



**Uttarakhand** is known the world over for its mesmerizing natural beauty. The rich natural diversity coupled with the distinct climatic conditions yield edible plants and spices that are unique to the State. The food commodities of Uttarakhand are renowned for their extremely high nutrient value and taste. Organic food production in the State is rapidly gaining national and international recognition.

Most of the traditional cuisines of the region are yet to gain popularity. This is primarily because the typically indigenous ingredients for preparing traditional delicacies are not easily available in other regions.

Uttarakhand is famous for its wide range of pulses. *Bhatt* or black soyabean is an all-time favourite with the local people. Rich in proteins and iron, *bhatt* is traditionally prepared in an iron kadhai to make *chudkani*, *bhatwani* and *thatwani*.

Traditionally, chapatis/rotis or breads are made from flour obtained from *mandua* (finger millet seeds) and buckwheat. *Mandua roti*, which is high in calcium, is generally consumed during the cold and harsh winters.

Some species of millets such as *kauni* (fox tail millet) and *jhangora* (barnyard millet) replace rice and *kheer* as staple food. These millets are known to contain medicinal properties, and are easy on the stomach.

Uttarakhand's cuisine makes good use of local herbs and spices as taste enhancers. Typical condiments include *jambo* (*Allium stracheyi*), kala jira (black cumin seeds), *gandrayani* (*Angelica glauca*) and *jakhiya* (*Cleome viscosa*). Chutneys are made from bhangjeera (*Perilla frutescens*) and *til* (sesame).

This book is an effort to document and present various mouth watering organic dishes from Uttarakhand. The proven medicinal properties and health benefits of the State's organically-produced ingredients should help you prepare dishes that are not only tasty but also nourishing.



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## Mandua Ki Roti

These delicious and nutritious chapatis are made from Mandua Flour (Finger Millet). It is commonly in Uttarakhand during winters and holds a key position in the list of Uttarakhand's delicacies. It is eaten with ghee or butter.

### Ingredients (serves 4-5)

1. Mandua Pisun (Finger Millet flour) - 600 gm
2. Wheat flour - 200 gm
3. Water - As Required

### Preparation

1. Mix mandua pisun and wheat flour well.
2. Add water and prepare stiff dough.
3. Divide into even sized balls and roll out into chapatis.
4. Cook on slow fire from both sides.
5. Ensure that the chapatis have been baked well.

## Lesu

Cooked in Kumaon as well as Garhwal, this bread is prepared by stuffing Mandua dough (Finger Millet) into wheat flour dough and eaten with ghee or butter.

### Ingredients (serves 4-5)

1. Wheat Flour - ½ Kg



2. Mandua Flour - 300 gm
3. Ajwain - 1 gm
4. Salt -  $\frac{1}{4}$  Tea Spoon

### Preparation

1. Knead wheat flour and keep aside.
2. Mix ajwain and salt into mandua flour and knead. Keep it aside.
3. Take wheat flour dough and stuff with mandua flour dough.
4. Roll into chapati and cook on a griddle.

## Gahat (Kulath) Ki Dal

Gahat or Kulath is also well known for its positive impact on kidneys. This delicious dal of Gahat (Kulath) is tempered with gandharein, asafoetida and cumin seeds.

### Ingredients (serves 4-5)

1. Gahat (Kulath) - 300 gm
2. Tumeric - 1 Tea Spoon
3. Rice paste - 50 gm
4. Coriander powder - 1 Tea Spoon
5. Red chilli powder - 1 Tea Spoon
6. Oil - 50 ml
7. Ginger - 20gm
8. Asafoetida - Pinch
9. Garlic - 4-5 flakes



10. Cumin Seeds -  $\frac{1}{2}$  Tea spoon
11. Gandherin - Small piece

### Preparation

1. Soak the dal in water for 1/2 hour.
2. Boil the dal in water.
3. Add ginger, garlic, turmeric, coriander and half of the chilly powder and salt.
4. Add rice paste and cook for some time.
5. Temper with cumin powder, asafoetida and gandharein.

### Garnish

Garnish the dal with either little boiled rice or with lots of butter and coriander leaves.

## Gahat (Kulath) Soup

A delicious and nutritious soup prepared from Gahat ( Kulth) grains.

### Ingredients (serves four)

1. Boiled Gahat water - 500 ml
2. Whole Garam Masala- 10 gm
3. Cream -10 gm
4. Gahat Dal - 150 gm
5. Ginger and Garlic water - 50 ml



### Preparation

1. Boil Gahat grain soaked overnight in a pan with garam masala.
2. Separate the boiled dal and water.

3. Grind the dal in the mixer and keep aside
4. Heat boiled dal water in a pan, add ginger and garlic water, salt, black pepper powder and half the dal paste.
5. Simmer the above mixer in low heat for 4-5 minutes.
6. Garnish with cream and serve hot soup.

