

Ethnic Cuisines of Himachal Pradesh

Volume I



Ethnic Cuisines of Himachal Pradesh

A compilation of traditional foods of Himachal Pradesh

Project executed by



CSIR-Institute of Himalayan Bioresource Technology
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Foreword

Dr. Sudesh Kumar Yadav
FNAS & FNAAS

Ethnic foods play an important role in the nutritional security of people and describe their unique culture and heritage. Documentation of traditional foods, medicines, and practices is very important in preserving any culture. Owing to our busy lifestyle, the influence of Western culture and the advent of highly processed foods, the preparation and consumption of traditional foods are waning in the recent past. This is very evident in sensitive ecosystems such as the Himalayas, where huge developmental activities and uncontrolled tourism are affecting the lifestyle of local people. Himachal Pradesh has abundant natural resources and a distinct cuisine culture based on wild edibles that have immense bioactive properties. Therefore, in order to preserve the traditional knowledge, it is important to compile the information about the ethnic cuisines widely consumed in the region and document the methods and different ingredients used in their preparation.

This book is a compilation of various traditional foods unique to Himachal Pradesh. The first volume consists of 75 dishes made from cereals, pulses, wild edible vegetables, fermented dairy products, and beverages. It describes the preparation of these traditional foods and lists their health benefits as reported in published literature. I would like to congratulate the authors for compiling this information in a clear and concise manner and developing this coffee table book on the ethnic cuisines of Himachal Pradesh. I am confident that this book will be helpful to tourists, homemakers, and food entrepreneurs. I hope and believe that our institute's efforts will support the livelihood of local communities, and this book is one such endeavour. Publications like this will help in promoting Indian traditional foods on the global stage and draw attention to our rich culture.

I would like to take this opportunity to thank the Department of Science and Technology for funding the project under the Science and Heritage Research Initiative (SHRI) scheme. This will be instrumental in the development of technologies for value addition of traditional foods and in improving the livelihood of local artisans. In the end, I would like to thank the Council of Scientific and Industrial Research (CSIR), Government of India for providing all the necessary facilities and support.

(Sudesh Kumar Yadav)



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Foreword

India is one of the oldest civilizations having traditionally rich cultural practices. Traditional food is an important aspect of the society as it is largely determined by religious, regional, and agrarian traditions to ensure nutritional security based on the locally available resources such as wild edibles & spices. Thus, preserving the ethnic food is essential not only for its cultural significance and health beneficial properties but also provide livelihood opportunities to local communities in current perspective.

The Indian food processing industry is a sunrise sector with an estimated market value of USD 535 billion and a compounded annual growth of 12.3% year on year. The demand for ready to eat traditional Indian foods has significantly increased in recent years due to the global presence of Indians and wide popularity of Indian cuisine across the geographies. This led to the demand for development of process technologies to preserve the flavour, taste and aroma of traditional foods without affecting their nutritional quality. The Department of Science and Technology (DST) under the Science and Heritage Research Initiative (SHRI) identified this critical gap and augmented the research and innovation ecosystem in the area of traditional foods at CSIR- Institute of Himalayan Bioresource Technology (IHBT), Palampur by establishing a Centre of Excellence on Traditional Foods of Western Himalayas.

The first and foremost step in preservation of traditional knowledge systems is the survey and digitization of the information available with the indigenous people systematically. In this context, the team of scientists from CSIR-IHBT documented the information on the ethnic cuisines of Himachal Pradesh in the form of a coffee table book.

In order to showcase India to a global platform our heritage should be protected, preserved and propagated. I strongly believe that this book would be useful to people interested in knowing about traditional foods, foodies, tourists and food processing industries. I sincerely wish that many more such books are published to facilitate preservation of traditional knowledge of this great country. I congratulate the team of research scholars and scientists led by the Director CSIR-IHBT, Palampur to bring out such a wonderful book.

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Preface

Indian traditional foods have a vibrant history and a strong connection with the culture and religious beliefs of the people and the geographical region where they live. The ethnic cuisines are usually prepared with locally available vegetables, spices, herbs and animal products. Although the Indian food processing industry has reached a phenomenal growth in recent years, there is a heavy influence of Western culture in our diet leading to a decline in the consumption of ethnic foods resulting in the loss of the traditional knowledge. Surprisingly, post Covid era, the demand for healthy food choices, specifically traditional foods have drastically increased. This has necessitated research and development in preserving the nutritional benefits of traditional foods, enhancing their shelf-life, stability and developing processes and machinery for large scale manufacturing of ethnic foods.

In this context, the authors attempt to compile ethnic cuisines of Western Himalayas, specifically Himachal Pradesh in this book. Very limited scientific studies exist that describe in detail the ingredients, composition, preparation technique and health advantages of the ethnic foods of Himachal Pradesh. Hence, we set out to survey different regions of Himachal Pradesh and record the unique foods and their method of preparation. We believe that this book on “Ethnic cuisines of Himachal Pradesh” would be a useful document for researchers, home makers, tourists and industrialists.

The book has 75 unique dishes encompassing preparations on cereals, pulses, wild edible vegetables and fruits, fermented foods and beverages. It also highlights the health benefits of the dishes based on the information available from published literature. We hope that our endeavour would attract attention towards ethnic foods of Himachal Pradesh and help food entrepreneurs to position traditional foods at global level. Further this publication would assist the authorities in developing policies that are conducive for preserving and popularizing the ethnic foods and traditions. We thank Department of Science and Technology for funding this project under the Science and Heritage Research Initiative and Director, CSIR-IHBT for providing support and all the necessary facilities.

Authors

Introduction

Traditional foods are a testament to the country's rich culinary heritage and the diversity of its people. Ethnic foods hold immense importance in preserving cultural heritage, serving as a powerful symbol of identity and continuity. The saying "Savoring the Flavors that Ignite the Senses" accurately captures the essence of the diverse blends found in Himachali cuisine. This culinary tradition encompasses a rich tapestry of customs, practices, and recipes that have been lovingly handed down through the generations, embodying the unique traditions and values of this region.

Himachal Pradesh is abundant with natural resources and boasts unique food habits. Traditional Himachali foods are renowned not only for their delectable flavours but also for their abundant nutritional content. The foods are rich source of protein, dietary fibre and bioactive metabolites obtained from the incorporation of whole grains such as millet, legumes, wild edible vegetables, flowers, fruits, herbs, and spices. Polyphenols (phenolic acids and flavonoids), anthocyanins, carotenoids, anthroquinones and complex polysaccharides are few classes of bioactive molecules that are abundant in traditional foods of Himachal Pradesh. These bioactive molecules have been attributed with therapeutic properties such as anti-inflammatory, immunomodulatory, diuretic, anti-diabetic, prebiotic, and anti-cancerous supported by several scientific reports.

The nutritional composition of traditional Indian foods may vary depending on cooking methods, portion sizes, and regional variations. However, the focus on whole foods, plant-based ingredients, and a balanced combination of nutrients generally makes traditional Indian cuisine highly beneficial for overall health and well-being. Furthermore, traditional Indian cooking methods such as fermentation not only enhance the taste but also improve the nutritional quality of the foods. These methods increase the bioavailability of certain nutrients and aid in the digestion process due to the presence of probiotic bacteria.

In recent years, our country has undergone rapid urbanization leading to significant changes in the dietary habits of the population. Although growth and urbanization are important in the present times, they also carry the risk of ethnic cuisines being forgotten and replaced by highly processed foods. In a world dominated by patenting and the adoption of Western cultures, preserving traditional knowledge for future generations is very important and this book is one such endeavour. It is anticipated that this book will serve as a valuable resource for nature enthusiasts, homemakers, and chefs have a taste for traditional foods.



**CEREAL & MILLET
BASED FOODS**

Bhatooru

Bhatooru is a traditional fermented "indigenous bread" that is commonly prepared in the rural and upper mountain regions of Himachal Pradesh. It is particularly popular in the districts of Kullu, Mandi, Chamba, and Shimla. It is also known as Sumkeshi roti in the Lahaul region. Additionally, Bhatooru serves as a staple diet for rural migrants residing in urban areas.



