaning, are included as well for cooking.

RECIPE NO. 198.

5. 'Rōgan Jōsh', (E-Reddish Mutton Curry)(H-'Rōgan Jōsh').

A Muslims 'Vāzāvān' 'Rōgan Jōsh' is quite different from 'Rōgan Jōsh' prepared by Kashmirī Pandīṭs. Another Dish, somewhat similar to that of 'Rōgan Jōsh', prepared by Pandīṭs, is also prepared in a 'Vāzāvān', but that is called 'Heñḍī Rōgan Jōsh'.

Ingredients :-

1. Mutton or Goats Meat (Leg, Shank, Shoulder, Neck or Chop), - 15 to 20 pcs per kg., - 1 kg.

2. Mustard Oil, - 1 cup or
Mustard Oil and 'Ghī', - 1/2 cup each.
3. Garlic Cloves, - 5.
4. Ginger Powder, - 1/2 tsp.
5. Aniseed Powder, - 1 tsp.
6. Salt, - 1 tsp.
7. Turmeric, - 1 tsp.
8. Chili Powder, - 1 tsp.
9. Cloves, - 8 Nos.
10. Cinnamon Powder, - 1/2 tsp.
11. Black Cardamom Seeds crushed, - 1 tsp.
12. Decoction of Red Celosia Flowers, - 1/2 cup.
13. Onion and Shallot Emulsion Seasoning, - 2 tbsps.

Preparation :-

1. Prepare Red Decoction of dry Cockscomb Flower (Celosia), by boiling it in a cup of water and filtration.
2. For making their Emulsion, take 1/2 cup each of chopped Onions and Shallots. Before chopping peel these and cut off tops and roots. Fry in oil or 'Ghī', on slow heat, to an uniform golden colour, while turning these with a perforated ladle. When these become crisp, remove from fire, and strain and squeeze out oil or 'Ghī'. Cool and grind by a Pestle in a Mortar, the fried Onions and Shallots, while adding, a little at a time, half cup of hot water, to prepare an Emulsion for Seasoning.

Method of Cooking :-

1. Boil the Meat in 1/2 litre of water, after adding Ginger and Aniseed Powders, Salt and peeled and chopped Garlic cloves.
2. Strain the boiled Meat, and retain the Soup in a bowl and sort out the Meat pieces, and throw away the boiled Spices and other sediment.
3. Now, in a thick bottomed 'Pañālā', heat the remaining oil, or 'Ghī' alongwith the oil or 'Ghī' left over after frying Onions and Shallots. Add

the Chili Powder, Turmeric, Cloves and a ladle full of Soup. Stir, and add the boiled Meat pieces, and go on turning with a ladle for a few minutes, till the oil etc. soaks in and the Meat gets a little fried.

4. Add the remaining Soup, the Red Decoction of Cockscomb (K-'Moával'), and 2 tablespoons of Onion and Shallot Seasoning. Let cook, on slow heat, till the oil begins to show and the Meat is tender. 'Rōgan Jōsh' is ready after adding the Cinnamon Powder and Crushed Black Cardamom Seeds.

The left over Cockscomb decoction, and Onion and Shallot Seasoning, is used for other Dishes.

In Big Dinners the quantity of Meat required for 'Rōgan Jōsh' depends upon the number of guests. This Dish is usually prepared, in desired quantities, for Domestic Meals also.

6. 'Ḍañi Foel' :-

'Ḍañi Foel' or 'Ḍācñ', is that cut of Sheep's or Goat's Shank of Leg, which forms its fore part, extending from the joint. It is similar to a drumstick of a Fowl, and each Meat piece has 6" or 7" of hollow bone, containing the marrow inside. One end of each bone is the head of the joint usually. The upper marrow-filled thigh bones of the Leg surrounded by thick layers of lean meat, are also used as 'Ḍañi Facl' pieces. 'Ḍañi Fael' is plural of 'Ḍañi Foel'.

These are cooked along with 'Vāzāvān' 'Rōgan Jōsh' (See RECIPE NO. 198.), but are served as a separate item of the Menu. Their gelatinous and soft Meat is a delicacy, apart from the delicious Marrow of the bones.

RECIPE NO. 199.

7. 'Heñḍī Rōgan Jōsh'. :-

The method of preparation of 'Heñḍī Rōgan Jōsh', in a Muslim 'Vāzāvān', is similar to that of 'Neñi Rōgan Jōsh' prepared by Kashmirī Pandīṣ or their professional Cooks (See RECIPE NO. 40.). The only difference is in the use of Garlic, and also Shallot

and Onion Seasoning, in place of Asafoetida used by Pandīṣ. The Cuts, of Mutton or Goats Meat used, are also similar. As only one piece of 'Heñḍī Rōgan Jōsh', in place of 4 of Muslim style 'Rōgan Jōsh', is usually served per Platter (K-'Ṭṛaem') for 4 guests, the size of each piece is bigger, only about 8 pieces made from a kg. of Meat.