## Stuffed Gahat Chapatis

Stuffed with Gahat (Kulath) paste, these wheat flour chapatis are delicious, nutritious and very filling. It is as much a part of breakfast as that of lunch or dinner.

### Ingredients (serves 4-5)

1. Wheat flour - ½ Kg
2. Mandua flour - 300 gm
3. Ajwain - 1 gm
4. Gahat - 150 gm



### Preparation

1. Boil overnight soaked dal and make a paste of it in a mixer.
2. Mix wheat and mandua flour (buck wheat) well and knead with water. (keep the dough aside)
3. Mix ajwain and salt in dal paste.
4. Take mandua and wheat flour dough and stuff with dal paste.
5. Roll into chapati and cook from both side on tawa.
6. Ensure that the chapatis are cooked well.

## Gahat (Kulath) Rasmi Badi (Kofta)

Gahat Badi or Koftas are like meat balls which is used as an ingredient in other preparations and can also be eaten otherwise.

### Ingredients (serves four)

1. Gahat Dal - 250 gm
2. Cumin Seeds - 10 gm
3. Ginger and Garlic paste - 2 Tea spoon each
4. Tomatoes - 250 gm
5. Onions - 100 gm
6. Garam Masala - 5 gm
7. Cinnamon paste - ¼ Tea Spoon
8. Tumeric powder - Pinch

### Preparation

1. Make rough paste of overnight soaked gahat dal.
2. Mix little spices and chopped green chillies in the paste and add salt.
3. Make medium small balls of the dough.
4. Heat the oil in a pan, add chopped onions and fry till light brown.

5. Add spices chopped tomato's cinnamon paste, ginger and garlic paste.
6. Fry till it leaves the oil.
7. Mix fried balls and simmer for 2 minutes.

## Urad Ke Pakore (Wada)

These spicy pakoras are prepared with Urad dal (a type of pulse) and are good as snacks, served during breakfast or with evening tea. It is also served during family and social functions.

### Ingredients (serves four)

1. Urad Dal - 500 gm
2. Chopped Onions - 1 Tea spoon
3. Jeera Powder - 1 Tea spoon
4. Garam Masala - 2 Tea spoon
5. Sesame Seeds - 5 gm
6. Green Chillies - 5-7
7. Coriander leaves - ½ bunch
8. Salt - To taste



### Preparation

1. Soak urad overnight
2. Strain and grind the dal into fine paste.
3. Add jeera powder, garam masala, salt, chopped onions, coriander leaves, chillies and mix well.
4. Make small balls by applying water on the palms and flatten them and coat them with sesame seeds.
5. Deep fry in oil and serve hot with chutney.

## Rus

A very appetising and highly nutritious dish made from a mixture of dals. It is very nutritious as it consists of a mixture of various pulses (great source of protein and iron as it is cooked in an iron vessel). It is typically eaten in winters along with steamed rice and bhang ki chutney.

### Ingredients (serves 3-4)

1. Bhatt (Black Soyabean) - 50 gm
2. Gahat (Kulath) - 50 gm
3. Rajma - 50 gm
4. Chana - 50 gm
5. Urad - 50 gm
6. Rice - 30 gm
7. Ginger - 30 gm
8. Garlic - 5-6 Flakes
9. Cumin Seeds - 1 Tea Spoon
10. Cloves - 5-6



11. Black pepper - 1 ½ Tea spoon
12. Hot Spice - ½ Tea spoon
13. Green Coriander - ½ Bunch

### Preparation

1. Soak rice overnight and grind into fine paste.
2. Soak dals overnight and boil in plenty of water, till tender.
3. Make fine paste of black pepper, cloves, ginger, garlic and cumin seeds.  
Now fry the ground paste in oil for sometime.
5. Add dal extract (stock) and thicken it with rice paste and cook it for 10-15 minutes.
6. Add hot spice.

### Garnish

Rus is garnished with chopped green coriander and served with boiled rice. Ghee, also served with Rus, adds a magical twist to the tingling taste.

## Bhangjeera Ki Chatni

A taste sour chutney prepared with roasted Bhangjeera seeds and cumin seeds (Sauf), mixed with Darim (a local variety of pomegranate).