Method of Preparation: Wheat flour is mixed with water and combined with Baker's yeast or pre-fermented dough (Malera) and kneaded. The dough is then set aside for 4 to 5 hours to ferment in warm conditions. Once fermented, the dough is divided into equal-sized balls and flattened. The flattened dough is then either baked or deep-fried in cooking oil until the colour turns golden brown. Bhatooru is typically enjoyed with vegetables or curries.

Health Benefits: Bhatooru boasts a rich microflora comprising beneficial probiotic bacteria, including Lactic acid bacteria and yeast. These microorganisms provide a wide range of health benefits, such as immunomodulatory, anti-obesity, and improved absorption of essential minerals and vitamins.

Ingredients

- Wheat flour – 3 cups
- Water – 2 cups
- Malera – 1/2 cup
- Refined oil – 1/2 lt

Babroo

Babroo is a traditional fermented sweet dish prepared during ceremonial functions and local festivals across Himachal Pradesh.



Method of Preparation: To

make Babroo, wheat flour is mixed with sugar, ghee, and either baker's yeast or previously fermented dough called Malera. The mixture is kneaded with water until a consistent uniform dough is formed. This dough is then left to ferment in a warm place for 4-5 hours. After fermentation, the dough is shaped into round balls or rolled flat and deep-fried until perfectly cooked (until they turn golden brown).

Ingredients

- Wheat flour - 3 cups
- Sugar - 2 cups
- Ghee - 4 tbsp
- Water - 2 cups
- Malera - 1/2 cup
- Refined oil - 1/2 lt

Health Benefits: The natural microflora of the Babroo consists of probiotic *Lactobacillus* sp. and yeast *Saccharomyces cerevisiae*. Probiotic bacteria have been reported to impart health benefits such as immunomodulation and anti-obesity effects. Further, they have been reported to enhance the bioavailability of minerals and vitamins.

Gulgule

Gulgule is a unique traditional delicacy that is popular in Himachal Pradesh. This deep-fried sweet snack is made from a mixture of wheat flour and jaggery. It is commonly prepared and enjoyed during religious and wedding ceremonies.



Method of Preparation: Wheat flour is mixed with lukewarm water, jaggery, ghee and baker's yeast or previously fermented dough (Malera) and kneaded to obtain a soft dough. The dough is then left undisturbed for 4 - 5 hr in warm conditions to ferment. Once fermented, the dough is shaped into round balls of equal size and sprinkled with fennel, poppy seeds, and cardamom powder. These dough balls are then deep-fried in ghee or cooking oil until they turn a dark brown color. To achieve a crispy texture, sometimes semolina is added to the wheat flour during kneading. Gulgule is typically served alongside hot tea. It can be stored in an airtight container for 2-3 days or refrigerated for up to a week.

Health Benefits: The Gulgule's natural microflora includes probiotic *Lactobacillus* sp. and *Saccharomyces cerevisiae*. Probiotic bacteria have been found to provide health benefits, such as immunomodulation and anti-obesity effects. Additionally, they have been shown to improve the absorption of minerals and vitamins.

Ingredients

- Wheat flour - 1 cup
- Jaggery - 1/2 cup
- Fennel seeds - 1/2 tbsp
- Poppy seeds - 1/2 tbsp
- Cardamom powder - 1/4 tbsp
- Ghee & Cooking oil - 500 ml
- Malera-1/2 cup

Kachori

Kachori is a delectable fermented food, also referred to as Bedvin or Beduan Roti. It is the savory variant of Bhatura, filled with black gram stuffing. Typically enjoyed for breakfast or as a tea-time snack, this dish holds particular fame in the districts of Mandi, Hamirpur, Bilaspur, Kangra and Kullu in Himachal Pradesh.



Ingredients

- Wheat flour - 2 cups
- Black gram - 1 cup
- Salt (as per taste)
- Cumin Seeds - 3tbsp
- Coriander Powder - 2 tbsp
- Green chilli - 2 no.
- Asafoetida - 1/3 tbsp
- Local spice mix - 1 tbsp
- Large Cardamom - 1 no.
- Malera/Yeast (inoculum)

Method of Preparation: Split black gram is soaked in warm water overnight. The soaked black gram is then ground with spices, salt, cumin, and coriander seeds to create a thick paste. Finely chopped coriander leaves, green chillies, and roasted cardamom are added to the paste and blended until a homogeneous mixture is obtained. Meanwhile, fresh wheat flour is kneaded with water and either Baker's yeast or previously fermented dough (Malera). The dough is allowed to ferment for 6-7 hr in a warm place. The fermented dough is then shaped into uniform-sized balls and flattened. The black gram stuffing is added to the flattened dough and rolled into a round shape. The stuffed dough can be either baked or deep-fried and is served hot with ghee and pickle.

Health Benefits: Kachori is a powerhouse of energy due to its protein-rich stuffing. Moreover, the fermentation process enhances its nutritional value. The inclusion of spices and condiments in this product also contributes to natural antioxidant properties.

Roat

Roat is a traditional fermented "indigenous bread" that is commonly prepared in the rural and upper mountain regions of Himachal Pradesh. It is particularly popular in the districts of Mandi, Hamirpur,



Bilaspur, and Kangra of the state. This bread is especially made during ceremonial functions and local festivals.

Method of Preparation: Wheat flour is combined with lukewarm water, sugar syrup, and ghee, and kneaded to obtain a consistent dough. The dough is then mixed with either Baker's yeast or previously fermented dough (Malera). Afterward, the dough is left to ferment for 4-5 hr in warm conditions. Once the fermentation process is complete, the dough is shaped into rounds and deep-fried in ghee until it achieves a dark brown color. Roat is commonly served alongside halwa during ceremonial functions.

Health Benefits: The roat natural microflora includes probiotic *Lactobacillus* sp. and yeast *Saccharomyces cerevisiae*. Probiotic bacteria have been found to provide health benefits, such as immunomodulation and anti-obesity. Additionally, they have been shown to improve the absorption of minerals and vitamins.

Ingredients

- Wheat flour - 1 cup
- Sugar - 1/2 cup
- Fennel seeds - 1 tbsp
- Ghee - 1/2 lt
- Malera - 1/2 cup

Seera

Seera is a traditional wheat-based fermented food that is commonly enjoyed in the districts of Bilaspur, Kangra, Hamirpur, Mandi, Shimla, and Kullu of Himachal Pradesh. It is also called Nashasta in the Una region. Seera is typically consumed as a sweet dish and is often served to individuals observing religious fasts.



Method of Preparation: The process of making Seera involves soaking wheat grains in water for 4-5 days, with daily water changes. The grains are left to soak until they become swollen and easily mashable, resulting in the release of a white milky substance. After draining the excess water, the swollen grains are gently mashed to obtain white starchy milk. This mashed content is then filtered to remove the outer bran and husk layers. The resulting white milky content is left undisturbed for a few hours to remove excess water, or it can be placed on a muslin cloth and left to hang overnight. Once settled, the solid milky portion is dried under shade for 3 to 4 days. After drying, the material is broken into smaller bits and stored in an airtight container. This dried material is known as Seera, and has a white and shiny appearance.

Ingredients

- Wheat grains
- Seera - 1 cup
- Sugar - 1/2 cup
- Ghee - 1/2 cup
- Water 1½ cup

Seera

To prepare Seera halwa, the dried Seera bits are soaked in water for 30 minutes with the required amount of sugar to form a slurry. In a pan, ghee is heated, and the slurry is poured over it. The mixture is continuously stirred for approximately 10 minutes until a thick halwa-like consistency is achieved. Dried Seera can be stored for up to six months in an airtight container. Freshly prepared seera halwa should be consumed immediately or stored in the refrigerator for up to 2 days.

Health Benefits: Traditionally, seera is recommended for individuals with jaundice or hepatitis, as well as for postnatal women. Seera contains health-promoting probiotic bacteria, including *Lactobacillus* sp., *Lactobacillus amylovorus*, *Leuconostoc* sp., and *Bacillus* sp., along with yeast strains such as *Saccharomyces cerevisiae*, *Cryptococcus laurentii*, and *Torulospora delbrueckii*. These probiotic organisms possess immunomodulatory and anti-obesity properties.



Siddu

Siddu or Khobli is a popular traditional snack in Himachal Pradesh and considered as a must-try during your visit to the region. While it is enjoyed throughout Himachal, it is predominantly prepared in the higher regions of Kullu, Mandi, Manali, Shimla, and Lahaul-Spiti. This delectable dish holds a special significance in rural areas and often prepared to mark celebratory occasions.