Peeled and chopped 5 Cloves of Garlic, are added per kg. of Meat, during its initial frying. A ladleful of 'Onion and Shallot Seasoning' is added afterwards while cooking alongwith other Spices. The quantity of Spices is almost half of that used by Pandīṣ.

RECIPE NO. 200.

8. 'Ḍānivali Qoármá'

In this 'Vāzāvān' Dish, Meat of Shoulder and mixed pieces of different cuts of Sheep's and Goats Meat, are used. The size of pieces is small, about 16 to 20 made per kg. Four cooked pieces are served per 'Ṭṛaem' to 4 guests.

Ingredients :-

- | | |
|------------------------------|-------------------|
| 1. Meat, - | 1 kg. |
| 2. Mustard Oil, - | 1/2 cup. |
| 3. Green Coriander Sprigs, - | 75 gm. |
| 4. Onions, - | 2 of medium size. |
| 5. Garlic, - | 5 Cloves. |
| 6. Cloves, - | 3 Nos. |
| 7. Caraway Seeds, - | 1/2 tsp. |
| 8. Ginger Powder, - | 1/2 tsp. |
| 9. Aniseed Powder, - | 1 tsp. |
| 10. Green Cardamoms, - | 10 Nos. |
| 11. Cinnamon Powder, - | 1/2 tsp. |
| 12. Curd, - | 1 1/2 cup. |
| 13. Salt, - | 1 tsp. |

Preparation :-

1. Cut the roots and tops of Onions and Garlic Cloves, peel, and Chop these finely.
2. Take out Seeds of Green Cardamoms, and crush these coarsely and keep aside.
3. Cut off coarse stems of Green Coriander Sprigs. Discard bad and withered leaves. Wash, and chop finely the good Leaves and tender Stems. Keep aside in a bowl.
4. In a steel bowl, churn the Curd with a chum stick, after adding Caraway Seeds. Keep it aside ready for use.

Method of Cooking :-

1. In a tinned, heavy round-bottomed copper 'Paṭīlā', or a thick steel cooking pot, heat the oil, till foam disappears. Add Cloves and chopped Onions and Garlic, alongwith the Meat pieces. Go on turning with a steel or wooden ladle, till the Meat gets a little fried and the chopped Onions and Garlic, turn golden brown.
2. Add the churned Curd, containing Caraway Seeds, alongwith Ginger and Aniseed Powders and the Salt. Stir and turn thoroughly, till the Curd gets blended, and also fried a little. Add a cup of water, or stock of Meat if available, and let cook till Meat gets tender and oil begins to show.
3. Add chopped Green Coriander Leaves. Stir to mix these evenly. Cook for another 10 minutes, and then add crushed Cardamom Seeds and the Cinnamon Powder. Turn to blend these Condiments. 'Ḍānivali Qoármá' is ready.

RECIPE NO. 201.

9. 'Marçhāvāṅgan Qoármá' :-

Left over Meat pieces, and trimmed off pieces, of Meat cuts used for other Meat Dishes of a 'Vāzāvān', are utilized for preparing this Dish. The Meat is cut into small pieces of uniform size, about 30 to 40 per kg. So this Meat is a mixture of almost all cuts of a Sheep or a Goat. There is predominance

of Red Chilies (K- 'Marçhāvāṅgan'), in this Dish and hence its name.

Ingredients :-

- | | |
|------------------------------|---------------------|
| 1. Meat, - | 1 kg. |
| 2. Mustard Oil, - | 1/2 cup. |
| 3. Red Chili Powder, - | 1 tbsp. |
| 4. Tamarind, - | 15 gm. |
| 5. Garlic, - | 10 cloves. |
| 6. Cumin Seeds, - | 1/2 tsp. |
| 7. Onions, - | 2 medium. |
| 8. Cloves, - | 2 nos. |
| 9. Ginger Powder, - | 1/2 tsp. |
| 10. Aniseed Powder, - | 1/2 tsp. |
| 11. 'Garam Masāla', - | 1 tsp. |
| 12. Salt, - | 1 tsp. or to taste. |
| 13. Cockscomb (K-'Moával'),- | Two dried flowers. |

Preparation :-

1. Cut roots and tops of Onions and Garlic Cloves, and peel these. Then either chop fine, or pound into a paste.
2. In a steel or glass bowl, soak Tamarind in hot water, and when it becomes soft, mash it and remove fibres, stones and shell pieces. Retain for use, only the strained Pulp.
3. Sometimes the bones, of the pieces of Meat, are removed and it is minced fine, after adding a little 'Garam Masāla', along with Ginger, Aniseed and Chili Powders, and Salt. Then the Minced Meat is rolled into small 'fingers' for cooking. Otherwise, usually small Meat pieces alongwith bones are used.
4. Boil the Cockscomb Flowers in a cup of water. Strain the Red Decoction and keep it in a bowl for use.