### Ingredients

1. Bhangjeera Seeds - 50 gm
2. Cumin Seeds - 3 gm
3. Darim - One
4. Salt - To taste
5. Whole Red Chillies - 3

### Preparation

1. Roast bhangeera seeds and cumin seeds separately.
2. Grind red chillies, cumin seeds, darim fruit seeds and bhangeera seeds into fine paste adding little water.
3. Add jaggery and salt to taste and serve.



## Aloo Ke Gutke

This famous snacks, which has almost acquired a legendary status, is prepared from boiled pahari potatoes. The sight of this preparation, nicely laid out in the road side shops in the hills, is indeed a very mouth watering proposition.

### Ingredients (serves 6)

1. Potato - 1 Kg
2. Cumin powder - ½ Tea spoon
3. Tumeric powder - 1 Tea spoon
4. Coriander powder - 2 Tea spoon
5. Red Chilli powder - 1 Tea spoon
6. Whole Red Chillies - 5 gm
7. Green Coriander - 2 Bunches
8. Oil - 50 gm
9. Salt - To taste

### Preparation

1. Boil and peel the potatoes.
2. Cut the potatoes into small pieces.
3. Fry whole red chillies. (keep it aside).
4. Fry cumin seeds till it cracks then add tumeric powder.
5. Add boil potatoes pieces with coriander powder and salt.
6. Cook on slow fire.
7. Garnish with chopped green coriander and fried chillies.

## Jhangore ki Kheer

A sweet-dish prepared with Jhangora.

### Ingredients (serves 4-5)

1. Jhangora - 500 gm
2. Sugar - 200 gm
3. Milk - 2 Lt
4. Cashewnuts - 50 gm
5. Raisins - 50 gm



6. Chironji - 100 gm
7. Kewara essence - 2-3 drops.

#### Preparation

1. Wash and soak jhangora in water for 1 hour.
2. Boil milk.
3. Add jhangora and stir well to avoid lumps.
4. Add sugar and cook till it done.



5. Add kewara essence and mix well.
6. Garnish with raisins, cashewnuts and chironji.

## Mixed Bhaddu Dal

Bhaddu is a heavy bottom and narrow neck pot made of mix alloy.

#### Ingredients (serves four)

1. Rajma - 150 gm
2. Urad Dal - 150 gm
3. Oil - 100 ml
4. Whole Garam Masala - 15 gm
5. Turmeric powder - 1 Tea Spoon
6. Cumin Seeds - 5 gm
7. Whole Red Chillies - 4-5 Pieces
8. Coriander Seeds - 5 gm
9. Tomato Puree - 50 gm
10. Cream - 10 gm
11. Salt - To taste



#### Preparation

1. Put overnight soaked dal in bhaddu with water.
2. Add whole garam masala, salt and little oil, bring it to boil in medium heat until it tenders well.
3. Heat oil in a pan, add cumin seeds, coriander seed, and whole red chillies and fry till it cracks.
4. Add ginger and garlic paste, tomato puree and fry for sometime.
5. Add boiled dal and simmer it for 10 minutes.

## Garnish

Garnish with cream and serve hot.

## Sani Hui Mooli and Nimbu

(Radish and Lemon with Spices)

Mouth waters the moment you have a flavour of this refreshing and tempting mixture of radish, lemon, curd and paste of bhong seeds. It is usually eaten during winter seasons.

### Ingredients (serves four)

1. Radish - 400 gm
2. Garlic - 5 flakes
3. Green chillies - 10
4. Lemon - 1
5. Salt - To taste
6. Curd - 250 gm
7. Roasted Bhong seeds - 50 gm
8. Sugar - 60 gm

### Preparation

1. Prepare batons of 2" in length of peeled and properly washed radish.
2. Grind garlic, roasted bhong seeds, green chillies together.
3. Take out the lemon segments.
4. Mix the paste well and toss radish in it and the lemon segments.
5. Add curd, salt, sugar and mix well.
6. Its ready to serve garnish with coriander leaves.

## Sisunak Saag

Sisunak (Nettle) saag is enhanced by high nutritious value. The leaves from where this saag is prepared are locally known as "Bichhu Ghas". It is a green leafy vegetables dish and is liked by everyone. (Nutritional Composition: - Mg, Iron). Pick only tender leaf if being picked from the wild. The vegetable is known for its positive impact on uric acid.

### Ingredients (serves four)

1. Sisunak - 2 Kg
2. Jakhiya - 50 gm
3. Salt - To taste
4. Fat/oil - 30 ml

### Preparation

1. Take small leaves of Bichu, boil them in water and cook well, till the leaves become pulpy.
2. Wash the pulp 3 times and drain the water and grind it.
3. Heat oil in a thick-bottomed pan add Jakhiya stirs well add the pulp and fry. Add salt.