Ingredients

- Wheat Flour - 1 cup
- Ghee - 1-2 tbsp
- Malera/ Yeast - 1tsp
- Salt (as per taste)
- Dry nuts and seeds (Walnut, almonds, poppy seeds and apricot seeds) - 3 cup
- Cumin powder - 1tbsp
- Coriander powder - 1tbsp
- Spice Mix - 1tbsp
- coriander leaves - 50 gm
- Red chilli powder - 1/2 tbsp

Method of Preparation:

Preparation of Dough: The wheat flour is mixed with water, 1-2 tablespoons of ghee, and Baker's yeast. Another option is to incorporate previously fermented leftover dough, known as Malera, into the fresh dough as an inoculum. Once kneaded, the dough is left to ferment for 5 to 7 hours in a warm environment.

Preparation of stuffing: The nuts and seeds are soaked overnight and then coarsely ground. At the same time, a spice mix is prepared using cumin, coriander, and red chili powder. The ground nuts and seeds are then combined with the spice mix, and chopped coriander leaves to create a thick stuffing.

Siddu

Cooking: A small ball of fermented dough is flattened by rolling. The freshly made filling is placed at one end of the flattened dough, and the rest is folded over to create a disc shape using kitchen molds. The filled dough is then cooked in a pressure or steam cooker for approximately 20-25 min. The siddu is steam cooked when the dough has a spongy texture or when a knife or toothpick comes out clean when inserted. The hot siddu is served with desi ghee, walnuts and tomato chutney.

Health Benefits: Walnuts added to the siddu stuffing are a great source of omega-3 fatty acids, particularly alpha-linolenic acid (ALA), and dietary fiber. Omega-3 fatty acids have been shown to have cardioprotective and anti-inflammatory properties, while dietary fiber is known for its hypo-lipidemic and anti-obesity effects. Additionally, they help regulate the gut microbiome. Siddu also contains beneficial probiotic bacteria like *Lactobacilli* sp. and yeast such as *Saccharomyces cerevisiae*, which contribute to overall health.



Meethe Chawal

Meethe Chawal is a traditional fermented sweet dish prepared during ceremonial functions and local festivals, especially in the Kangra district of Himachal Pradesh.



Method of Preparation: For Meethe chawal preparation, rice

grains are soaked in water for 15-20 min. Meanwhile, a mix of nuts consisting of almonds and cashews, as well as raisins, are gently roasted in ghee on a frying pan until they turn golden brown. They are then set aside. In the leftover ghee, spices, and condiments such as cinnamon, fennel, clove, and cardamom are roasted. Meanwhile, saffron is soaked in milk and set aside. Now, the soaked rice is cooked along with sugar for 7- 8 min on a low flame. To this semi-cooked rice, water, saffron-soaked milk, and turmeric powder are added and boiled on a low flame for 15-20 min. The prepared meethe chawal is later garnished with dried coconut and roasted dry fruits and condiments.

Health Benefits: Meethe chawal, also known as sweet rice, is a delicious dish that not only satisfies taste buds but also provides a significant amount of energy. It is packed with antioxidants derived from saffron, turmeric, spices, and nuts. Almonds and cashews, which are included in this dish, are excellent sources of proteins. Moreover, the addition of milk further enhances the protein quality of this delectable treat.

Ingredients

- Basmati Rice - 1 cup
- Ghee - 4 tbsp
- Mixed Nuts - 1/2 cup
- Raisins - 2 tbsp
- Milk - 3/4 cup
- Water - 2 cup
- Saffron (pinch)
- Turmeric Powder (pinch)
- Cardamom - 2 no.
- Cinnamon - 1/4 tbsp
- Clove - 2 no.
- Fennel Seeds - 1/2 tbsp
- Sugar - 1/3 cup

Sattu

Sattu is a traditional food of the Lahaul and Spiti regions in Himachal Pradesh and known for its nutritional benefits. It is made from barley and is primarily consumed during the winter season. Sattu is traditionally enjoyed as a refreshing drink or in the form of laddoos.



Method of Preparation: Barley grains are dry roasted in a pan over medium heat until they turn a golden-brown color and puff up. After roasting, the grains are ground into a fine powder known as "Sattu" and carefully stored in an airtight container. Sattu is a versatile ingredient used in the preparation of several products such as Femer/Dhuru, Zara, Tshunalik, and Tsalma gungshi. When stored properly in an airtight container, it remains stable for a period of 6-8 months.

Health Benefits: Sattu is an excellent source of β -glucans and dietary fiber, which can aid in the prevention of cardiovascular diseases and diabetes.

Ingredients

- Barley grains

Femer

Femer or Dhuru is a traditional food that is commonly enjoyed in the Lahaul and Spiti region of Himachal Pradesh. This delightful treat is typically savored as a sweet dish during snack time, often accompanied by a cup of tea.



Method of Preparation: Barley grains are first roasted to prepare sattu. In a pan, ghee is heated and sattu is sautéed along with sugar and churppe. The mixture is stirred continuously for 4-5 min until it reaches a semi-thick halwa consistency. The delightful dish called "Femer" is then garnished with dry fruits and mixed evenly. It is typically served with tea or curd.

Ingredients

- Barley grains
- Churppe
- Sugar
- Dry fruits

Tsalma Gungshi

Tsalma Gungshi is a traditional dish mainly consumed in Lahaul and Spiti district of Himachal Pradesh. It is usually prepared during religious and wedding ceremonies.



Method of Preparation: Sattu powder, along with salt and chili, is added to boiling water and stirred continuously until a thick and consistent paste is obtained. This thick paste is then molded into uniformly sized cups and served with chutney.

Ingredients

- Sattu
- Salt
- Chilli
- Local Spices
- Water

Tsunalik

Tsunalik is traditional snack item of Lahaul & Spiti region.

Method of Preparation: The wheat flour and sattu (roasted barley flour) are kneaded together in a 1:1 ratio with water and a pinch of salt. After resting undisturbed for 10 min, the dough is kneaded once more.

Next, the dough is shaped into round balls of equal size and rolled back and forth to create a rope-like shape. The rope-shaped dough is then boiled in water with added sugar, ghee, and chhurpe.



Ingredients

- Wheat Flour
- Sattu
- Salt
- Water
- Sugar
- Ghee
- Chhurpe

Zara

Zara is a traditional dish mainly consumed in Lahaul & Spiti district of Himachal Pradesh.

Method of Preparation: Sattu is added to hot water and boiled for 2-3 min. Afterward, salt, chili, and local spices are added and cooked until the mixture thickens.

The resulting thick product, known as Zara, is served hot and can be accompanied by ghee, curd, buttermilk, or chutney.



Ingredients

- Sattu
- Salt
- Chilli
- Local spices

Kuttu ka Chilra

Kuttu ka chilra (Buckwheat pancake) is a traditional dish of the Lahaul & Spiti region of Himachal Pradesh. Buckwheat flour also called kuttu ka atta is a staple ingredient in many dishes of the region. Kuttu-based dishes such as chilra (pancakes) are generally served to people during a religious fast.



Method of Preparation: Kuttu ka chilra is made by combining buckwheat flour and water to create a slurry. To this mixture, boiled and mashed potato, spice mix, green chilli, coriander leaves, and salt are added and mixed well to form a thick batter. In a pan, ghee is heated and a ladleful of batter is poured into the centre of the pan. The batter is then spread evenly in a circular motion to create a thin crêpe. The pancake is cooked on low heat until it turns a golden-brown color. It is then flipped and cooked for a few more minutes on the other side. The hot Kuttu ka chilra is typically served with chutney or pickle.

Health Benefits: Buckwheat is a naturally gluten-free grain and is considered a source of iron. Buckwheat is an ideal ingredient for people with gluten allergy. It has been reported to contain high concentrations of polyphenols, specifically rutin with strong antioxidant potential. Owing to the high dietary fibre content, buckwheat is being advocated for countering diabetes and obesity.

Ingredients

- Buckwheat flour - 1 cup
- Potato - 2 no.
- Salt (as per taste)
- Oil - 2 tbsp
- Spice Mix - 1/2 tbsp
- Green chilli - 1 no.
- Coriander leaves - 50 gm
- Water - 1 cup

Panjeere

Panjeere also known as Sundh, is a traditional sweet dish that is widely enjoyed in Himachal Pradesh. This cuisine is particularly consumed during the winter season. It is highly regarded as a must-have food for lactating mothers, growing children, and the elderly person.



