

INDIAN DISHES FOR YOU TO TRY AT HOME.

Ladies and Gentlemen these recipes have been put together painstakingly by myself for you to enjoy. It is a collection from all over India and from some of the top Indian chefs and restaurants. You may also find that a few of the recipes are duplicated. The reason for this is that in some areas they prepare the same dish differently. You don't have to stick to the recipe but change them to make them hotter or milder. Swap chicken for fish and so on. Add things you like and take away things you don't like. You can always add meat to any of the vegetarian dishes. I have also given you a list of terms used in Indian cooking in case the recipe that you want to use has terms that you have never heard of. Above all please remember that Indian food is not always curry and is not flaming hot. There are some very nice mild tasting dishes and not to mention the Indian deserts and drinks listed in here as well.

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Indian food terms	
Given below are some food items with a native touch, but common to India. Also find some item names that are called differently.	
Item	Description
Alu	Potato
Atta	Flour
Badusha	A sweet made of refined flour, fried in ghee and dipped in sugar syrup
Bathura	A moon shaped fried snack made of wheat flour and fried in oil to puff. Normally taken with a side dish namely 'Chole'
Batter	Mixture of flour and water, stirred or beaten to form a thin/thick paste.
Bhajia	A snack made of sliced vegetable dipped in bengal gram flour and deep fried to crispy form
Bhaji	Another term for green vegetables
Bhelpuri	A snack made of puffed rice, chopped onion, mild spices and pulses
Bhujia	A dish prepared in minced form
Bhurta	A dish made of vegetable, baked on heat or fire and subsequently mashed to prepare the dish
Bonda	A round shaped deep-fried snack that consists of potato curry covered with a layer of bengal gram batter
Boondi	Sieved batter of bengal gram flour fried to crispy form in the shape of pearls
Biryani	A specific method of rice preparation with select vegetables and aromatic spices
Burfi	A sweet made in the form of a thin soft cake
Biryani pathha	Bay leaf
Chapati	A thin layer of pressed wheat flour dough, baked on a flat pan with very little oil. The same baked without oil is termed as 'phulka'
Chenna	Curdled cow milk in solidified form used as a main ingredient for preparation of some sweets also known as bengali sweets
Chutney	A hot/spicy dish made of fried and ground spices with a choice of vegetables / greens
Chole	An exclusive spicy side dish that is taken with puri or bathura
Chumchum	A syrup filled spongy milk sweet
Chuka	Country sorrel
Chick peas	Whole bengal gram
Curry powder	Dry ground powder made of select aromatic spices and pulses used in curries
Curd	Yoghurt
Dal	A dish made of cooked pulses with different vegetables in variant flavors
Dosa	A moon shaped snack made of fermented batter, baked with little oil in the form of a thin pan cake
Dhum	The process of cooking a dish with the vessel covered and heat from both ends
Dhokla	Steam cooked semolina puffs with mild spices
Deep fry	A method of frying vegetable or a snack
Garam masala	Dry powder made of aromatic spices used in little quantity in curries or rice
Eatable camphor	A diluted form of eatable camphor used in preparation of sweets
Egg plant	Brinjal
Gulab jamun	A soft round shaped sweet made of milk powder or solidified milk, deep fried in ghee and soaked in sugar syrup
Ghee	Clarified butter
Griddle	A flat metal plate similar to skillet
Gravy	A dish with a large quantity of thick paste made of ground spices or vegetables
Grating	Shredding vegetables with the help of a vegetable grater
Garnish	Decoration given to a food item
Halwa	A sweet in the form of thick jelly, made of ghee and flour in different flavors
Idli	A snack made of fermented batter poured in small quantities into a sieved plate(