Method of Cooking :-

1. Heat the oil in a tinned copper, or a steel 'Pañlā', till foam disappears. Add the chopped, or pounded, Onions and Garlic cloves, along with the Cloves and Cumin Seeds. Go on stirring with a steel ladle, or a broad spatula, till the pounded or chopped Onions and Garlic turn golden brown.
2. Add the Meat pieces or the small 'Finger Rolls', and Salt. Go on turning with the spatula, till these also get a little fried.
3. Now add the Cockscomb Decoction, Chili, Aniseed and Ginger Powders, and a cup of water. Stir with the steel ladle, and let boil for half an hour on low heat. Stir two or three times during boiling, till gravy thickens, the Meat becomes tender, and oil begins to show.
4. Add the Tamarind Pulp and 'Garam Masālā', Stir again and let cook for another 5 minutes. The 'Marçhāvāᅅgan Qoārmā' is ready.

Four pieces or fingers, alongwith a spoon of red gravy, are served usually on a 'T̄raem', for four guests.

RECIPE NO. 202.

10. 'Āb Ghōst' :-

This preparation looks like 'Yaᅅheāñ' cooked by Kashmirī Pandiᅅs, but is quite different in taste. Pandiᅅs use Curd while the Muslims Milk, in their respective Dishes. By Muslims, 'Āb Ghōst' is also called 'Yaᅅheāñ' sometimes.

Somewhat fat Meat Cuts of Loin (K-'Boā-kaᅅoer'), Breast (K-'Sīnā') and Tail Piece (K-'Lāct') are used for this Dish. As for the size of each piece, usually a kg. of Meat is cut into 8 to 10 pieces. The Tail piece is usually kept whole and may weigh about a quarter of a kg. or more.

Ingredients :-

1. Meat of Lamb, young Sheep or Goat, - 1 kg.
2. Milk, - 2 litres.

3. Aniseed whole, - 1 tsp.
4. Whole dry Ginger or Green Ginger, - 10 gm.
5. Black Cardamoms, - 5 Nos.
6. Cinnamon, - 5 Pieces.
7. Onion and Shallot Emulsion, - 2 tbsps.
8. Green Cardamoms, - 10 gm.
9. Cinnamon Powder, - 1 tsp.
10. Salt, - 1 tsp.
11. Caraway Seeds, - 1/2 tsp, or
Cumin Seed Powder, - 1/2 tsp.
12. Aniseed Powder, - 1/2 tsp.
13. Ginger Powder, - 1/2 tsp.
14. Black Pepper Powder, - 1/2 tsp.
15. Cloves, - 3 Nos.
16. Butter, - 25 gm.

Preparation :-

1. If Green Ginger is used for boiling with Meat, scrap and chop it. Otherwise, in case of dry whole Ginger, pound it a little to break it into pieces.
2. Crush a little, the whole Black Cardamoms.
3. If Onions and Shallot 'Emulsion' is not available readymade, prepare it, from half a cup each of chopped Onions and Shallots, (See RECIPE NO. 191.).

Method of Cooking :-

1. In a heavy, tinned copper 'Dēgchīl' or 'Pañlā', of about 4 litre capacity, boil the 2 litres of Milk till half of its water evaporates, and it condenses to a litre of thick Milk.
2. Meanwhile in another 'Pañlā' boil the Meat in a litre of water, after adding the whole Aniseeds, broken dry Ginger pieces or chopped Green Ginger, Cinnamon pieces, and the crushed Black Cardamoms. When Meat becomes tender, remove 'Pañlā' from heat and strain its Soup by means of a colander. Sort out the Meat pieces

and discard the boiled Spices and bone pieces. Keep the Soup to be utilized as stock for some other Dish, e.g., in RECIPE NO. 200.

3. Add the boiled Meat pieces to the Condensed Milk, and resume heating. Add also the Aniseed, Ginger and Black Pepper Powders, the Butter, alongwith the Onion and Shallot Seasoning and Salt. Stir gently with a wooden or steel ladle.
4. After boiling for 15 minutes, add the Caraway Seeds or the Cumin Seed Powder, slightly crushed Green Cardamoms and the Cinnamon Powder. Stir again. Simmer on low heat for another 10 minutes and serve.

One piece usually of this 'Ab Ghōst', alongwith a ladleful of Gravy, per 'Ṭṛāem' for 4 guests, is served in Big Dinners.

RECIPE NO. 203.

11. 'Ristá'.

It is a delicious Dish, and usually a couple of 'Ristá', along with a ladleful of its Gravy, are served per 'Ṭṛāem', for 4 guests.

It is also a good Dish for Domestic Meals.

Ingredients :-

1. Minced Spiced Meat of Sheep or Goat, - 1 kg.
2. Mustard Oil, - 1/2 cup.
3. Aniseed Powder, - 1/2 tsp.
4. Ginger Powder, - 1/2 tsp.
5. Cumin Seeds, - 1/2 tsp.
6. Garlic, - 5 cloves.
7. Cloves, - 2 Nos.
8. Turmeric, - 1/2 tsp.
9. Red Chili Powder, - 1/2 tsp.
10. Red Decoction of Cockscomb Flowers (K-'Moával'), - 1/2 cup.

