

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 patta	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
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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** 166
Phool makhana and arjun ksheer pak phirnee & Phool makhana cream
- Manu Chandra, chef and partner, Olive Group of restaurants** 176
Bathua and ricotta ravioli
- Anumitra Ghosh Dastidar, co-curator, Edible Archives at Kochi-Muziris Biennale** 182
Spicy myoga chutney & Brined myoga
- Jatin Mallick, chef and co-owner, Tres Restaurant, New Delhi** 196
Drumstick mixture & Creamy moringa on toast
- Rajiv Malhotra, corporate chef, Habitat World** 196
Khatta meetha kaddu with jakhiya tempering & Jakhiya pulao