Ingredients

- Coconut - 1kg
- Almond - 500 gm
- Cashew - 250 gm
- Dry dates - 500 gm
- Raisins - 500 gm
- Gond Katira - 20 gm
- Cardamom - 10 gm
- Melon seeds - 100 gm
- Kamarkas - 20 gm
- Sugar/Jaggery - 1 kg

Method of Preparation: Ghee is heated in a pan, and gond katira is fried and cooled at room temperature. Meanwhile, in the same ghee, karakas, almonds, cashews, coconut bits, and melon seeds are roasted and set aside. Dry dates are ground in a mixer grinder. All the roasted ingredients are then transferred to a plate and gently mixed. Ground sugar or jaggery powder and raisins are added to this mixture and evenly combined. The prepared panjeere is generally stored in an airtight container for approximately six months.

Health Benefits: Panjeere is a highly nutritious dish that is traditionally given to women after childbirth to aid in their recovery and promote lactation. It is particularly consumed during the winter months as it helps to keep the body warm. The ingredients in panjeere have numerous benefits, including soothing sore muscles, lubricating joints, and alleviating body aches. Moreover, this dish is packed with antioxidants, calcium, fiber, and cholesterol, as well as essential micronutrients such as iron, potassium, and phosphorus.

Bajre Ka Halwa

Bajra or Pearl millet is a staple grain in the foothill areas of Himachal Pradesh. Bajre Ka Halwa is generally eaten during winter. Several dishes are prepared such as Bajre ki Roti, Halwa & Ladoo.



Method of Preparation: Firstly, the Pearl millet (Bajra) grains are dry-roasted in a pan and cooled at room temperature. The grains are then ground to a coarse consistency and kept aside. Meanwhile, desi ghee is heated in the pan, and roasted Bajra flour is sauteed on a medium flame for 6-8 min. Water and sugar are added and stirred continuously for 5-8 min until a thick halwa-like consistency is obtained. Bajre Ka Halwa is then garnished with dry fruits and served hot during winter.

Ingredients

- Pearl millet flour - 1 ½ cup
- Desi ghee - 1/2 cup
- Water - 2 cups
- Sugar - 1 cup
- Dry fruits (Almonds, Cashew, Walnut, Raisins) - 1/2 cup

Bajre Ki Khichdi

Method of Preparation:

Bajra Ki Khichdi is a delicious dish made by cooking finger millet grains in a flavourful vegetable gravy. For this, the pearl millet grains are thoroughly washed and set



aside. Meanwhile, in a pan oil is heated, and fresh seasonal vegetables, chopped onions, ginger-garlic paste, cumin seeds, coriander powder, salt, red chilli, and turmeric powder are cooked in low heat until a golden-brown color appears. To the sauteed vegetables, tomato puree is added and cooked on low heat for a few minutes to obtain a thick gravy. The washed pearl millet grains are added to the gravy and pressure-cooked for 3-4 whistles. The cooked Bajra Ki Khichdi is garnished with coriander leaves and served hot with desi ghee or curd.

Ingredients

- Pearl millet grains - 1/4 cup
- Cumin seeds - 1 tbsp
- Coriander seeds - 1/2 tbsp
- Green/red chilli - 1-2 no.
- Large cardamom - 1 no.
- Black pepper - 1/2 tbsp
- Mustard seeds - 1/2 tbsp
- Turmeric powder - 1/2 tbsp
- Mustard oil - 3-4 tbsp
- Seasonal vegetable - 1/2 cup

Bajre Ki Roti

Method of Preparation:

Bajra flour is mixed with water and kneaded to create a smooth dough. The dough is then formed into evenly sized balls and flattened. These flattened dough pieces are



cooked over a wood flame, known as Chulah, in the local tradition. The resulting bajra flour roti is commonly enjoyed with vegetables, curries, and milk or desi ghee.

Health Benefits:

- Bajra has a low glycaemic index and is a source of dietary fibre making it a suitable food for type-2 diabetic patients.
- Bajra is a rich source of iron. Bajra has been reported to enhance hemoglobin (Hb) content. Also, halwa is an energy-giving food due to the presence of ghee and sugar.
- The gluten-free property of Bajra makes it suitable for celiac patients. Also, bajra helps in fighting acidity because it is the only grain that remain alkaline even after cooking.

Ingredients

- Bajra flour - 1 cup
- Water - 1/3 cup

Jowar Ka Halwa

Sorghum also known as Jowar, Indian millet, Broomcorn, and Durra is a widely grown millet in the lower regions of Himachal Pradesh.



Method of Preparation: Firstly, Sorghum (Jowar) grains are dry-roasted in a pan and cooled at room temperature. The grains are then ground to a coarse consistency and kept aside. Meanwhile, in a pan, ghee is heated and the roasted Jowar flour is sauteed on medium heat for 6-8 min. To this, water along with sugar is added and stirred continuously for 5-8 min until a halwa-like thick consistency is obtained. Jowar halwa is then garnished with dry fruits and served hot during winter.

Ingredients

- Sorghum flour - 1 ½ cup
- Desi ghee - 1/2 cup
- Water - 2 cups
- Sugar - 1 cup
- Dry fruits (Almonds, Cashew, Walnut, Raisins) - 1/2 cup

Jowar Ka Ladoo

Method of Preparation:

Jowar grains are first dry-roasted in a pan and then allowed to cool at room temperature. Once cooled, the grains are ground to a coarse consistency and set



aside. In the meantime, desi ghee is heated in the pan and edible gum is added. The mixture is stirred over low heat until the gum becomes puffy. Next, the roasted jowar flour is added to the pan and sauteed over medium heat for 4-5 minutes, or until the flour turns a golden-brown colour. Sugar or jaggery powder, along with dry fruits, are then added to the mixture and continuously stirred for 5-8 minutes over low heat. Finally, the mixture is allowed to cool at room temperature. To make jowar laddoo, the jowar laddoo premix flour is moistened with ghee and then a handful of the flour is pressed in the palm and shaped into a round ball.

Ingredients

- Sorghum flour - 1 ½ cup
- Desi ghee - 1 cup
- Sugar - 1 cup
- Edible gum (Kamar-kas Gond) - 2 tbsp
- Dry fruits (Almonds, Cashew, Raisins, Walnut) - 1/2 cup

Jowar Ki Roti

Method of Preparation:

Sorghum flour is kneaded with water to create a smooth dough. The dough is then formed into evenly sized-balls and flattened. These flattened



dough pieces are cooked over a wood flame, known as Chulah, in the local tradition. The resulting Jowar Ki Roti is typically enjoyed with vegetables, lentils (dal), various vegetable curries, and milk.

Health Benefits:

- Jowar is a rich source of dietary fibre, micronutrients like iron and phenolic compounds. The resistant starch present in Jowar makes them an ideal food for type 2 diabetes and obesity.
- Jowar is gluten-free grain. They have low glycemic index. They are abundant in polyphenols which possess antioxidant properties.

Ingredients

- Jowar millet flour - 1 cup
- Water - 1/3 cup

Mandal ka Chilra

Finger millet also known as Ragi, Kodra, Koda, Mandua, and Mandal is a widely grown millet crop in Himachal Pradesh. Ragi is commonly called Mandal in the Kangra valley and Kodra in the Mandi region. Mandal is commonly consumed as roti, chilra, porridge, and fermented drink (Sura).



Method of Preparation: For Mandal Chilra preparation, a slurry of finger millet flour is prepared with the required amount of water. To the slurry, spice mix along with chopped vegetables and salt are added and stirred briskly to make a thick batter. Now in a pan, ghee is heated and a ladle full of batter is poured at the centre of the pan and spread evenly in a circular way to form a thin crepe. The pancake is then cooked on a low flame until the colour turns dark brown. The pancake is flipped and cooked for a few minutes on the other side. Mandal chilra is served hot with chutney or curd.