	idly stand) and then steam cooked
Ivy gourd	Gerkin
Jaggery	Processed sugar cane juice in solidified form
Jilebi	A sweet made of refined flour batter, fermented and then deep fried in ghee and dipped in sugar syrup
Jhangri	A sweet made of black gram batter, deep fried in ghee and soaked in sugar syrup
Kaja flat	A sweet made of refined flour dough formed into layers, deep fried in ghee and soaked in sugar syrup
Kaja round	A tube shaped sweet made of refined flour dough deep fried in ghee and filled with sugar syrup
Kesari	A soft light sweet made of semolina or vermicelli
Khara	Another term for hot or spicy snacks
Kheer	A sweet made of nuts and condiments in different flavors. Similar to a pudding.
Khoa	Sugarless solidified milk
Koottu	A mild dal variety with a choice of vegetables
Kurma	A spicy curry made of thick gravy and a variety of vegetables
Khofta	Minced vegetables and flour mixture fried in oil as small pieces for final preparation of a curry
Laddu	A traditional round shaped sweet made in different flavors and sizes
Lassi	Sweet buttermilk
Masala	Dry or wet ground powder/paste that consists of various spices / pulses / pungent vegetables. Used as add on flavor to curries or rice.
Namkeen	A snack variety with a combination of pungency, sourness and sweet
Nan	A typical Indian oven to bake pressed wheat flour dough similar to chpati
Okra	Ladies finger
Pannir	Curdled milk in solidified form
Paratha	Rolled wheat or refined flour dough that form into layers and in the shape of a moon or triangle. It is baked on a flat pan with ghee or oil and a choice of vegetables or greens
Papad	Sun dried hard pressed gram flour dough in the form of a moon with a choice of flavors. Can subsequently roasted on heat or deep fried in oil
Payasam	A traditional liquid milk sweet made in different flavors
Pulao	A rice dish cooked with a choice of vegetables and aromatic spices
Peanut	Groundnut
Puri	Moon shaped wheat flour dough, pressed to small sizes and fried in oil with porous formation
Pulusu	A soup variety of thick cooked gram with mild spices and vegetables
Pakora/Pakoda	A snack made with a choice of vegetables, mixed in bengal gram flour and deep fried in oil to small pieces of crispy form
Riata	Softened curd with a choice of vegetables and mild spices mixture
Rasam	A digestive water soup in different flavors with ground pepper and coriander powder
Rasgolla	A round shaped spongy sweet made of curdled milk with lots of sugar syrup
Rawa	Semolina
Sambar	A thick soup variety prepared with cooked red gram and a choice of vegetables
Samosa	A cone shaped popular snack made of potato and peas curry rolled in flour dough and deep fried in oil.
Shrikand	A sweet made with smoothened curd and nutmeg
Semiya	Vermicelli
Sandesh	A milk sweet
Sesame	Gingely seeds
Sev	A snack made of bengal gram flour resembling vermicelli
Syrup	Sugar boiled in water to form a thin liquid of one or two string drops
Subzi	Another term for vegetables
Simmer	Heating food just below boiling level

Upma	A light snack prepared with semolina or vermicelli
Uthappam	A thick pancake made of fermented batter with or without vegetables
Vada	A ring shaped snack made of fermented gram flour batter and deep fried in oil to crispy form



Language guide					
This table will help you to know all about the various food items in nine major languages of India.					
Cereals					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Barley	Jau	Job	Jabadhana	Barley	Barley
Millet	Bajra	Bajra	Bajra	Bajri	Bajri
Milo	Juar	Juar	Janha	Jwari	Juwar
Maize	Bhutta	Bhutta	Sukhila maka	Maka	Makai
Rice	Chawal	Chowl	Chaula	Tandool	Chokha
Rice boiled	Usna chawal	Sidha chowl	Usuna chaula	Ukda tandool	Ukra chokha
Rice pressed	Chudwa	Chira	Chuda	Pohe	Pohwa
Rice puffed	Murmara	Mudi	Mudhi	Murmere	Mumra
Ragi	Makra	Madua	Mandia	Nachni	Ragi
Semolina	Sooji	Sooji	Sooji	Rava	Rava
Vermicelli	Siwain	Semai	Simai	Shevaya	Sev
Wheat	Gehu	Gom	Gahama	Gahu	Ghau

