

India

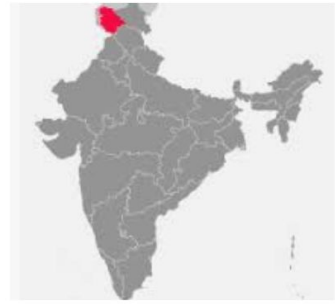
Maddhya Pradesh, Jammu and Kashmir, and Kerala

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Memnon**

Natural Beauty of Jammu and Kashmir



Jammu and Kashmir



Location: Northern Indian Subcontinent

Language: Native Kashmiri language, Hindi and Urdu

Cuisine: Mostly meat, wheat, rice, and maize.

- In Jammu and Kashmir, rice, meat, and wheat are big parts of their cuisines because wheat and rice are a huge part of their agriculture.

Agriculture of Jammun and Kashmir



- The Jammu plain has a high concentration of wheat, rice, maize, pulses, fodder and oilseeds.
- The Valley of Kashmir is well known for its paddy, maize, orchards (apples, almond, walnut, peach, cherry, etc.) and saffron cultivation.
- Depending on the rainfall, the hectarages that produce rice and maize vary substantially.
- Wheat is used as a staple in Jammu
- Maize is used as a staple in Kashmir
- Jammu and Kashmir are primarily an agrarian state.
- Large orchards in the [Vale of Kashmir](#) produce apples, pears, peaches, walnuts, almonds, and cherries, which are among the state's major exports.



Popular Dishes from Jammu and Kashmir



- Rogan Josh
 - An aromatic curried meat dish of Kashmiri origin. It is made with red meats like lamb or goats. It is colored or flavored by alkanet flower or Kashmiri chilies.
- Butter Tea
 - Butter tea is also known as Po Cha. It mainly uses tea leaves, yak butter, and salt.
- Pilaf
 - This is a wheat dish. It is usually cooked in stock or broth and spices are added. Some other things that are added are vegetables or meat.
- Dum Aloo
 - This is a potato based dish. The potatoes are deep fried then cooked slowly in a gravy with spices.



Beverages



- Kashmiris are very heavy tea drinkers. The most popular beverage of the state is Noon Chai.
 - It is made with black tea, bicarbonate of soda, milk, and salt. The color of the tea comes out pink due to the method of preparation and the bicarbonate of soda used.
 - Noon Chai is usually eaten during breakfast in Kashmiri households. It is usually taken with bread like baqerkhani([baqerkhani](#)). It is also usually served with samovars, pictured to the bottom right.
- Kawah is also a popular drink in Jammu and Kashmir. This drink is common during weddings, festivals, and religious places.
 - Kawah Tea is a beverage made with saffron, spices, and almonds or walnuts. Some individuals also put milk in this tea.



MultiCourse Meal (Wazwan)



- Wazwan is a multicourse meal in Jammu and Kashmir and considered with pride. It is made up of 36 courses, most of them being of meats.
- Usually, guests are seated in groups of 4 and share the meal out of a large copper plate called the traem.
- The traem usually is heaped with rice, quartered by two *seekh kababs* and contains four pieces of methi maaz, (mutton intestines flavored with a spice mixture containing dried *fenugreek* (methi) leaves), two *tabakh maaz* (twice-cooked lamb ribs, initially braised with ground spices, then browned in ghee), one *safed kokur* (chicken with white sauce), one *zafran kokur* (chicken with saffron sauce), and the first few courses.
- Seven dishes are a must for these occasions — *tabakh maaz*, *rista* (meatballs in a red, paprika-saffron-fennel spice gravy colored with *dyer's alkanet*), *rogan josh*, *daniwal korma* (lamb roasted with yoghurt, spices and onion puree, topped with *coriander* leaves), *aab gosh* (lamb chunks cooked with a fennel-based spice mixture, cardamom and partially evaporated milk), *marchhwangan korma* (chicken legs/thighs cooked in a spicy browned-onion sauce) and *gushtaba* (meatballs cooked in a spicy yoghurt gravy)

Source: <https://en.wikipedia.org/wiki/Wazwan>

Noon Chai Recipe (Kashmiri Tea)



Noon Chai Ingredients (Kashmiri Tea)

- 2 teaspoon Tetley Long Leaf Green Tea
- 1/3 teaspoon Baking soda
- 1/2 teaspoon Salt
- 2 Cardamom (Elaichi) Pods/Seeds , crushed seed powder
- 2 cups Water
- 2 cups Milk
 - a. Can be any type of milk

Madhya Pradesh

- Madhya Pradesh is particularly famous for its Khajuraho temples that exhibit ancient texts.
- Madhya Pradesh is located in Central India with its capital being Bhopal.
- The main language there is Hindi.



Madhya Pradesh Breakfast

- For breakfast, a dish called *poha* is very popular.
- It comprises flattened rice and veggies such as onion, tomato, and potato, and curry leaves are used to give it a special aroma. It is then topped with lemon juice and coriander leaves and served with green chilies.