## Garnish

Garnish with tomato and butter. Serve hot with boiled rice.

## Kaapa

This is a green curry that is served in lunch or dinner and is eaten with bread, pita, roti & boiled rice. This is a dish, which is very sumptuous as well as nutritious since it is a special preparation of Spinach.

### Ingredients (serves 4-5)

1. Spinach - 1 Kg
2. Curd - 300 gm
3. Chilly Powder - 50 gm
4. Turmeric Powder - 20 gm
5. Hot Spices - 50 gm
6. Cumin Seeds - 20 gm
7. Asafetida - Pinch
8. Butter - 50 gm
9. Salt - To taste
10. Rice Paste - 20 gm

### Preparation

1. Wash the spinach and chop it roughly and boil.
2. Heat the butter, add cumin seeds and asafetida.
3. When seeds crackle, add chilly powder and turmeric powder.
4. Fry the spices well.
5. Add boiled spinach and cook a little.
6. Add beaten curd and required amount of water and thicken with rice paste. (*rice paste can be prepared by soaking the rice in plain water for about 3 hrs. and then grinding it in a grinder to form a smooth paste. mix enough water so as to make a thick paste.*)
7. Cook well, add salt and hot spices and serve.

## Alu Dal Pakora

### Potato and Pulse Dumplings

Alu Dal Pakora is served as a snack and is one of the favourite snacks of the locality of the Kumaon. It is served with chutney or tomato ketchup. It is an innovative food of Kumaon.

### Ingredients (serves four)

1. Boiled Potatoes - 250 gm
2. Ginger - 25 gm
3. Onions - 100 gm
4. Hot spices - 1 tablespoon
5. Garlic - 5-6 flakes

6. Lemon - 1
7. Coriander leaves - bunch
8. Green chillies 3-4
9. Powder - 1 tablespoon
10. Egg - 1
11. Fat/oil for deep frying - 300 ml
12. Boiled mix dal (pulse) - 100 gm
13. Bread crumbs - 100 gm

### Preparation

1. Peel and mash potatoes add salt and half of lemon.
2. Chop onions, ginger, chillies and coriander leaves. Mix it with dal. Add lemon juice shot spice.
3. Flatten the potatoes and stuff the dal mixture.
4. Make a cylindrical role and dip in beaten egg white. Coat it with bread crumbs, deep fry in oil.
5. Served hot with chutney or tomato ketchup.

### Chainsoo

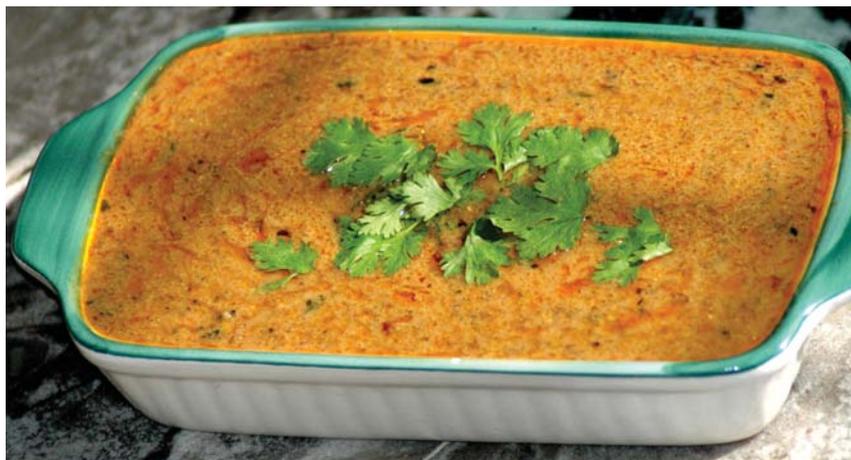
Chainsoo is a delicacy of Garhwal and is prepared by using black gram daal. Normally due to the high protein content in this daal it is difficult to digest. However it is said that the bad effect gets nullified by roasting. Similar preparation with slight variation is made out of black bhat (a variety of soyabean), but in that case it is called bhatwani.