Pulses					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Bengal gram whole	Chana	Chola	Buta	Harbara	Channi
Bengal gram split	Chana dal	Cholardal	Butar dali	Harbar dal	Channa dal
Black gram	Urad dal	Mashkalaidal	Biri	Uddachi dal	Alad
Green gram whole	Moong	Moong	Mooga	Moong	Moog
Green gram split	Moong dal	Moongdal	Mooga dali	Moongachi dal	Moog ni dal
Horse gram	Kulthi	Kulthikalai	Kolatha	Kuleeth	Kuleeth
Kidney beans	Rajmah	Rajmah	Rajmah	Shravan	Phanasi
Peas	Mattar	Matar	Matara	Vatana	Suka vatana
Red gram	Turdal	Arhardal	Harada	Tur dal	Tuvern dal

Flour and powders					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Bengal gram	Besan	Besan	Besana	Besan	Besan
Refined flour	Maida	Maida	Maida	Maida	Maida
Mango powder	Amchur	Aamer guda	Sukila amba gunda	Amchur	Karino powder
Wheat flour	Aata	Aata	Atta	Kaneek	Ato

Spices and condiments					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Asafoetida	Hing	Hing	Hingu	Hing	Hing
Bay leaf	Tej pattha	Tej paata	Tej patra	Tamal patra	Tamal patra
Cardamom	Elaichi	Elaich	Alaicha	Veldoda	Elaichi
Cloves	Lavang	Labang	Labanga	Lavang	Lavang
Cinnamon	Dalchini	Dalchini	Dalchini	Dalchini	Tuj
Coriander	Dhaniya	Dhanai	Dhania	Dhane	Dhania
Coconut	Copra	Narkel	Nadiya	Naral	Naliyer
Cumin	Jeera	Jeere	Jeera	Jeera	Jeeru
Fenugreek	Methi	Methi	Methi	Methi	Methi
Gingely seed	Til	Til	Rasi	Til	Tal
Ground nuts	Mungphalli	China badam	China badam	Bhui moong	Bhoising
Garlic	Lahsun	Rashun	Rasuna	Lasoon	Lasan
Ginger	Adhrak	Aada	Ada	Ale	Adu
Mace	Javithri	Jayitri	Jayitri	Jaypatri	Jaypatri
Mustard seed	Rai	Sorse	Sorisa	Mohori	Rai
Nutmeg	Jaiphal	Jaiphal	Jaiphal	Jaiphal	Jaiphal
Oregano	Ajwain	Joan	Juani	Onva	Oregano
Pepper	Kalimirch	Golmarich	Golmaricha	Mire	Mari
Poppy seed	Khus khus	Posto	Posto	Khus khus	Khus Khus
Red chilly	Lal mirchi	Lal lanka	Lali lanka	Mirch	Mirch
Tamarind	Imli	Tetul	Tentuli	Chinch	Amla
Turmeric	Haldi	Holud	Haldi	Halad	Haldhar

Nuts and other items					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Almond	Badam	Badam	Badama	Badam	Badam
Black salt	Kala namak	Kala laban	Saindha laban	Black salt	Black salt
Borneol	Borneol	Borneol	Borneol	Borneol	Borneol
Citric acid	Citric acid	Citric acid	Citric acid	Citric acid	Citric acid
Cashew	Kaju	Hijlibadam	Lankamba manji	Kaju	Kaju
Honey	Shahad	Mou	Mohu	Madh	Honey
Jaggery	Gud	Gud	Guda	Gul	Gol
Pistachios	Pista	Pesta	Pista	Pista	Pista

Raisin	Kismish	Kismish	Kismish	Bedane	Lal draksh
Sugar	Chini	Chini	Chini	Sugar	Sugar
Walnut	Akhrot	Akrot	Akhroot	Akrod	Akrot