Ingredients

- Finger millet flour - 1 cup
- Water - 1/3 cup
- Salt (as per taste)
- Seasonal Vegetables - 1/2 cup
- Spice mix -1/2 tbsp
- Cooking oil/ ghee -2-3 tbsp

Mandal ki Roti

Method of Preparation: Finger millet flour is kneaded with water to create a smooth dough. The dough is then formed into evenly sized-balls and flattened. These flattened dough pieces are cooked over a wood flame, known as Chulah, in the local tradition. The resulting Mandal Ki Roti is typically enjoyed with vegetables, lentils (dal), various vegetable curries, and milk.



Health Benefits:

Finger millet is a naturally gluten-free grain with a wide range of health benefits. Besides, it is a good source of natural fibre, calcium, and essential micronutrients. Finger millet has been attributed with anti-diabetic and cholesterol-reducing properties owing to its rich dietary fibre content. Antioxidant polyphenols such as quercetin, gallic, protocatechuic, vanillic, p-hydroxybenzoic, syringic, ferulic, trans-cinnamic, caffeic, sinapic, and p-coumaric acids have been identified in Finger millet which forms the basis of various bioactive properties.

Ingredients

- Finger millet flour - 1 cup
- Water - 1/3 cup
- Salt (as per taste)

Swank Ka Chilra

Little Millet also known as swank in Himachal Pradesh, is a popular grain that is commonly consumed as a rice substitute throughout the region. It is widely used in the preparation of various dishes such as chilra, kheer, and laddoos. Additionally, this millet is particularly favored during religious and ceremonial fasts.



Method of Preparation: For the preparation of Swank Chilra, a mixture of popped grains of little millet and sago palm is soaked in water for 5-6 hr to ferment. Once fermented, the soaked grains are ground to create a thick batter. To this batter cumin seeds, spice mix, chopped tomatoes, coriander leaves, and salt are added and thoroughly mixed. Ghee is then heated in a cooking pan and spread evenly. A ladle full of batter is poured onto the pan and spread in a circular motion to form a thin crepe. The chilra is cooked on both sides until a golden-brown color appears. The hot swank chilra is typically served with chutney or curd.

Ingredients

- Swank grains - 2 cup
- Sago - 1 cup
- Spice mix - 1 tbsp
- Coriander leaf - 10 g
- Tomato - 1 no.
- Salt (as per taste)
- Ghee/ Cooking oil - 2 tbsp

Swank Ki Khichdi

Method of Preparation: Swank Ki Khichdi is a delicious dish made by cooking finger millet grains in a flavourful vegetable gravy. For this, the little millet grains are thoroughly washed and set aside. Meanwhile, in a



pan oil is heated, and fresh seasonal vegetables, cut onions, ginger-garlic paste, cumin seeds, coriander powder, salt, red chilli, and turmeric powder are cooked in low heat until a golden-brown color appears. To the sauteed vegetables, pureed tomato is added and cooked on low heat for a few minutes to obtain a thick gravy. The washed little millet grains are added to the gravy and pressure-cooked for 3-4 whistles. The cooked Swank Ki Khichdi is garnished with coriander leaves and served hot with desi ghee or curd.

Ingredients

- Little millet - 1/4 cup
- Spices Mix - 1/2 tbsp
- Cumin seeds - 1 tbsp
- Coriander powder - 1/2 tbsp
- Green/red chilli - 1-2 no.
- Turmeric powder - 1/4 tbsp
- Onion - 1 no.
- Tomato - 1 no.
- Coriander leaves - 50 g
- Ginger garlic paste - 1 tbsp
- Mustard oil - 3-4 tbsp
- Salt (as per taste)
- Seasonal vegetable - 1/2 cup

Swank Ki Kheer

Method of Preparation: Swank Ki Kheer is prepared by roasting little millet grains in ghee for 5-6 min until they turn golden brown. After roasting, dry fruits such as cashews, almonds, raisins, and



walnuts are also roasted in the leftover ghee and set aside. Next, milk is added to the roasted grains and the mixture is pressure cooked for 3-4 whistles. Once cooked, sugar is added to the milk and grains and mixed well. Finally, the kheer is garnished with the roasted dry fruits.

Health Benefits: Little millet is highly nutritious and impart various health benefits having low glycaemic index and is recommended for patients with cardiovascular diseases, diabetics and constipation.

Grains are also a rich source of dietary fiber, minerals like iron, zinc, calcium, magnesium, vitamins and some essential amino acids,

Ingredients

- Little millet - 1 cup
- Desi ghee - 2-3 tbsp
- Milk - 1½ cup
- Dry fruits (Cashews, Almonds, Raisins, Walnut) - 1/2 cup
- Sugar - 3-4 tbsp



**PULSE BASED
DISHES**

Dangal Bari

Dangal (Colocasia) Bari is a popular and traditional cuisine of Himachal Pradesh, made with Split black gram (maah ki dal) and colocasia stems. In the off-season, the preserved colocasia stems are served as a vegetable or curry in the form of bari.



Method of Preparation: The black gram is soaked overnight to remove the outer black husk. After soaking, the black gram is ground to create a batter with a semi-solid consistency and coarse texture. To this, local spice mix is added to the batter. Meanwhile, freshly harvested tender stems of colocasia are washed in running water and blotted to remove excess water. The freshly cut stems are then coated with the black gram batter to form a thin layer. These coated stems are hung up to dry for a couple of days, similar to hanging clothes. Once partially dried, the stems are cut into smaller pieces, approximately 1 to 1.5 inches, and left to sun-dry for 3-4 days until completely dried. The dried bari is stable for 6-7 months in an airtight container.

Ingredients

- Colocasia stem - 2 no.
- Split black gram - 1 cup
- Local spice mix - 1 tbsp

Health Benefits: Colocasia stems are rich source of minerals and soluble dietary fibre. Soluble dietary fibres have prebiotic properties promoting the gut microflora.

Maah Bari

Maah Bari is a traditional dish made from split black gram, and it holds a significant place in the diet of rural people across Himachal Pradesh. Typically, it is served as the main course, accompanied by rice or roti.



Method of Preparation: Black grams are soaked overnight to remove the outer black husk. Once soaked, the black grams swell and are ground to create a batter with a semi-solid consistency and coarse texture. To enhance the flavor, local spice mix are added to the batter. The batter is then divided into small portions, shaped into round balls. These small round balls are left to dry in the sun for 4-5 days. The dried bari is stable for 6-7 months in an airtight container.

Health Benefits: Black gram is a rich source of protein, dietary fibre, and essential minerals like calcium and iron. Fermentation of black gram enhances its nutritional quality by improving the bioavailability of the proteins and micronutrients.

Ingredients

- Split black gram - 1 cup
- Local spice mix - 1 tbsp

Petha Bari

Petha Bari is a traditional dish from Himachal Pradesh, made with split black gram (maah ki dal) and grated ash gourd. It is a popular way of preserving petha (ash gourd) and is commonly served as the main course, accompanied by rice or roti.



Method of Preparation: The black gram is soaked overnight to remove the outer husk. After soaking, the swollen maah dal is ground to create a batter with a semi-solid consistency and coarse texture. In the meantime, the ash gourd is peeled and finely grated. The black gram batter and grated ash gourd are then combined to create a homogeneous mixture, which is set aside. A local spice mix is added to this batter mixture, and it is then divided into small round portions. These small round portions are sun-dried for 4-5 days. The dried bari is stable for 6-7 months in an airtight container.

Health Benefits: Ash gourd is a highly nutritious vegetable that is packed with dietary fiber, vitamin C, and essential minerals such as calcium, potassium, and magnesium. It also possesses natural diuretic properties, making it a beneficial addition to diets aimed at managing diabetes and obesity.

Ingredients

- Ash gourd - 1 cup
- Split black gram - 1 cup
- Local spice mix - 1 tbsp

Moong Bari

Moong Bari is a traditional staple food of Himachal Pradesh, made from split moong dal (green gram). It is commonly served as the main course, accompanied by rice or roti.



Method of Preparation: The split moong dal is soaked overnight to remove the outer green husk, resulting in a soaked and swollen dal. This dal is then ground to create a batter with a semi-solid consistency and coarse texture. To enhance the flavor, a local spice mix is added to the batter, which is then divided into small portions and shaped into round balls. These small balls are left to sun-dry for approximately 4-5 days. The dried bari is stable for 6-7 months in an airtight container.