11. 'Garam Masāla', - 1/2 tsp.
12. Black Cardamom and Cinnamon Powder, - 1/2 tsp.
13. Onion and Shallot Seasoning, - 2 tsbps.
14. Salt, - 1 tsp. or to taste.
15. Saffron, - a pinch (optional).

Preparation :-

1. For preparation of the Minced Meat for 'Ristá', (See REECIPE NO. 190.). Sometimes a table-spoon of Clarified Butter (H-'Shuddh Ghī'), is added to the Mince, while pounding, to enhance its taste and flavour.
2. To prepare the Onion and Shallot Seasoning, (See RECIPE NO. 191.).
3. Boil Cockscomb Flower in a cup of water, and strain to prepare the Red Decoction.
4. Make somewhat flattened Balls, of about 1" diameter, out of the prepared Spiced Minced Meat, first by pressing the required quantity in the right hand palm, and then by rolling it between both palms. Greasing and moistening the palm with a little oil and water, facilitates this work.
5. Peel and chop finely the Garlic Cloves.

Method of Cooking :-

1. Heat the oil in a tinned copper or steel 'Pañlā', of about 3 litres capacity. When foam disappears, add chopped Garlic and the Cumin Seeds. Stir till Garlic turns light brown. Add a ladleful of water alongwith Red Chili Powder and Turmeric. Stir again, and add a litre of water, along with Aniseed and Ginger Powders, Red Cockscomb Decoction, Onion and Shallot Seasoning, and Salt to taste.
2. Now add the Minced Meat balls gently one by one. After boiling, on medium heat, for half an hour or more, till the Meat Balls cook well and the Gravy thickens, add Cardamom and Cinnamon Powder, 'Garam Masāla' and Saffron. Let simmer on low heat for another 5 minutes. 'Ristá' is ready. Serve hot, alongwith Gravy.

RECIPE NO. 204.

12. 'Pālak Riṣṭā'. :-

Ingredients :-

1. Spiced Minced Meat, - 250 gm.
2. Spinach Leaves without stems, - 1 kg.
3. Turmeric, - 1 tsp.
4. Aniseed Powder, - 1/2 tsp.
5. Ginger Powder, - 1/2 tsp.
6. Chili Powder, - 1/2 tsp.
7. Cloves, - 3 Nos.
8. Cinnamon and Cardamom Powder, - 1/2 tsp.
9. Mustard Oil, - 1/2 cup.
10. Seasoning of Shallots and Onions, - 2 tbsps.
11. Salt, - 1 tsp. or to taste.

Preparation :-

1. Mince and Spice the Meat and Fats, according to RECIPE NO. 190. Picking a little Mince at a time, one by one, make into small, round, flattened Pellets, of about 1/2" to 1/4", by rolling and pressing between the palms, after greasing these with a little oil and water.
2. Purchase as much fresh Spinach as to provide a kg. of sorted Leaves, after cutting off all the stems. Rinse the Leaves thoroughly in water and strain in a colander.
3. To prepare Shallot and Onion seasoning, (See RECIPE NO. 191.).

Method of Cooking :-

1. In a 'Paṭlā' of tinned Copper boil for 15 minutes, the rolled Minced Meat Pellets, in half a litre of water, after adding Turmeric, the Aniseed, Ginger and Chili Powders, and the Salt. Then add the Spinach Leaves. Gently stir and turn with a broad flat spatula (H-'Paltā'). Let boil for another 5 minutes.

2. Meanwhile in a frying pan, heat the Oil, and when foam disappears, while stirring add Cloves and the Onion and Shallot Seasoning. Add this Spiced Oil to the boiling Minced Meat Pellets ('Riṣṭā'), and Spinach ('Pālak'). Stir, again and add Cinnamon and Cardamom Powders. Let simmer on slow fire for a few minutes more, till water evaporates to a good extent and oil begins to show. Remove from fire and serve hot.

Usually four small 'Riṣṭā' pieces, along with some Spinach Leaves, are ladled on a 'Ṭrāem' for four guests. The Dish is relished in Domestic Meals also.

RECIPE NO. 205.

13. 'Goāshṭābā' :-

'Goashṭābā' is called by Muslims as 'The King of Dishes' or 'Dish of Kings'. It is famous for its flavour and taste.

It is served as the last Meat Dish in a 'Vāzāvān' Feast, before the Dessert.

Ingredients :-

1. Spiced and Condimented Minced Meat, (See RECIPE NO. 190.), - 1 kg.
Sometimes Clarified Butter (H-'Ghī') is substituted partly in place of Suet alone, to add to the flavour of the Mince.
2. Curd, - 1 1/2 kg.
3. Green Mint or Green Coriander sprigs, - 50 gm.
4. 'Emulsion' of Shallots and Onions, - 4 tbsps.
5. Mustard oil, or any other Edible Oil, - 2 tbsps.
6. 'Ghī', - 2 tbsps.
7. Aniseed Powder, - 1/2 tsp.
8. Ginger Powder, - 1/2 tsp.
9. Cumin Seeds and Black Cardamom Seeds Powder, - 1/2 tsp.

