

I N S I D E

Recipes

Recipes based on local biodiversity



Intrinsic to Rajasthan: Kumatiya	12
Seeds are used alone or with other dried ingredients to prepare a variety of <i>sabzis</i>	
Anaemia antidote: Anagone soppu	16
Young leaves are used with pulses to cook <i>sabzis</i> and soups which are consumed with rice and <i>ragi</i> balls	
Jumbo fruit: Chalta	24
Fruits are consumed as chutneys, pickles and cooling drinks	
Going gourmet with gond: Edible gum	28
Extremely nutritious sweets and <i>sharbats</i> are prepared from the different types of gums	
Cherry on the plate: Elandha pazham	38
The <i>ber</i> fruit is a versatile ingredient that is used in snacks, sweets and savoury chutneys	
Go forage: Sotchal	42
From the traditional stir fried <i>sotchal wangun</i> to a tisane, leaves of mallow provide nutrition	
15-day delight: Nairusedi keerai	56
A dry <i>sabzi</i> , a <i>dal</i> and as part of the ubiquitous <i>tadka</i> , leaves impart taste to everything they touch	
Soul food: Ambiliti	60
Leaves are cooked as a <i>saag</i> , fried in a <i>tadka</i> or added raw to salads	
Shoot to eat: Bamboo	70
The fermented shoots add a heady twist to snacks and meals	
Divine delicacy: Chundakkai	74
The fruits are used to prepare a curry and a <i>sambar</i> . Fried <i>chundakkai</i> is a recipe on its own	
High on weed: Karisalankanni	82
Leaves of this hair tonic make a tasty stir fried <i>sabzi</i> , chutney and a herbal tea	
Fruit of youth: Khirni	98
A sweet fruit to make an Ice cream, a modern smoothie and a traditional <i>halwa</i>	
Spice route: Jhula	102
Lichens are a part of <i>garam masala</i> , <i>goda masala</i> and a paste to add to Chettinad cuisine	
New kid on the block: Chayamansa	116
This import from Mexico has blended well with the traditional recipes	
Call from the hills: Chulu	120
The fruit is abundant in Uttarakhand and is used to prepare chutney, jam and salad	

Rockstar fruit: Amrakh	128
A sour fruit that is made into a pickle, a chutney and a <i>chaat</i>	
Pulse power: Gahat	132
A protein rich ingredient of <i>pahadi</i> recipes like <i>phanu</i> , chutney and <i>dal</i>	
Warming tuber: Gaithi	140
Air potato to prepare snacks like <i>gutke</i> and <i>chaat</i> along with a dish using <i>bhaang</i> sauce	
Taste the blossom: Gudhal	154
Have hibiscus tea with flower petal fritters or add hibiscus cubes to your lemonade	
Yellow chilli: Lakhori mirch	158
The <i>namkeen</i> manufacturers' favourite chilli can add spice to a <i>podu</i> , a puffed rice mix and <i>papri chaat</i>	
Elusive seeds: Sikiya	166
Simply boil the seeds and eat with <i>dal</i> or turn them into a <i>kheer</i> or porridge	
Sweet success of pisi loon: Flavoured salt	170
Mustard, garlic or mint flavoured salt can spice up any meal	
A rice that is nice in fasts: Tinni	186
Versatile ingredient for making savoury <i>khichdi</i> and <i>congee</i> or a sweet dish called <i>rasiya</i>	
Summer cooler: Kakdi	190
Available abundantly in summers, the <i>kakdi</i> has more uses than being eaten raw	



Manipur's gift: Yongchak	200
The stinky bean is part of a mixed vegetable stew, chutney and a pickle	
Tang in my backyard: Kodampuli	208
Use this sour fruit to prepare a <i>rasam</i> , a cool drink and add colour and taste to <i>dal</i>	
Vanishing grain: Saathi	212
Rice <i>laddus</i> and <i>halwa</i> compete in taste with <i>maheri</i> made with curd	
Power booster: Suthni	215
A little known tuber used to prepare jalebis, chaat and fritters	

+ 10 EXTRA RECIPES

Traditions

Many FIRST FOODS have survived because they are part of culture

Feasting on pattal	35
A delicious affair	52
Forest in the kitchen	92
A food safari	110
Call of the local	150

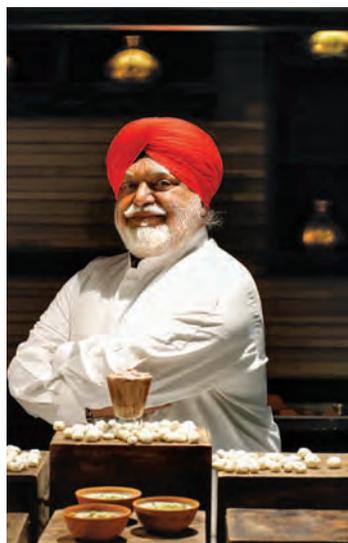


I N S I D E

Livelihood

Everything has a market and can help farmers and foragers eke a living

Chironji: The price of seeds	20
Seabuckthorn: Orange is the new green	32
Guchhi: The story of the morel	48
Jakhiya: From weed to wealth	64
Mahua: Priceless flowers	78
Chalta: Coming of age	88
Kachri: The Thar's friend	96
Tamarind: Superhero unleashed	106
Browntop millet: Small wonder	126
Bhut jolokia: The king of chillies	136
Amrakh: The profit is sweet	146
Roselle: Flower power	162
Amaranth: Super food forever	176
Moringa: The tree with many uses	182
Jackfruit: Potential unlocked	196
Ragi: The millet of the poor	204





Cuisiniers

India's top chefs share their **FIRST FOOD** recipes

Thomas Zacharias, executive chef and partner, The Bombay Canteen 46

Chana dal and moras vada & Charred corn and moras salad

Ranveer Brar, celebrity chef and television host 68

Sangri with ker

Prateek Sadhu, executive chef and co-owner, Masque Restaurant, Mumbai 86

Seabuckthorn granita with black pepper mousse

Abhishek Basu, executive chef, JW Marriott, Mumbai 114

Bamboo rice payasam & Burrata and bamboo rice salad

Manish Mehrotra, corporate chef, Indian Accent Restaurants 126

Gongura fish with coconut curry

Manjit Singh Gill, food advisor, ITC Hotels

Phool makhana and arjun ksheer pak phirnee & Phool makhana cream

Manu Chandra, chef and partner, Olive Group of restaurants 166

Bathua and ricotta ravioli

Anumitra Ghosh Dastidar, co-curator, Edible Archives at Kochi-Muziris Biennale 176

Spicy myoga chutney & Brined myoga

Jatin Mallick, chef and co-owner, Tres Restaurant, New Delhi 182

Drumstick mixture & Creamy moringa on toast

Rajiv Malhotra, corporate chef, Habitat World 196

Khatta meetha kaddu with jakhiya tempering & Jakhiya pulao