Health Benefits: Moong dal is a rich source of proteins and dietary fibre and is recommended for diabetes and cholesterol reduction. Polyphenols from moong dal are known to possess strong antioxidant and anti-inflammatory properties.

Ingredients

- Split moong dal - 1 cup
- Local spice mix - 1 tbsp

Bari Ki Curry

Bari is a traditional staple food of Himachal Pradesh, made from split moong dal and black gram. It is commonly served as the main course, accompanied by rice or roti.



Ingredients

- Bari - 1 cup
- Salt (as per taste)
- Cumin seeds - 2 tbsp
- Coriander powder - 1 tbsp
- Turmeric powder - 1/2 tbsp
- Red chilli - 1no.
- Tomato - 1 no.
- Onion - 1 no.
- Garlic-ginger paste - 1 tbsp
- Cooking Oil - 4 tbsp
- Spice mix - 1 tbsp

Method of Preparation: Maah bari / moong bari / petha bari / dangal bari curry is made by shallow frying the dried bari pieces in cooking oil. Once fried, the bari is set aside. In the same oil, freshly chopped onions, spice mix, ginger-garlic paste, cumin seeds, coriander powder, and turmeric powder are added and cooked until the onions turn golden brown. Then, pureed tomato is added to the mixture and cooked on low heat for a few minutes to create the gravy. The fried mah bari is then added to the gravy and pressure-cooked for 3 to 4 whistles. The dish is typically served hot with roti or rice.

Sepubari

Sepubari is a very famous traditional food of Kangra, Mandi, Bilaspur, and Hamirpur districts of Himachal Pradesh. It is a special dish usually served during marriages.



Ingredients

- Split black gram - 1 cup
- Sepu bari - 250-350 grams
- Mustard oil - 2 tbsp
- Spinach - 200 grams
- Coriander powder - 1tbsp
- Cumin powder - 1tbsp
- Fenugreek seeds - 1 tbsp
- Fennel Seed - 1 tbsp
- Cinnamon stick - 1 no.
- Star anise - 2 no.
- Turmeric powder - 1/2 tbsp
- Salt (as per taste)
- Asafoetida - 1/4 tbsp
- Bay leaf - 1 leaf
- Clove - 2-3 no.
- Black cardamom - 2 no.
- Spice mix - 1tbsp

Method of Preparation: Split

black gram is soaked overnight to loosen the outer peel. Once the peel is removed, the black gram is ground into a thick batter. Spice mix and turmeric powder are added to the batter and thoroughly mixed. The batter is spread over a turmeric leaf and steamed for 15-20 minutes. After steaming, the batter is allowed to cool to room temperature and then cut into small cubes. These cubes are deep-fried in cooking oil and excess oil is blotted. The fried pieces are known as sepu-bari and are stored in air-tight containers.

Preparation of Sepubari Curry: Spices like cumin seeds, coriander powder, fenugreek seeds, asafoetida, bay leaf, cinnamon, and turmeric powder are lightly fried in cooking oil. Once cooked, spinach puree is added to the spice mix and cooked on a medium flame for 5-6 min until a thick gravy forms. The fried sepu-bari is then added to the gravy along with other spices like clove, black cardamom, and star anise. The dish is pressure-cooked for 6-7 whistles. Sepu-bari is served hot with rice.

Sepubari

Health Benefits: Black gram is a rich source of protein, dietary fibre, and essential minerals like calcium and iron. Fermentation of black gram enhances its nutritional quality by improving the bioavailability of the proteins and micronutrients.



Badane Ka Meetha

Badane Ka Meetha is a traditional sweet dish highly popular in the Mandi, Hamirpur, and Bilaspur regions of Himachal Pradesh. This delectable dessert is typically prepared during joyous and religious occasions such as weddings, and it is best enjoyed when served hot alongside rice or Bhatooru.



Ingredients

- Rice flour -1 cup
- Gram flour - 2 cups
- Oil – 250 ml
- Sugar – 1 cup
- Dry-fruits – ¼ cup
- Ghee – ½ cup
- Green cardamom – 3- 4 no.
- Coconut powder - 1/4 cup
- Saffron threads - 7-8 no.
- Cloves - 2 no.

Method of Preparation:

Preparation of Badana: Rice flour and gram flour are combined in a 1:2 ratio and mixed with the required amount of water to form a paste. To this paste, 2-3 tablespoons of oil are added and left undisturbed for 30-40 min at room temperature. The paste is then shaped into small balls. Meanwhile, ghee is heated in a pan and the small round balls are cooked on low heat until they become golden yellow and crispy on both sides. Raw badana can be stored in the refrigerator for 5-7 days.

Badana Meetha Preparation: A sugar syrup is prepared and infused with cardamom powder, saffron threads, cloves, and dry fruits. Badana is added to the syrup and cooked for 5 to 10 minutes until it reaches a thick consistency. Badane Ka Meetha is then garnished with coconut powder and typically served hot alongside rice or Bhatooru.

Health Benefits: The prepared Badane Ka Meetha is an excellent source of energy and protein. The inclusion of spices and condiments enhances both the sensory experience and the health benefits of the dish.

Boondi Ka Meetha

Boondi Ka Meetha is a popular traditional delicacy in Himachal Pradesh. It is a sweet dish made from chickpea and dry fruits, creating a delightful sugary treat. This delectable dessert is commonly enjoyed during celebratory and religious occasions.



Ingredients

- Chickpea flour - 1 cup
- Sugar - 2 cups
- Cloves - 2-3 no.
- Cardamom powder - 1/4 tsp
- Saffron threads - 10-12 no.
- Turmeric - 1/4 tsp
- Rose water - 2-3 tsp
- Dry fruits (Almonds, Cashews, Raisins) - 1/2 cup
- Coconut powder - 1/2 cup
- Ghee - 250 ml

Method of Preparation:

Preparation of Boondi: Chickpea flour is combined with the necessary amount of water and a small amount of ghee and turmeric to create a thick paste. The paste is then shaped into small round balls. In the meantime, the ghee is heated in a pan and small round-shaped portions of the paste are poured into it. The portions are cooked over low heat until they turn a golden yellow color and become crispy on both sides.

Preparation of Boondi Ka Meetha: A sugar syrup is made by continuously stirring sugar crystals in water over medium heat. The syrup is then flavored with cardamom powder, saffron threads, and cloves, and set aside. In a separate pan, ghee is heated and a mixture of almonds and cashews is roasted until golden brown.

Boondi Ka Meetha

The roasted nuts and dried grated coconut powder are then added to the syrup. Boondi, prepared separately, is added to the syrup along with a few drops of rose water and cooked for 5-10 min until it reaches a thick consistency. Boondi Ka Meetha is typically served hot with rice. It can also be stored in the refrigerator for 2 to 3 days.

Health Benefits: A cup of prepared Boondi Ka Meetha contains 20 grams of protein and is considered a good source of dietary protein. The inclusion of spices and condiments enhances both the sensory experience and the health benefits of the dish.



Channe Ka Madrah

Channe Ka Madrah is a popular dish in Kangra, Hamirpur, Mandi, Bilaspur, and Chamba districts of Himachal Pradesh. The dish is generally prepared during ceremonial functions and is served hot with rice or bhatooru.



Ingredients

- Chickpea – 2cup
- Curd – ½ cup
- Cumin seed - 1 tbsp
- Coriander powder - 1 tbsp
- Turmeric powder - 1/2 tbsp
- Spice mix – 1tbsp
- Cooking oil – 3 tbsp
- Asafoetida – ½ tbsp
- Cream – 3 tbsp
- Salt (as per taste)
- Tomato – 1 cup
- Ginger-garlic paste – 1
tbsp
- Coriander leaves – 100 gm

Method of Preparation: The chickpea is washed, pressure cooked for 4-5 whistles and kept aside. Simultaneously, oil is heated in a pan and ginger-garlic paste, cumin seeds, coriander powder, asafoetida, salt, spice mix, and turmeric powder are added and cooked until a golden brown color appears. To this mixture, pureed tomato, curd, and cream are added and cooked on low flame for a few minutes to obtain a thick gravy. The boiled chickpea is added to the gravy and cooked on a medium flame for 5 min. The dish “Channe Ka Madrah” is then garnished with coriander leaves and generally served hot along with rice.

Health Benefits: Chickpea is a rich source of essential amino acids, unsaturated fatty acids, riboflavin, niacin, thiamin, folate, and the vitamin A precursor β -carotene.