- | | |
|-----------------------|---------------------|
| 10. Caraway Seeds, - | 1/4 tsp. |
| 11. Cloves, - | 3 nos. |
| 12. Garlic Cloves, - | 5 Nos. |
| 13. 'Garam Masālā', - | 1 tsp. |
| 14. Salt, - | 1 tsp. or to taste. |
| 15. Green Cardamom, - | 10 nos. |

Preparation :-

1. After moistening the palms with a little water and oil, take enough quantity of the prepared Minced Meat, to make into a 2" to 3" diameter compact Ball. First press the Minced Meat in the right hand palm by fingers and thumb, and then roll between palms of both hands. Repeat the process. By dividing in the very beginning, the whole Minced Meat approximately into equal portions, Balls of uniform size will be made.
2. For making a Seasoning of Shallots and Onions, cut the roots and tops of enough Onions and Shallots, to obtain half a cup of each, after peeling and chopping. For frying and making the Emulsion, see RECIPE NO. 191. Keep it aside in a bowl for use.
3. Wash thoroughly the Green Mint or Green Coriander sprigs, after discarding coarse stems and bad leaves. Chop finely and keep aside in a plate also.
4. Beat with a spoon, or churn with a small Churning Stick the Curd, in a steel or glass bowl, after adding the Caraway Seeds.
5. Peel the Garlic cloves and chop these too.

Method of Cooking :-

1. In a round bottomed, tinned copper or a heavy steel 'Paṭlā' or 'Ḍēgchī', of about 3 litres capacity, boil the prepared Minced Meat Balls, in sufficient water to immerse these wholly. Before boiling starts, add to the water the Salt and the Aniseed and Ginger Powders. After half an hour remove the pot from heat and strain the Soup in a bowl, and keep the boiled Meat Balls separately in a plate. Discard the residue left after straining, and clean the cooking vessel.

2. Heat the Oil in the vessel till foam disappears. Add 'Ghī', Cloves and chopped Garlic. Stir again and add the prepared Curd and the Soup thoroughly mixed together. Go on stirring with a steel or wooden ladle, so that the Curd does not crack. When the Oil, 'Ghī', Curd and Soup boil and blend nicely, add the boiled Minced Meat Balls, and the Onion and Shallot Seasoning. Let cook on a low heat till the Gravy becomes somewhat thick and oil and 'Ghī' begins to show.

3. Now add the 'Garam Masālā', Cinnamon and Black Cardamom Powder, the slightly crushed Green Cardamoms and the finely chopped Green Mint or Green Coriander Leaves. Turn the Balls with a broad steel spatula and the 'Goāshābā' is ready to be served hot, along with a ladleful of it delicious Gravy.

In case Green Mint or Green Coriander Leaves are not available Dried crushed, and preserved Mint Leaves, may be used.

RECIPE NO. 206.

14. 'Ruvāngan Ḍhāman', (E-Tomatoes cooked with Domestic Cheese)(H-'Tamātār Panīr').

This is a Vegetarian Dish made from Domestic Cheese (H-'Panīr')(K-'Ḍhāman') and Tomatoes (K-'Ruvāngan'). One piece of this cooked Domestic Cheese, along with its Tomato Sauce is served per 'Ṭṛāem', for four guests, in Big Dinners. This Dish is also cooked for Domestic Meals occasionally.

Ingredients :-

- | | |
|---------------------------------------|-----------|
| 1. 'Panīr', - | 1 kg. |
| 2. Ripe Tomatoes, - | 1 kg. |
| 3. Mustard or any other Edible Oil, - | 1 cup. |
| 4. Garlic, - | 5 Cloves. |
| 5. Onions, - | 3 medium. |
| 6. Cloves, - | 5 Nos. |
| 7. Cumin Seeds, - | 1/2 tsp. |

8. Chili Powder, - 1 tsp.
9. Turmeric, - 1 tsp.
10. Ginger Powder, - 1/2 tsp.
11. Aniseed Powder, - 1/2 tsp.
12. Cinnamon & Black Cardamom Powder, - 1 tsp.
13. 'Garam Masālā', - 1/2 tsp.
14. Green Cardamoms, - 5 Nos.
15. Sugar, - 1 tsp.

Preparation :-

1. Cut roots and tops of Garlic cloves and Onions. Peel chop and pound these to a paste.
2. Dip the Tomatoes in boiling water for a couple of minutes. Take these out and let cool. Then peel their skins. Chop these and keep aside in a plate.
3. Cut the 'Panīr' into about 3" x 2" oblong pieces of about 1/2" thickness.

Method of Cooking :-

1. In a steel 'Kadāhī', deep fry the Cheese pieces in the oil, in three or four instalments. While frying, turn these regularly by means of a perforated ladle (H-'Jhamā'), so that these fry evenly on all sides, to a golden brown colour, and these do not get charred along the edges. Take out with the perforated ladle, the fried pieces, after straining all oil.
2. Boil, for an hour, the fried Cheese, in a litre of water, after adding to it the Salt, half of the Turmeric, and the Aniseed and Ginger Powders. Use a steel or tinned copper or brass 'Paṭīlā' for cooking.
3. Meanwhile, to the Oil left over in the 'Kadāhī', add the Garlic and Onions paste, along with the Cloves and Cumin Seeds. Go on stirring with a broad steel spatula (H-'Paltā'), and when the Onion and Garlic paste turns light brown, add the remaining half of Turmeric, and the Chili Powder, along with a tablespoon of water. Stir, and add the chopped Tomatoes. Continue stir-

ring with spatula til the Tomatoes get fried and Oil begins to show. Remove 'Kadāhī' from heat.