### Ingredients (serves four)

1. Black Gram seeds (Kali Urad whole) - 250
2. Oil (preferably mustard old) - 25 gm
3. Garlic - 4 to 5 cloves
4. Cummin seeds - 1 tablespoon
5. Black pepper - 4 nos.
6. Red chillies whole - 4 to 5
7. Asafoetida - a pinch
8. Dry coriander powder - 1/2 tablespoon
9. Turmeric powder - 1/4 tablespoon
10. Red chillies powder - 1/2 tablespoon
11. Water - 3 cups
12. Salt - 1 tablespoon or to taste
13. Garam masala -1/2 tablespoon

### Preparation

1. Place an iron frying pan (kadhai) on a moderate flame. put sabut urad (black gram) in it and roast it without oil for about 3 to 5 minutes or till the pleasant aroma of roasted seeds comes. do not over cook it. take off the flame. grind the roasted seeds into a coarse powder.
2. Heat oil in the kadahi and add garlic cloves. when the garlic turns light



brown, add cumin seeds, red chillies, black pepper and heeng (asafoetida).

3. Immediately add the dal powder and fry it for 1-2 minute or so. Add turmeric powder, dry coriander powder, red chillies powder, salt and water. Bring it to boil.
4. Cover and cook till the dal becomes very soft. Simmer for 20-30 minutes. Before taking off the heat, sprinkle garam masala over chainsoo.

### **Garnish**

Garnish with pure ghee and chopped coriander leaves. Serve with hot steamed rice.

## **Kafuli**

Kafuli is a thick gravy preparation made from green leafy vegetables. Kafuli made of spinach leaves is the most common preparation.

### **Ingredients (serves four)**

1. Spinach (Palak ka saag) - 2 bunches or 1 Kg
2. Fenugreek leaves ( Methi) optional - 1/2 bunch
3. Green chillies - 4 to 5
4. Oil - 2 tbsp ( preferably mustard oil)
5. Garlic - 4 to 5 cloves
6. Ginger - a 3 cm piece
7. Cummin seeds - 1 tablespoon
8. Asafoetida - a pinch
9. Dry coriander powder - 1/2 tablespoon
10. Turmeric powder - 1/4 tablespoon
11. Rice powder or rice paste - 1 tbsp
12. Curd - 2 tablespoon (optional)

13. Water - 1-2 cup
14. Salt - 1 tablespoon or to taste

### **Preparation**

1. Wash palak and methi in running water. After washing, chop and boil both vegetables along with green chillies in a little water till tender. Mash into a paste using a blender.
2. Finely chop ginger and garlic. Heat oil in a frying pan. Add garlic and ginger in the hot oil. When the garlic turns light brown, add cummin seeds and asafoetida. Add mashed vegetables, turmeric powder, dry coriander powder and salt.
3. Add required amount of water to Kafuli and bring to boil. Now add rice paste or rice powder dissolved in water.
4. Cover and cook for about 8 to 10 minutes on slow fire till the gravy is thick. If dry add some water and boil.

### **Garnish**

With pure ghee and serve hot with roti or steamed rice.

## **Phaanu**

Phaanu is also made of dals (lentils) like chainsoo, but in this case the dals are soaked in water for about 4 to 6 hours before its use. A different variety of dals like- gahat, arhar or green mung can be used to prepare phaanu.

### **Ingredients (serves four)**

1. Gahat or Kulath (Horse gram) - 250 gm
2. Oil - 100 ml (preferably mustard oil)
3. Garlic - 4 to 5 cloves
4. Ginger - 1/2 inch piece
5. Green chillies - 3 to 4
6. Jakhiya or Cummin seeds - 1 tablespoon
7. Asafoetida - a pinch
8. Dry coriander powder - 1/2 tablespoon
9. Turmeric powder - 1/4 tablespoon
10. Water - 3 cups
11. Salt - 1 tablespoon or to taste

### **Preparation**

1. Soak the gahat dal in water overnight. If using arhar dal, soak for 1-2 hr.
2. In the morning wash and rub the dal in running water so that it is free of seed covering (chilka). Then, grind it into a dry thick paste in a mixer or on a silbatta along with green chillies, garlic and ginger.
3. Place a tawa on a moderate flame. Put some oil and make thick pancakes (like cutlets) daal paste. Use only half of the paste for making the cakes.
4. Mix water with the remaining paste making it of pouring consistency.

Heat oil in a pan and add jakhiya seeds and heeng. Now add gahat paste, turmeric powder, dry coriander powder and salt.

5. Cover and cook for about 10 minutes on slow fire. Add the gahat cakes to the gravy and continue simmer for another ten minutes. The gravy should have pouring consistency. If thick add some more water and heat till it boils.

### Garnish

With pure ghee and chopped coriander leaves.  
Serve with steamed rice.

## Til ki Chutney

This chutney is mainly prepared during winters and tastes great with Tor ki dal and Bhaat or with Gahat ke paranthe. It can also be used as a dip for various snacks.