Oil and clarifiers					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Butter	Makkhan	Makhan	Lohuni	Lonee	Makhan
Ghee	Ghee	Ghee	Gheeya	Thup	Ghee
Oil	Theh	Theh	Tela	Theh	Theh

Liquids and solids					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Buttermilk	Lassi	Ghol doyi	Ghola dahi	Tak	Chhas
Cream	Malai	Sar	Sara	Cream	Cream
Curd	Dahi	Doyi	Dahi	Dahi	Dahi
Cheese	Paneer	Chhana	Chhena	Paneer	Paneer
Khoa	Khoa	Khoa	Khua	Khava	Khoa
Milk	Doodh	Doodh	Dudha	Doodh	Doodh

Vegetables					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Ash gourd	Petha	Chalkumra	Pani kakharu	Kohala	Safed koloo
Beetroot	Chukandar	Beetroot	Bitra	Beet	Beet
Bottle gourd	Lauki	Lau	Lau	Pandhara bhopla	Doodhi
Bitter gourd	Karela	Karala	Kalara	Karle	Karela
Brinjal	Baingan	Begun	Baigana	Vangi	Ringena
Beans broad	Bakla	Makhan sim	Simba	Ghewda	Papdi
Carrot	Gajar	Gajar	Gajara	Gajar	Gajar
Carissa	Carissa	Carissa	Carissa	Carissa	Carissa
Colocasia	Arvi	Kochu	Saru	Alu kanda	Alvi
Cabbage	Bandh gobi	Badha kopi	Bandha kobi	Kobi	Kobi
Capsicum	Simla mirch	Simla lanka	Simla lanka	Bhopli mirchi	Simla marchan
Cauliflower	Phool gobi	Pool kopi	Phool kobi	Phool khobi	Phool khobi
Cluster beans	Guer ki phalli	Jhar sim	Guanara chhuin	Govar	Govar
Coconut	Nariyal	Narkel	Nadiya	Naral	Naliyer
Cucumber	Khira	Sasha	Kakudi	Kakadi	Kakadi
Drumstick	Sajan ki phalli	Sajana danta	Sajna chhuin	Shevaga sheng	Saragavo
French beans	Bakla	Beans	Beans	Pharas bee	Fansi
Gerkin	Tindli	Telakuch	Kundru	Tondale	Tondale
Jackfruit	Kathal	Kanthal	Panasa katha	Phanas	Kawla phanas
Lemon	Nimbu	Lebu	Lembu	Limbu	Kadgi limbu

Ladies finger	Bhendi	Dharash	Bhendi	Bhendi	Bhinda
Mango	Aam	Kancha aam	Kanch amba	Kairi	Keri
Mango ginger	Haldi aam	Amada	Amba ada	Amba haldi	Amba haldi
Onion	Pyaz	Pyaz	Pyaza	Kanda	Kanda
Onion madras	Madras pyaz	Madras pyaz	Madras pyaza	Madras pyaz	Madras pyaz
Peas	Mattar	Mattar	Matara	Vatana	Vatana
Potato	Alu	Gol alu	Alu	Batata	Batata
Plantain green	Kela	Kanch kala	Bantala kadali	Kele	Kela
Plantain flower	Kele ka phool	Mocha	Kadali bhanda	Kel phool	Kel phool
Plantain stem	Kele ka tana	Thor	Kdali manja	Kelicha khunt	Kelanu thed
Pumpkin	Kaddu	Kumra	Kakharu	Lal bhopla	Kohlu
Radish	Mooli	Moola	Moola	Mooli	Mooli
Ridge gourd	Turai	Jhinga	Janhi	Dodka	Turia
Snake gourd	Chachinda	Chichinga	Chachindia	Padval	Pandola
Sweet potato	Shakkarkand	Ranga alu	Kanda mula	Ratala	Sakkaria
Tomato	Tamatar	Bilati begun	Bilati baigana	Tomato	Tamatu
Yam	Ratula	Khaam alu	Khamba alu	Goradu	Ratalu