4. Add to the boiling 'Panīr' pieces, the prepared Tomato Sauce, and to mix it turn gently with the spatula. Let cook on low heat, till the Sauce thickens to a paste.
5. Add 'Garam Masālā', the Cinnamon and Black Cardamom Seed Powder, and a little crushed Green Cardamoms. Mix again gently with the spatula. 'Ruvāṅgan Ḍhāman' is ready.

RECIPE NO. 207.

15. 'Ḍhoek Vāṅgan', (E-Sour Brinjals) (H-'KhaḌ Baingan').

The method of cooking of this Dish in a Muslim 'Vāzāvān' is same as described in RECIPE NO. 100 of Kashmirī Pandit Cuisine. The only difference is that the Muslim Professional Cooks, select only medium size immature Brinjals of about 4" to 5" in length, and about 1 1/2" in diameter, and cook these whole. In Big Dinners, one piece of this is served to 4 guests eating in one 'Ṭṛāem'. The whole Brinjals are pricked all over before deep frying, so that these get fried to the very core, and the Spices and Tamarind Pulp soak in. In this Dish also, Asafoetida is replaced by Garlic in frying, and Onion and Shallot Seasoning is added while Cooking, afterwards.

RECIPE NO. 208.

16. 'RaniḌ Bam Ḍhūṅṅh'. (E-Cooked Quince) (H-'Pakāyā huḌā Bihī').

Cooked quarter of a Quince is served to every guest i.e., 4 pieces for each 'Ṭṛāem', in Big Dinners and Feasts sometimes.

Cooked together, Quinces and Brinjals, form a favourite Domestic Dish of Kashmirīs, (See RECIPE NO. 138).

Ingredients :-

1. Quinces, preferably of sweet variety, - one dozen.
2. Stock of Meat saved during the preparations of 'Āb Ghōst' or any other Dish, (See RECIPE NO. 202.), - 4 cups.
3. Mustard or any other Edible Oil, - 1 cup.
4. Cloves, - 3 Nos.
5. Garlic, - 5 cloves.
6. Cumin Seeds, - 1/2 tsp.
7. Turmeric, - 1 tsp.
8. Ginger Powder, - 1/2 tsp.
9. Aniseed Powder, - 1/2 tsp.
10. Black Pepper Powder, - 1/2 tsp.
11. Black Cardamom and Cinnamon Powder, - 1/2 tsp.
12. Salt, - 1/2 tsp.

Preparation :-

1. After washing, quarter the Quinces and pare the skin of every piece.
Pare also their homy cores containing seeds. These cores should not be thrown away, as these are valuable for making Medicinal Mucilages.
2. Peel the Garlic Cloves, and chop these fine.

Method of Cooking :-

1. In a thick, round-bottomed, tinned, copper or a steel 'Pañilā', deep fry, in Oil, the Quince pieces, till the edges of every piece begin to turn brown. Keep on turning the pieces, while frying, by a perforated ladle (H-'Jharnā'), so that no piece gets scorched on any side. When ready, take out the pieces, after straining all Oil, by means of the perforated ladle. Keep aside in a plate.
2. Add the chopped Garlic, Cumin Seeds and Cloves to the hot Oil, and stir till Garlic turns light brown.
3. Now add the Stock of Meat, and the fried Quince pieces, alongwith Aniseed, Ginger and Black Pepper Powders, and the Salt. Stir gently and let

cook for a few minutes, till the Quince pieces are done, but do not become too soft and get mashed.

4. Add the 'Garam Masālā' and the Cardamom and Cinamon Powder. Mix gently, by turning the pieces, by a broad flat spatula. The Dish is ready.

RECIPE NOS. 209, 210, 211, & 212.

17. 'Chetiēn'. (E-Sauce) (H-'Chetnī')

Many varieties of 'Chetiēn' are served as appetizers, in a 'Vāzāvān'. These are usually prepared by pounding together Spices and Condiments, and are served in very small quantities in Dinners etc. These are commonly made for Domestic Meals as well. Here are a few Recipes.

A. Take.

1. Green Chilies, - 10 Nos.
2. Onio - 1 Nos.
3. Lime, - 1 Nos.
4. Salt, - 1/2 tsp.

Remove seeds of Chilies after slitting lengthwise. Peel and chop the Onions. Pound together by using a 'Hāvan Ḍaṣṭā' (E-Pestle and Mortar). Add the juice of Lime and the Salt. Grind again to a paste and serve.

B.