Dhotua Dal

Dhotua Dal is a traditional dish made from split black gram, and it is considered a staple food in the Mandi and Kangra districts of Himachal Pradesh. This dish is typically prepared during ceremonial functions and is served as the main course along with rice.



Ingredients

- Split black gram – 2 cup
- Salt (as per taste)
- Cumin seeds – 1 tbsp
- Coriander powder – 2 tbsp
- Dried red chilli – 2 no.
- Desi ghee – 1 cup
- Spice mix – 1 tbsp
- Asafoetida – ¼ tbsp
- Fennel seeds – 1 tbsp
- Clove – 3 no.
- Turmeric powder – ½ tbsp
- Bay leaf – 1 no.

Method of Preparation: The black gram is soaked overnight to remove the outer black husk. After draining the excess water, the soaked black gram is left to dry in the open. Meanwhile, ghee is heated in a pan and cumin seeds, coriander powder, dried red chilli powder, spice mix, asafoetida, fennel seeds, clove, turmeric powder, and bay leaf are added. The mixture is cooked on low flame. Then, the soaked black gram is added to the spice mixture, mixed well, and pressure-cooked on low flame for 3 to 4 whistles. The dish is typically served hot with rice.

Health Benefits: Black gram is a rich source of protein and dietary fibre. Soaking black gram helps in the reduction of naturally anti-nutrition factors and improves the absorption of essential micronutrients such as calcium and iron.

Kale Chane Ka Khatta

Ingredients

- Black chickpea – 2 cup
- Onions – 1 no.
- Asafoetida - 1/4 tbsp
- Red chilli powder - 1/2 tbsp
- Mustard seeds - 1/2 tbsp
- Turmeric powder - 1/2 tbsp
- Fenugreek seeds - 1/4 tbsp
- Cumin seeds - 1tbsp
- Coriander powder - 1 tbsp
- Clove – 2 no.
- Mustard oil -1tsp
- Dried mango powder - 1
tbsp
- Dried mango slices - 4-5
no.
- Coriander leaves - 100 gm

Kale Chane Ka Khatta is a tangy and spicy curry prepared with black chickpeas (Kale Channe) that are cooked in a flavorful and zesty gravy. This dish is typically enjoyed with rice or roti (Indian flatbread). Kale Channe Ka Khatta is popular across Himachal Pradesh.



Method of Preparation: The black chickpeas are washed and pressure-cooked for 3-4 whistles, then set aside. In the meantime, dried mango slices are sautéed with cooking oil in an iron vessel over low heat for 5-6 min. In the same vessel to the left-over oil, chopped onions, mustard seeds, cloves, red chili powder, asafoetida, fenugreek seeds, cumin seeds, coriander powder, salt, and turmeric powder are added. The mixture is cooked until it turns golden brown. To this mixture, the boiled black chickpeas are added and mixed uniformly. Water, salt (to taste), and dried mango powder (amchur powder) are added and the mixture is cooked over low heat for 15-20 min. Finally, the prepared "Kale channe ka khatta" is garnished with coriander leaves and served hot with rice.

Health Benefits: Kale Channe Ka Khatta is rich in carbohydrates and is also a good source of protein. The addition of spices and condiments enhances both the sensory and nutritional quality of this food, which is based on pulses.

Rajma Ka Madrah

Rajma Ka Madrah is a delectable dish made by simmering kidney beans in yogurt, ghee, and a blend of spices. The dish is an integral part of Himachali Dham and is considered "satvik food" due



to the absence of onions and garlic in their preparation. Rajma madrah is commonly enjoyed with rice or roti, a type of Indian flatbread.

Ingredients

- Rajma – 2 cups
- Curd – ½ cup
- Spice mix – 1 tbsp
- Cumin seeds - 1tbsp
- Coriander powder - 1 tbsp
- Turmeric powder - 1/2 tbsp
- Cooking oil – 3 tbsp
- Asafoetida – ½ tbsp
- Cream – 3 tbsp
- Salt (as per taste)
- Tomato – 2 no.
- Coriander leaves – 100gm

Method of Preparation: Rajma or Kidney beans are washed, pressure cooked for 6-7 whistles and kept aside. Meanwhile, a spices and condiments mixture consisting of cumin seeds, coriander powder, asafoetida, salt, spice mix, and turmeric powder are sauteed in cooking oil. To this mixture, pureed tomato, curd, and cream are added and cooked on low flame for a few minutes to obtain a thick gravy. The boiled rajma is added to the gravy and cooked on a medium flame for 5 min. The dish "Rajma Ka Madrah" is then garnished with coriander leaves and generally served hot along with rice.

Health Benefits: Kidney beans are an excellent source of proteins, carbohydrates, and dietary fibre. In addition to these micronutrients, kidney beans are rich sources of folate, iron, and vitamin B1, thiamine.

Raungi Ka Madrah

Raungi Ka Madrah is a dish prepared with black-eyed peas (Raung) and is considered a delicacy across Himachal Pradesh. It is an integral part of the famous Himachali dham and is typically served during ceremonial functions. This delectable dish is commonly enjoyed with rice.



Ingredients

- Raungi – 2 cups
- Curd – 3 tbsp
- Spice mix – 1 tbsp
- Cumin seeds - 1tbsp
- Coriander powder - 1 tbsp
- Turmeric powder - 1/2 tbsp
- Onion - 1 no.
- Cooking oil – 3 tbsp
- Asafoetida – ½ tbsp
- Cream – 3 tbsp
- Salt (as per taste)
- Tomato – 2 no.
- Ginger-garlic paste – 1 tbsp
- Coriander leaves – 100 gm

Method of Preparation: Raungi/ Lobia pulse is washed, cooked in a pressure cooker for 4-5 whistles, and kept aside. Meanwhile, oil is heated in a pan and chopped onions, ginger-garlic paste, cumin seeds, coriander powder, asafoetida, salt, spice mix, and turmeric powder are added and cooked until a golden-brown color appears. To this mixture, pureed tomato, curd, and cream are added and cooked on low flame for 4-5 min to obtain an aromatic gravy. The cooked raung pulse is added to the gravy and cooked on a medium flame for 5 min. The dish “Raung Ka Madrah” is then garnished with coriander leaves and generally served hot along with rice.

Health Benefits: Raungi or Lobia contains a good amount of protein and is traditionally used in treating anaemia. Further, lobia-based dishes are given for curing stomatitis and celiac disease.

Teliyan Maah

Teliyan Maah is a ceremonial dish and part of famous Kangri dham a ceremonial food of Himachal Pradesh. It is prepared using black gram.



Method of Preparation:

Black grams are washed, pressure cooked for 6-7 whistles and kept aside. Meanwhile, oil is heated in a pan, and bay leaves, cinnamon, cloves, cardamom, cumin seeds, coriander powder, asafoetida, salt, spice mix, and turmeric powder are added and cooked until a golden brown color appears. To this mixture, boiled black gram is added and cooked on low flame for 15-20 min. The dish “Teliyan Maah” is then garnished with coriander leaves and generally served hot along with rice.

Health Benefits: Black gram pulse is a good source of protein and dietary fibre. Traditionally black gram is supplemented to malnourished children and helps in curing marasmus-like diseases.

Ingredients

- Black gram - 1 cup
- Cooking oil - 1 tbsp
- Cumin seeds - 1 tbsp
- Coriander powder - 1 tbsp
- Spice mix - 1 tbsp
- Bay leaves - 1-2 no.
- Cloves - 4-5 no.
- Cinnamon stick - 1 stick
- Turmeric powder - 1/2 tsp.
- Dried red chilli – 2 no.
- Asafoetida - 1/4 tbsp.
- Salt (as per taste)
- Cardamom powder - 1 tbsp.
- Coriander leaves – 100 gm



**VEGETABLE BASED
DISHES**

Bathua Ki Sabzi

Bathua Ki Sabzi is a delectable dish prepared using *Chenopodium album*, commonly known as Wild Spinach. The dish is predominantly savored in the Kangra, Mandi, and Kullu regions of Himachal Pradesh. Typically, it is accompanied by roti (Indian flatbread) as the primary course.