### Ingredients (serves 2-4)

1. Til (sesame seeds)- 3-4 tablespoon
2. Coriander leaves- 1 bunch
3. Garlic cloves - 3-4
4. Green chillies - 2-3
5. Yoghurt or Lemon Juice- 3-4 tablespoon
6. Salt - To taste
7. Sugar - 1/2 tablespoon (optional)

### Preparation

1. Dry roast til seeds in a pan on a moderate flame for 4-5 minutes. Take care not to overdo it.
2. Grind til seeds with coriander leaves, garlic cloves and green chillies.
3. Add lemon juice or yoghurt and grind to a fine paste.
4. Adjust salt and sugar.

## Thechwani

Thechwani can be prepared using radish root (pahari mula having round root) or potatoes. The preparation is called by this name as the radish root or potato is never cut, but crushed (thincho) into pieces.

### Ingredients (serves four)

1. Radish root - 3 to 4 or 300 gm
2. Potato - 1
3. Oil or Ghee - 2 tablespoon
4. Garlic - 4 to 5 cloves
5. Ginger - 3 cm piece
6. onion- 1 medium chopped

7. Tomato- 1 medium and chopped
8. Dry Faraan or Cummin seeds - 1 tablespoon
9. Red chillies whole - 4 to 5
10. Asafoetida - a pinch
11. Dry coriander powder - 1/2 tablespoon
12. Turmeric powder - 1/2 tablespoon
13. Red chillies powder - 1/2 tablespoon
14. Water - 6 cups
15. Salt - To taste

### **Preparation**

1. Wash and peel the radish and potatoes and crush them into small pieces. Crush also ginger and garlic.
2. Heat oil in the frying pan on a moderate flame. Stir-fry crushed garlic and ginger in the hot oil. Add crushed radish and potato. Fry the mix for 2 to 3 minutes. Set aside.
3. Add cummin seeds, red chillies, asafoetida in the remaining oil, add chopped onion and fry till light brown. Put turmeric powder, dry coriander powder, red chillies powder. Fry for few seconds. Add fried vegetable and chopped tomatoes and salt and some water.
4. Boil for 2 to 3 minutes. Add remaining water and pressure cook or cook on a slow fire for about 30 minutes or till the radish becomes soft.

### **Garnish**

Garnish with coriander leaves and green chillies (slit apart into two pieces).

### **Baadi**

Baadi is made from Kwada ka Aata (also known as choon or mandua flour and is black in colour) Baadi is best eaten with Gahat ki dal or Phaanu. Hot Baadi and hot phaanu is very popular food in Uttarakhand.

### **Ingredients (serves 3-4)**

1. Kwada ka Aata - 1-2 cup
2. Water - as required
3. Ghee - 1-2 tablespoon

### **Preparation**

1. Heat water in a pan till it boils.
2. Now mix choon (kwada flour) in water and cook for 2 minutes.
3. Add ghee to it and serve hot.

### **Alu Tamatar Ka Jhol**

This potato gravy cooked with ample amount of tomatoes is a delicious curry which serves well with steamed rice, chapatis and paranthas. Easy and fast to cook, it tastes great and is a good option when hungry guests suddenly drop by at lunch/dinner time.

### **Ingredients (serves four)**

1. Potatoes - 250 gm
2. Onion - 50 gm
3. Tomatoes - 100 gm
4. Ginger - 2 cm piece (finely chopped)
5. Garlic - 4 to 5 cloves
6. Red chilli powder - 1 tablespoon
7. Turmeric powder - ½ tablespoon
8. Garam masala powder - ½ tablespoon
9. Fenugreek seeds - ½ tablespoon
10. Cumin seeds - 1 tablespoon
11. Coriander leaves - 1 tbsp (chopped)
12. Ghee - ¼ tea cup

### **Preparation**

1. Put the frying pan on a moderate flame. Pour the ghee and allow it to get hot. Add cumin and fenugreek seeds in the hot oil. When the seeds start crackling add garlic cloves and chopped ginger.
2. Stir-fry till the garlic and ginger turns slightly brownish. Now add chopped onion. Fry until onion becomes tender. Add red chilli and turmeric powders, chopped tomatoes, and fry for a couple of minutes, till tomatoes become soft.
3. Add one teacup of water, add peeled and big pieces of potatoes and garam masala and cook for about 10 minutes in moderate flame.
4. Add 2- tea cup or more water and salt to taste and cook on slow fire for another 10 minutes until potatoes get tender. Remove from fire and sprinkle chopped coriander leaves. Serve hot.

## **Bhatt ki Churkani**

Made with black soyabean, this sour preparation is eaten with rice and is well known for its unique taste and high nutritious value.