1. Kernels of 10 Walnuts.
2. Green Chilies, - 5 Nos.
3. Salt, - 1/2 tsp.
4. Curd, - 1 cup.

Slit lengthwise the Green Chilies, and remove seeds and chop these. Pound these to a paste, alongwith Walnut Kernels and Salt. In a glass or a steel bowl, add the paste to the Curd, and mix thoroughly by a steel spoon. Serve.

C.

1. Pumpkin, - 1/4 kg.
2. Honey or Brown Sugar, - 100 gm.
3. Tamarind, - 100 gm.
4. Salt, - a pinch.
5. Black Pepper, - 10 coms.
6. Black Cardamom Seeds, - 1/2 tsp.
7. Red Chili Powder, - a pinch.

With a knife cut, across rind and inside, the Pumpkin into pieces. Pare the rind, and the inner fibrous layer of every piece. Boil the pieces in water till these are done, and then mash these in a bowl. Meanwhile in a steel bowl soak the Tamarind in hot water for 15 minutes, and then mash it and remove stones and fibres etc. from the Pulp. Add to the Pulp, the mashed Pumpkin, Honey or Brown Sugar, Salt, Chili Powder, and coarsely ground Black Pepper and Cardamom Seeds. Mix well with a steel spoon. The 'Chetiēn' is ready.

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1. Curd, - 1 cup.
2. Crushed Dried Mint Leaves, - 2 tsps.
3. Salt, - 1/4 tsp.
4. Red Chili Powder, - 1/2 tsp.

Mix with a steel spoon in a glass bowl and serve.

SOME MISCELLANEOUS DISHES

RECIPE NO. 213.

18. 'Moarge Mussallam' :-

It is not served in big 'Vazāvān' Feasts and Dinners, but is served in small Lunch and Dinner Parties, Picnics and sometimes in Domestic Meals also. In Hotels, it is commonly served and their Recipes differ. Here is a good Recipé.

Ingredients :-

1. A Broiler, with skin and feathers weighing, - 1 to 1 1/2 kg.
2. Edible Oil, - 1/2 cup.
3. Cumin Seeds, - 1/2 tsp.
4. Cloves, - 3 nos.
5. Minced Mutton, - 150 gm.
6. Eggs, - 2.
7. Green Peas, - 150 gm.
8. Raisins, - 10 gm.
9. Almond Kernels, - 10 gm.
10. Clarified Butter ('Ghī'), - 1 tbsp.
11. Chili Powder, - 1 tsp.
12. Aniseed Powder, - 1/2 tsp.
13. Turmeric, - 1 tsp.
14. Ginger Powder, - 1 tsp.
15. Green Ginger, - a 2" piece.
16. Onions medium, - 3 Nos.
17. Garlic, - 7 cloves.
18. Black Cardamom and Cinnamon Powder, - 1 tsp.
19. Green Coriander, - 3 or 4 sprigs.
20. Green Chilies, - 3 Nos.
21. 'Garam Masālā', - 1 tsp.
22. Salt, - 1 1/2 tsp.
23. Curd, - 2 tbsps.

Preparation :-

1. Before cooking hang the Broiler for a day in summer and for 2 days in winter, after slaughtering.
2. Slit open the belly of the Bird, and take out the Giblets, which may be cooked separately after cleaning.

3. Scald the Bird, by immersing, it in boiling water for a few minutes, so that the feathers, are plucked out easily.
4. After plucking the feathers, burn the small hair left, on a open Gas Flame, or on live charcoals.
5. Cut off the Shanks and the Claws, and also the Head. Scrape and wash the Bird thoroughly inside and outside.
6. Hard boil the 2 eggs. Shell these and cut each into two halves. Keep aside.
7. Shell the Peas, blanch the Almond Kernels and stem and wash the Raisins.
8. Scarpe and chop fine the Green Ginger. Peel and chop fine the Onions and Garlic. Keep the three separate, in a plate.
9. Take a quarter of the chopped Green Ginger and Onions, and also of the 'Garam Masālā'. Add 1/4 spoon of Salt to these and pound together to a paste. Mix the paste with a tablespoon of Curd, and a quarter spoon each of Ginger, Chili and Turmeric Powders. Anoint the inside and outside of the dressed Bird with this batter, after pricking it all over with a fork. Leave it aside for an hour, to allow the batter to soak in.
10. Remove the seeds of the Green Chillies after slitting these lengthwise, and chop these alongwith the washed and sorted Coriander Leaves. Keep aside in another plate.

Method of Cooking :-

1. In a steel pan, heat the 'Ghī', and fry the half of the remaining chopped Onions, Garlic and Green Ginger, alongwith the remaining tablespoon of Curd. Add a pinch of Cumin Seeds and a Clove. Stir with a broad flat steel spatula. Add the Minced Meat, blanched Almond Kernels, cleaned Raisins and the Green Peas. Go on turning with the spatula, till the Minced Meat and the Peas ec. get somewhat cooked and fried for 5 minutes or so. Then add 1/2 tsp of Salt, a pinch each of Aniseed, Ginger, Chili, Cardamom and Cinnamon Powder and 'Garam Masālā', alongwith the chopped Green Coriander Leaves and Green Chillies. Mix and turn again with the Spatula, and let fry for another

five minutes, and then remove the pan from the fire.

