

INSIDE



FIRST
food
MENU CARD

Millets

Bank on history 14

Cuisiniers

Pallavi Upadhyaya Proso millet tikki 20

Jatin Mallick Summer vegetable loaf 22

Manjit S Gill Anar kutki 24

Manish Mehrotra Ragi srikhand cannoli 26

Rajiv Malhotra Vegetable paella 28

Vilas Tonapi Sweet beverage 30

G Krishna Prasad Masala roti 32

Salil Fadnis Vari cha upma 34

Ishi Khosla Gulab bajra phirnee 36

Breakfast and snacks

Valuable weed 40
Bathua stuffed paratha; Bathua poori

Grounded in wisdom 44
Mung ki chuni ka paratha

A sour surprise 47
Summer salad with purslane

Flavourful faba 50
Bakla dal pankcake; Boiled bean salad

Orange punch 53
Gulmohar pakora

Not sweet, yet... 56
Karela leaf pakora; Scrambled eggs
with karela leaves

Seeds of power 60
Tamarind seeds and dal vadas; Pulinkote

The bean stock 63
Dal val upma

Lesser known gourd 66
Chow-chow batons with hummus

Leafy tale 69
Chickpea salad

Faux fish 72
Fish mint salad

Meals

Many hues of haldi Haldi ki sabji	82
Bountiful beans Bakla sabji	85
Tiny twist Stir fried bitter brinjal; Stir fried bitter brinjal with potatoes; Puliya kutti brinjals	86
Wonder weed Bathua raita; Bathua saag	90
Secret boost Moong dal with awa phadigom leaves; Boiled potatoes flavoured with awa phadigom	92
Hint of sweet Meethe karele ki sabji	96
Traditional healer Chicken and rice congee with akarkara leaves	99
Green is the new orange Carrot leaf kadhi; Poriyal; Green roti	102
Bittersweet Masoor dal with heiribob	106
Forever fruit Guava sabji	109
The wannabe turmeric Yaipan with potatoes; Moong dal with yaipan	112
Don't sleep on the rind Stir fried sabji; Dal with watermelon rind chunks	116
Bowl of kulfa Kulfa dal; Kulfey ki kadhi	120
Beyond roots and leaves Kochur loti sabji; Stolon stir fry	122
Better than spinach Anne soppu palya; Massanne; Ullsoppu sambar	126



Easy to master Chow-chow curry; Stir fry	130
Stick to this fruit Lasoda sabji; Sweet and sour sabji	132
Bengal's special spice Shukto; Potatoes tempered with radhuni; Rohu fish with radhuni	136
Full of beans Padwal dalimbi; Dal val with onion and garlic gravy	140
Potato mimic Koorka mazhukkuperrati; Podimas; Masala curry	142
World of tubers Jimikand kofta; Jimikand aur matar ki sabji	146
Green wings Kachnar ki bhaji; Dry kachnar leaf sabji	150
Toothsome pods Babool sabji	154
Fiery pepper Tender jackfruit spiced with Chui	157
Eat more greens Chane ka saag; Tender chickpea dal	160

Expert opinion

Sundarbans Off the menu — Suman Bhusan Chakraborty	75
Western Ghats Mountains at risk — N Anil Kumar	162
Himalayas Edible wilds — Jagdish Chandra Kuniyal and Dalbeer Singh Pharswan	201
Peninsular plateau Native redux — Jui Pethe	220
NorthEast Solace in diversity — Bhogtoram Mawroh and Donald Nongkynrih	246

Chutneys and pickles

Taste the Himalayas	170
Galgal and green chilli pickle; Galgal chukh	
Embrace the tartness	174
Heimang churan; Coriander chutney with heimang	
Sweet and versatile	177
Guava coriander chutney	
Singularly sour	178
Jalpai chutney; Raw jalpai curry	
Nutritious and tasty	182
Babool achar	
Mango lookalike	183
Goan chutney	
Flavour bomb	186
Marsang chutney	
Whiff of monsoon	187
Jamun jam	
Charismatic kaitha	190
Spicey chutney	
Wild delight	193
Sohphie pickle; Sohphie jam	
Sticky sidekick	197
Lasoda pickle	
An alien gone native	198
Naga tree tomato chutney	

Sweets

Airborne seeds	208
Chilbil kheer; Chilbil and jaggery balls	
Noodly rind	212
Kapurkand	
Candy crush	213
Heiribob candies	
Goey goodness	214
Sabja kulfi; Sabja lolly	
Pulp perfection	218
Guava laddoo; Guava jelly	



Beverages

Cup of health	228
Heimang tea	
Supercharged water	229
Dahashamni	
A smart seed	232
Sabja lemonade; Ice cold milk with sabja seeds	
Benefits galore	234
Lasoda kanji	
Immunity booster	235
Giloy tea	
Beyond skin-deep	238
Jamun shot	
Sip those blues away	239
Shankhpushpi tea	
Scent of summer	242
Khus ka sharbat	
All about the pulp	245
Kaitha rasam	
About the authors	252
Glossary	254
Millets	255
Index	256