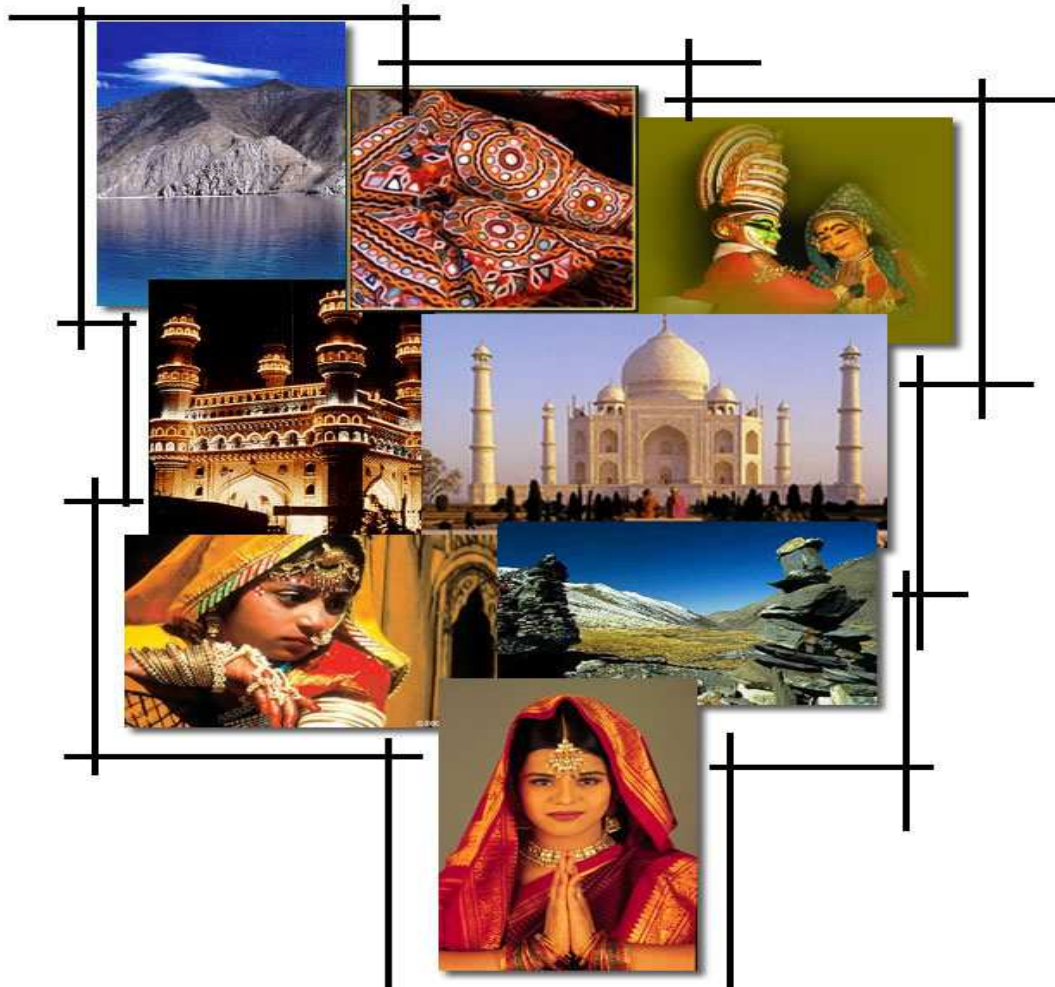
Green vegetables					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Amaranthus leaf	Chauli sag	Notya	Notya saag	Math	Choli ni bhaji
Basella leaf	Besella leaf	Basella leaf	Basella leaf	Basella leaf	Basella leaf
Cannabinus	Cannabinus	Cannabinus	Cannabinus	Cannabinus	Cannabinus
Chuka leaf	Chuka	Chuka palang	Chuka saga	Ambat chuka	Chuka ni bhaji
Colocasia leaf	Arvi ka sag	Kochu saag	Searu patra	Alupan	Alu na patra
Coriander leaf	Hara dhania	Dhane paata	Dhania patra	Kothimbir	Kothmir
Curry leaf	Kadi pattha	Bhursunga	Bursunga patra	Kadhi limb	Mitho limbdo
Drumstick leaf	Sajjan pattha	Sajna saag	Sajna saga	Shevaga pan	Seragvani Bhaji
Fenugreek leaf	Methi saag	Methi saag	Methi saga	Methi bhaji	Methi Bhaji
Mint leaf	Pudina	Pudina	Pudina patra	Pudina	Pudina
Mustard leaf	Sarson ka saag	Sorse saag	Sorisa saga	Moharicha pan	Rai ni Bhaji
Radish leaf	Mooli ka saag	Mular saag	Mula saga	Mooli pan	Mooli na patra