### **Ingredients (serves four)**

1. Bhatt - 300 gm
2. Rice paste or plain flour
3. Onion - one
4. Jeera - 2 tablespoon
5. Dhaniya powder - 1 tablespoon
6. Jeera powder - 1 tablespoon
7. Chilli powder - 1/2 tablespoon
8. Oil - 2 tablespoon
9. Salt - To taste
10. Water - 4 or 5 cups

## Preparation

1. Soak bhatt overnight.
2. Heat oil in a karahi and add jeera, chopped onion and soaked bhatt together in the karahi and fry till the onions start getting brown.
3. Now add 1-2 tablespoon of plain flour and fry again for few minutes.
4. Put haldi, dhania, jeera powder and chilli powder. Fry for few more seconds.
5. Add 4 cups of water and cook on high flames.
6. Cover and simmer for 30-40 minutes or till bhatt is soft and curry is thick. The colour of churkani should be dark greenish black.
7. Serve it with hot steamed rice.

## Dubka

A typical Kumaoni dish, it is made with lentils like Urad, Moong etc. This recipe is for Dubka made from Moong dal.

### Ingredients (serves 3-4)

1. Split Moong Dal - 200 gm
2. Cumin seeds - 1/4 Tea spoon
3. Mustard seeds - 1/4 Tea spoon
4. Turmeric powder - 1/2 Tea spoon
5. Green chillies - 3
6. Chopped coriander leaves- ¼ bunch
7. Oil - 2 Table spoon
8. Salt - To taste
9. Red Chilli powder - 1/2 Teaspoon
10. Whole Red Chillies - 4
11. Ghee - 1 Tablespoon
12. Asafetida - 1 pinch

## Preparation

1. Wash and soak the Moong dal in water for 3-4 hours (overnight for best results).
2. Grind the soaked daal into thick paste using a mixer/grinder.
3. To the dal paste and 500 ml add water and make a liquid solution.
4. In an iron karahi (deep pan) pour oil and heat well.
5. Add cumin and mustard seed and wait for them to crackle.
6. Add chopped green chillies and cook for one minute.
7. Add turmeric power and cook for one minute.
8. Add the liquid made of Moong dal, water and salt.
9. Bring it to boil and reduce the heat and cook on low for 10 minutes.

## Garnish

Add ghee in a small pan. Now add whole red chillies, chilly powder and asafetida (hing). Once the chillies give burnt smell, season the karaal with this mixture and garnish with cilantro (Hara Dhaniya).

## Gaderi Ki Sabji

Prepared from boiled Gaderi from the hills with the taste of saute Jamboo and garlic, it is used as a Sabji with normal meals or snacks with tea.

### Ingredient (serves four)

1. Gaderi- 250 gm
2. Mustard Oil- 1 table spoon
3. Chilly- 1-2 pinch
4. Turmeric Powder- 1/2 tea spoon
5. Black Pepper Powder – 2 pinch
6. Water- q.s.
7. Ghee- 1 table spoon
8. Salt- to taste
9. Ajwain- 1 pinch
10. Bhangra Seed -2-3 table spoon
11. Jamboo- 1 tea spoon
12. Garlic -5-6 cloves

### Preparation

1. Take Gaderi and properly wash it. Now peel and cut it in medium size pieces.
2. Put mustard oil in pan and heat it to normal.
3. Now add chilly, ajwain, turmeric powder, black pepper powder and fry it.
4. Add water and cut pieces of gaderi.
5. Boil it in a pressure cooker to make it semi solid.
6. Grind and sieve the Bhangra Seed. Add water to extract its juice/ milk.
7. Add Bhangra Seed Juice / milk into semi-boiled gaderi
8. Again cook it with 2-3 boils.
9. Finally sauté it with 'tadka' of jamboo & garlic in ghee.

## Raita

Another mouth watering preparation, which is consumed either as snacks or supplement with meals. Besides it improves the digestion process too.

### Ingredient (serves two)

1. Grated Cucumber- 100 gm
2. Curd- 150 gm
3. Mustard Oil- tea spoon
4. Chilly- 2 pinch
5. Turmeric Powder- 2 pinch
6. Black Pepper Powder- 2 pinch
7. Salt- to taste
8. Black Salt - 2-3 pinch
9. Rye- 1 1/2 table spoon

## Preparation

1. Take grated cucumber and squeeze to remove excess water.
2. Take fresh curd and stir it to make fine paste.
3. Now add chilly, small quantity of turmeric powder, black pepper powder, salt, black salt, mustard oil and grounded rye. Mix it thoroughly.
4. Finally add grated cucumber and keep it in a cool chamber.
5. Before serving, garnish with some leaves of fresh coriander.