2. Now fill the inside of the Bird with the above cooked, Condimented and Spiced Minced Meat and Peas, alongwith the 4 halves of the boiled Eggs. Then wind tightly, around the Bird, 3 or 4 meters of strong cotton thread, to close the incision of its belly, and also to secure the fillings. Alongwith tie with this thread the neck, thighs and wings of the Bird, so that these, after binding, come close to the abdomen.
3. Now in the body of a pressure cooker heat the Oil till foam disappears. Add the remaining chopped Onions, Garlic and Green Ginger, alongwith the Cumin Seeds and two Cloves. Stir and fry these, till the Onions and Garlic become light brown in colour. Then add a cup of water and the remaining Aniseed, Ginger and Chili Powders, and also the remaining Salt Stir. Now place the tied Chicken inside the cooker and cook under full pressure for 10 minutes and then remove from heat, and let pressure subside.
4. Open the lid of the cooker and add the remaining 'Garam Masālā' and the Cardamom and Cinnamon Powder. Resume heating on low heat and go on turning the Bird with the broad spatula, till the remaining water evaporates. Now let the Chicken fry evenly on all sides to a brown colour, while turning it often. Remove from heat and unwind the thread.

'Moarge Mussallum' is ready to be served with left over Gravy, on a bed of 'Namkīn Pulāv' or Plain Cooked Rice placed in a big plate, usually oval in shape. A carving knife and a big fork, are usually kept on the sides of the plate.

RECIPE NO. 214.

19. 'Hāersā' (H-'Harīsāh').

It is a delicious Dish, usually eaten at Breakfast or in the Afternoon with oven hot 'Çhoechi' or 'Nān'. Shops, vending the two things, are found in Srinagar city, at some places where professional 'Harīsā' and

'Nān' Cooks find lot of customers who, so to say, get 'addicted' to this delicacy. The two things are relished during cold season especially.

Ingredients :-

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|---------------------------------------|---------------------------|
| 1. Leg of a Lamb, - | about 1 $\frac{1}{2}$ kg. |
| 2. Whole Wheat or Whole Wheat Flour - | 1/4 kg. |
| 3. 'Ghī', - | 250 gm. |
| 4. Shallots, - | 50 gm. |
| 5. Onions, - | 3 medium. |
| 6. Cloves, - | 6 Nos. |
| 7. Ginger Powder, - | 2 tsps. |
| 8. 'Garam Masālā', - | 2 tsps. |
| 9. Salt, - | 2 tsps. |

Method of Cooking :-

1. In a big tinned copper 'Ḍēgchī', boil on medium heat, in five litres of water, the Leg of Lamb, alongwith the cleaned and washed Whole Wheat, or the Whole Wheat Flour, for about 3 hours. Sometimes Rice Flour replaces Wheat Flour or Wheat. When the Meat gets very soft, remove the bones which separate easily, and go on stirring and grinding with a long wooden club shaped stirrer, to blend the Meat and the Cereal into a Paste.
2. Add a ladleful of 'Emulsion' of Onions and Shallots, (See RECIPE NO. 191), peeled Garlic Cloves, the 'Ghī' (clarified butter), Salt, Ginger Powder, and the, 'Garam Masālā'. Go on stirring till all the Spices and Condiments also blend nicely.
3. After simmering on low fire, and stirring often in the meanwhile, the 'Ghī' begins to show, and the Paste thickens to a sort of soft 'Dough'.

'Harīśāh' as it is called in Hindustānī, is ready to be served piping hot. 'Harīśāh' is generally eaten with 'Kashmīrī Ṭāṇḍūnī Ḍhoechī' (Baked rounds of sifted wheat flour bread).

RECIPE NO. 215.

20. 'Fari', (E-Roasted Fish)(H-'Bhunī huyī Machhliān').

Whole Fish, of medium size, usually, between 6" to 9" in length, are roasted in an open fire of dry lake-weeds. The skin of the Fish gets charred and the fins get burnt away. All along the roasting, which takes half an hour or so, the fire is fanned by means of a Hand Grain Winnow (K-'Shup'), and more weeds are fed at intervals, till the Fish is done and its Innards become dry. The ashes are then separated by winnowing.

A 'Fār' (Singular of 'Fari') is relished better when eaten hot. The charred skin is peeled off, or scrapped, and the Fish is split into two, lengthwise along the spine. Dried Innards and also Bones, which separate easily, are then discarded. The roasted white meat is eaten after sprinkling a little mixture of ground Red Chilies and Salt. It is no doubt, a nutritious food and is delicious too. 'Fari' are usually sold by moving vendors. Lot of small Fish are fished from Streams, Rivers and Lakes, which abound in Kashmir. 'Fari' are a poor man's excellent source of Protein Food, but are enjoyed by rich and poor alike. These also are much cheaper than other meat products.

As small Fish are caught in places, far away from cities, these are roasted, and thus preserved longer, and transported easily to nearby cities for sale.