Source: <https://theculturetrip.com/asia/india/articles/11-amazing-dishes-from-madhya-prades>



Madhya Pradesh Lunch

- *Daal bafla*, influenced by the **Rajasthani specialty** *daal bati*, is a popular dish in Madhya Pradesh. Wheat dough is shaped into balls (called *bafla*), cooked until they become crisp, and then dipped in *ghee*. The *bafla* comes with a bowl of spicy *daal* and ***hari chutney*** (coriander sauce). This meal has the right dose of proteins, vitamins, carbohydrates, and fats—a good and healthy option for lunch.



Source: <https://theculturetrip.com/asia/india/articles/11-amazing-dishes-from-madhya-pradesh-india/>

Madhya Pradesh Dessert

- *Mawa bati* is a unique sweet dish found only in Madhya Pradesh. Though it looks more like a large-size *gulab jamun*, it is crisp and has just the right texture and sweetness. The *mawa* dough is mixed with dried fruits and then rolled into balls, which are then deep fried and further soaked in sugar syrup. At some places, *mawa bati* is enhanced with a garnish of coconut powder. It is a sweet dish often served during festive occasions.

Source: <https://theculturetrip.com/asia/india/articles/11-amazing-dishes-from-madhya-pradesh-india/>



Facts about Madhya Pradesh



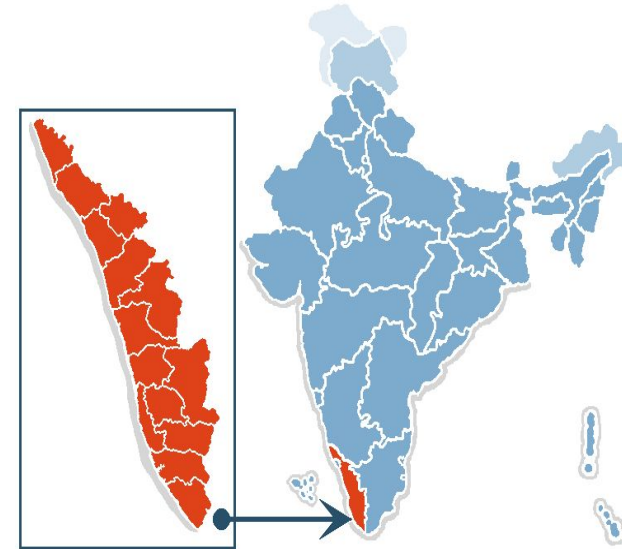
Note: Video has subtitles for translations!

South India- Kerala!

- Native language, *Malayalam*, is the hardest Indian language (its also a palindrome!)
- Kerala is one of the prominent [tourist destinations](#) of India, with [backwaters](#), hill stations, beaches, [Ayurvedic tourism](#) and [tropical](#) greenery.
- The culture is a synthesis of [Aryan](#), [Dravidian](#), [Arab](#), and [European](#) cultures
- With around 120–140 rainy days per year, Kerala has a wet and maritime tropical climate influenced by the seasonal heavy rains of the [southwest summer monsoon](#) and [northeast winter monsoon](#).
- Nearly half of Kerala's people depend on agriculture alone for income. There are around 600 varieties of rice, which is Kerala's most used [staple](#) and cereal crop,

Kerala- “God’s Own Country”

- Kerala cuisine offers a multitude of both vegetarian and non-vegetarian dishes prepared using fish, poultry and red meat with rice a typical accompaniment.
- Chillies, curry leaves, coconut, mustard seeds, turmeric, tamarind, and asafoetida are all frequently used.
- Kerala is known as the "Land of Spices" because it traded spices with Europe as well as with many ancient civilizations with the oldest historical records of the Sumerians from 3000 BCE



Kerala Sadhya

- One of the traditional Kerala dishes is vegetarian and is called the Kerala Sadya, which is an elaborate banquet prepared for festivals and ceremonies.
- A full-course **Sadya**, which consists of rice with about twenty different accompaniments and desserts is the ceremonial meal of Kerala eaten usually on celebratory occasions including marriages, **Onam** and **Vishu**. It is served on a **plantain** leaf.
- Because of its rich trading heritage, over time various indigenous Kerala dishes have been blended with foreign dishes to adapt them to local tastes.



Onam Sadhya Dissection!



Kerala: Agriculture Influence on Cuisine

- **Coconuts** grow in abundance in Kerala, so grated coconut and coconut milk are commonly used for thickening and flavouring.
- Kerala's long coastline and numerous rivers have led to a strong fishing industry in the region, making seafood a common part of meals.
- Rice is grown in abundance along with **tapioca**. It is the main starch ingredient used in Kerala's food.



Kerala Cuisine Videos!

- Anthony Bourdain – No Reservations “Kerala” Episode:
<https://watch.travelchannel.com/tv-shows/anthony-bourdain-no-reservations/full-episodes/kerala-india>
- Short Youtube Video:
<https://www.youtube.com/watch?v=LYyWArVBrBg>
- Youtube Channel of American who left teaching career and fell in love with Kerala!
<https://www.youtube.com/channel/UCMKtVaipbhjwLpk6uZvtZcA>