## Badeel

Badeel is a popular snack of Uttarakhand. It is made from pahari masoor and can give a stiff competition to the popular snacks like kebabs in taste!

### Ingredient (For two servings)

1. Pahari masoor dal-1 Kg
2. Onions- 150 gm
3. Garlic-50 gm
4. Ginger- 25 gm
5. Green chillies- 25 gm
6. Oil- 50 gm
7. Salt- to taste
8. Turmeric powder- 1/2 tablespoon
9. Garam masala- 1/2 tablespoon
10. Red chilli powder- 1/2 tablespoon
11. Coriander powder- 1/2 tablespoon
12. Chopped green coriander

### Preparation

1. First of all soak masoor dal overnight.
2. Next day grind the dal with garlic, ginger and green chillies into a fine paste.
3. Put the frying pan on a moderate flame and pour oil.
4. Put finely chopped onions in the pan and fry for sometime, add ½ table spoon each of turmeric, red chilli, coriander powder and garam masala.
5. Now put the paste of dal in the pan and fry it properly in a moderate flame.
6. Add salt to taste and sprinkle the dal with a little bit of water; cover the pan with a lid and keep stirring from time to time.
7. When the dal is properly cooked remove the pan from the flame.
8. Now apply some oil on a thali and pour the cooked dal on it. Spread uniformly, and allow it to cool. On cooling and solidifying cut it into small cakes called badeel.
9. Fry these badeels in oil on a steel tawa. Serve on a plate with sweet & sour chutney and garnish with coriander leaves and grated coconut.



## Kauni Pulao

The tasty dish from the remote villages, kauni pulao has an aroma which increases one's appetite. It is a wholesome food and can be eaten with dals or curries.

### Ingredient: (serves four)

1. Kauni – 250 grams
2. Green pea – 100 grams
3. Tomato – 50 grams
4. Cauliflower and carrot – 50 grams each
5. Chopped onion – 50 grams
6. Ghee – 50 grams
7. Cumin seed – 1 tea spoon
8. Garam masala – 1 tea spoon
9. Turmeric powder – 1 pinch
10. Salt – to taste
11. Green coriander leaves – 10-20 grams
12. Water – q.s.

### Preparation:

1. Sauté cumin seed in pan and fry chopped onion till the colour turns brown.
2. Add tomato and fry for 2-3 minutes.
3. Put garam masala, turmeric and salt and continue stirring.
4. Now add small quantity of water, pea, carrot and cauliflower pieces. Cook it for few minutes.
5. Take approximately 1 litre of water and boil it. After boiling add kauni and cook for 20-25 minutes on low flame.
6. Garnish with green coriander leaves before serving.

## Lal Chawal Ki Kheer

Traditionally grown in Uttarakhand Himalayas, red rice is very high on nutritive content. Lal Chawal ki Kheer (pudding) is a rare cuisine with unparalleled taste.

### Ingredient (serves four)

1. Red rice – 250 gm
2. Milk – 1 litre
3. Desi ghee – 50 gm
4. Sugar – to taste
5. Kishmish (Resin) – 20 gm
6. Cashew – 20 gm
7. Coconut – 20 gm



### Preparation

1. Soak rice in water for 30 – 45 minutes, prior to cook. Remove excess water after soaking.

2. Put desi ghee in a pan and heat it properly.
3. Now fry rice in it on low flame for 10-15 minutes.
4. Add milk and cook with continuous stirring.
5. Put sugar, kishmish, cashew nut and further cook it.
6. Finally sprinkle coconut on top before serving.

## Jamboo /Feren ( Allium Stracheyi)

A very popular in Uttarakhand as a condiment, flavoring agent in “dals’ and ‘soups’.

### How to use

1. Take a small amount of Jamboo, crush it by using palms.
2. Put small quantity of cooking oil in the pan and heat it to normal.
3. Add Jamboo to the oil and fry till light brown.
4. Put the fried Jamboo in the dal.



Listed below are some of the terms used in this document which are either local Uttarakhand’s words or common Indian or Hindi names.

### Common/local name

Hing  
 Madua , Kwada, Choon  
 Saunf  
 Ghee  
 Til  
 Sisuna  
 Gandherin  
 Bhatt  
 Bhang  
 Jakhiya  
 Jhangora

### English or scientific name

Asafoetida  
 Finger Millet  
 Cumin Seeds  
 Clarified Butter  
 Sesame Seeds  
 Nettle  
 Angelica Glabris  
 Black Soyabean  
 Hemp  
 \*\*\*  
 Barnyard Millet