Spinach	Palak	Palang saag	Palanga saga	Palak	Palak
Tamarind leaf	Imli ka pattha	Tetul patta	Tentuli patra	Chinchecha pala	Amla na patra

Fruits					
English	Hindi	Bengali	Oriya	Marathi	Gujarati
Apple	Sev	Aapel	Seu	Sufarchand	Safarjan
Apricot	Khoobani	Apricot	Apricot	Apricot	Apricot
Banana	Kela	Kala	Chamapa kadali	Kela	Kela
Black plum	Kala Jamun	Kalajam	Jamukoli	Jambhool	Jambu
Chikku	Sapota	Chiku	Sapota	Chikku	Chikku
Custard apple	Seethaphal	Aat	Aaita	Sitaphal	Sitaphal
Dates	Khajur	Khejur	Khajura	Khajur	Khajur
Figs	Anjeer	Dumoor	Dimiri	Anjeer	Anjeer
Grapes	Angoor	Angoor	Angoora	Draksha	Draksha
Gauva	Amrud	Piyara	Pijuli	Peru	Jamphal
Jack fruit	Kathal	Kanthal	Panasa	Phanas	Phanas
Mango	Aam	Aam	Amba	Amba	Keri
Orange	Santra	Kamala	Kamala	Santre	Santra
Papaya	Papita	Pepe	Amrut bhanda	Popai	Papaya
Pineapple	Ananas	Anarash	Sapuri	Ananas	Ananas
Pears	Nashpati	Nashpati	Nashpati	Nashpati	Nasapatti
Plum	Alubhukara	Plum	Plum	Plum	Plum
Pomegranate	Anar	Dalim	Dalimba	Dalimb	Dalamb
Sweet lime	Mousambi	Mousambi	Mousambi	Mausambi	Mausambi
Water melon	Tarbhooj	Tarmuj	Tarmuja	Kharbooja	Kharbooja
Wood apple	Kaith	Kothbel	Kaitha	Kavith	Kothu

Conversions

		Volume		Weights	
Abbreviations		1/8 tsp	1/2 ml	1 oz	28 gm
tsp	teaspoon	1/4 tsp	1 ml	2 oz	57 gm
tbsp	tablespoon	1/2 tsp	2 ml	4 oz (1/4 lb)	114 gm
oz	ounce	1 tsp	5 ml	6 oz	170 gm
gm	gram	2 tsp	10 ml	8 oz (1/2 lb)	227 gm
cm	centimetre	1 tbsp	15 ml	12 oz	340 gm
ml	millilitre	1/4 cup (4 tbsp)	60 ml	16 oz (1 lb)	454 gm
Temperatures		1/3 cup	80 ml	32 oz (2 lb)	908 gm
Fahrenheit	Celsius	1/2 cup	120 ml	2.2 lb	1 kg
350	175	2/3 cup	160 ml	Linear measurements	
375	190	3/4 cup	180 ml	1/2 inch	1 cm
400	205	1 cup	240 ml	1 inch	2.5 cm
425	220	4 cups (1 quart)	940 ml	6 inches	15 cm
450	230	4 1/4 cup	1 litre	8 inches	20 cm



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