Ingredients

- Bathua - 250 grams
- Green chillies - 1 no.
- Onion - 1 no.
- Cumin seeds - 1tbsp
- Ginger garlic paste - 1 tbsp
- Mustard oil - 2 tbsp
- Asafoetida - 1/4 tsp
- Coriander powder - 2 tsp
- Turmeric powder - 1/2 tsp
- Red chilli powder - 1/4 tsp
- Spice mix - 1/2 tsp
- Potato - 1 no.
- Dried mango powder - 1/2 tsp
- Salt (as per taste)

Method of Preparation: Firstly, bathua leaves are washed thoroughly, destalked, and finely chopped. Meanwhile, in a pan mustard oil is heated and the freshly chopped onions, ginger-garlic paste, asafoetida, cumin seeds, coriander powder, red chilli, and turmeric powder are added and cooked until a golden-brown color appears. To this mixture, chopped bathua leaves are added along with salt, spice mix, and dry mango powder (amchur powder) and cooked on low flame for 8-10 min. Sometimes, boiled potato dices are added during the preparation. The prepared dish is called “Bathua Ki Sabzi”.

Health Benefits: Traditionally, bathua leaves have been consumed to improve digestive power and appetite, as well as to control painful urination. These leaves possess anti-helminthic properties attributed to the presence of the bioactive molecule ascaridole. Additionally, bathua leaves are rich in essential micronutrients, particularly iron, and are used as blood purifiers to treat anemia.

Bichoo Butti Ka Saag

Stinging nettle, commonly known as Bichoo Butti, is a perennial herb that grows abundantly throughout Himachal Pradesh. This leafy vegetable is highly favored in the hills and is commonly consumed during the winter season. The younger leaves and tender shoots are preferred for cooking. Bicchu Butti Ka Saag is typically enjoyed with rice or roti (flatbread).



Ingredients

- Bichhu butti leaves - 2 cups
- Asafoetida - 1/4 tsp
- Red chilli powder - 1/4 tsp
- Ginger garlic paste - 1tbsp
- Coriander powder - 1 tsp
- Mustard oil - 4 tbsp
- Salt (as per taste)
- Onion - 2 no.
- Turmeric powder - 1 tbsp
- Cumin seeds - 1 tsp

Method of Preparation: The fresh leaves and tender shoots of bicchu butti are washed, finely chopped and set aside. The chopped leaves are boiled for 8-10 min and kept aside. For the preparation of Bicchu Butti Ka Saag, freshly chopped onions, ginger-garlic paste, asafoetida, cumin seeds, coriander powder, chilli powder, and turmeric powder are cooked in mustard oil until they turn golden brown color. To the mixture, boiled bichhu butti leaves are added, and cooked on a medium flame for 10-15 min. The prepared saag is served hot with rice or flatbread.

Health Benefits: The leaves of bichhu butti are a rich source of protein and essential micronutrients, particularly iron, vitamin C, and pro-vitamin A. Additionally, these leaves possess antioxidant and anti-inflammatory properties.

Bichoo Butti Ki Chutney

Stinging nettle locally called Bichoo Butti is a widely consumed leafy vegetable across the Himachal Pradesh. It's a seasonal delicacy and consumed as chutney or as saag and served along with roti (flatbread) or snacks such as Siddu.



Ingredients

- Bichhu butti leaves - 250 g
- Mint leaves - 12-14 no.
- Onion - 1 no.
- Spice mix - 2 tbsp
- Green chillies - 2 no.
- Salt (as per taste)
- Jaggery powder - 1 tbsp
- Lemon juice - 1 tbsp

Method of Preparation: The fresh Bichhu Butti leaves are washed thoroughly, boiled for 5 min and kept aside. The boiled Bichhu Butti leaves, fresh mint leaves, and green chillies are blended in a pestle-mortar locally called "Sil- Batu" or in a mixer-grinder to form a paste. To this mixture, chopped onions, jaggery, salt, and spice mix are added and ground to a coarse paste. Then, lemon is squeezed into the chutney served along with variety of dishes such as roti, siddu or any other snack preparations.

Health Benefits: The leaves of bichhu butti are a rich source of iron, vitamin C, and beta-carotene (pro-vitamin A), which are essential for our well-being. Additionally, the inclusion of onions and spices in the chutney not only provides a delightful flavor but also offers numerous health benefits such as anthelmintic and antiseptic properties. Traditionally used as an appetizer, this chutney has been known to aid in reducing blood pressure.

Chamba Chukh

Chamba Chukh is a traditional recipe originated in Chamba regions of Himachal Pradesh. Chukh is prepared from locally grown chitrali chillies and the dish has smoky taste and is usually

eaten as a side dish as a hot sauce or pickle with roti, rice, or snacks.



Method of Preparation: Chitrali chillies or sun-dried red chillies, garlic, and coriander powder are washed thoroughly and ground in a mixer-grinder. To this mixture, salt and peanut or mustard oil are added mixed uniformly and set aside for proper marination. Dried red chillies are used when a smoky flavour is required in the dish. The spicy dish is served along with rice, roti or snacks or as an additive during food preparation.

Health Benefits: Chillies are known to possess anti-inflammatory properties and are often provided in treating microbial infections. The bioactive molecule, capsaicin present in chillies contributes to the relief of pain and several health benefits.

Ingredients

- Chitrali chilli - 2 cups
- Garlic - 2 no.
- Coriander powder - 1/4 cup
- Mustard oil - 2 cups
- Salt (as per taste)

Elon Ki Chutney

Elon (*Senna tora*) Ki Chutney is popular in Mandi, Hamirpur, Bilaspur and Kangra districts of Himachal Pradesh. Elon's nutty flavor gives the chutney a distinct flavor. Typically, Elon Ki Chutney is served as a side dish with meals or snacks.



Method of Preparation: Firstly, elon seeds are dry roasted until they turn brown. In the meantime, in a skillet, mustard oil is heated and the juice of citrus fruit galgal is added and mixed thoroughly on a low heat. To this mixture, the roasted elon seeds are added along with green chilli, ginger, spice mix, salt and jaggery. The mixture is cooked on a low flame for 15 – 20 min. The delicious hot Elon Ki Chutney is ready to serve.

Health Benefits: Elon contains seeds have been reported to possess antibacterial and antiparasitic activities. Due to the presence of phytochemicals such as polyphenols and complex polysaccharides, elon seeds possess antidiabetic properties. Further in traditional medicine, the plant parts (leaves, seeds and flowers) are reported to be useful in treating cataracts and improve vision.

Ingredients

- Elon seeds - 50 g
- Mustard oil - 100 ml
- Lemon juice/ Galgal - 350 ml
- Green chilli - 2-3 no.
- Ginger - 20 g
- Spice mix - 1 tbsp
- Jaggery - 2 tbsp
- Salt (as per taste)

Khatti Bhujji

Khatti Bhujji also known as garyali bhujji is a seasonal delicacy prepared using the tender leaves of Colocasia (Taro) commonly known Arbi ke patta in Pahari language. It is prepared during monsoon season and usually eaten along with roti (Indian flatbread) or rice.



Ingredients

- Colocasia leaves - 250 g
- Asafoetida - 1/4 tbsp
- Red chilli - 2 no.
- Coriander powder - 1 tbsp
- Salt (as per taste)
- Onion - 2 no.
- Turmeric powder - 1/2 tbsp
- Cumin seeds - 2 tbsp
- Dried mango powder - 2 tbsp
- Citrus juice (Galgal) - 1/2 cup
- Ginger garlic paste - 1tbsp

Method of Preparation: Colocasia (Arbi) leaves are washed, chopped finely and pressure cooked for 10-15 min on a medium heat. The cooked leaves are then mashed to form a thick paste and set aside. For the preparation of bhujji, a combination of freshly chopped onions, ginger-garlic paste, asafoetida, cumin seeds, coriander powder, chilli powder, and turmeric powder is cooked over a medium heat in mustard oil until they turn golden brown. To this mixture, the thick Arbi paste and dried mango powder (amchur powder) or citrus juice are added, stirred properly and covered with a lid. The mixture is cooked on a medium flame for 10-15 min until a thick gravy like consistency is achieved. The prepared garyali bhujji is served hot with rice or roti (flatbread).

Health Benefits: Arbi leaves are rich source of polyphenols and carotenoids. The soluble dietary fibres present in the leaves improve intestinal (bowel) movements. Traditionally, the leaves are used for treating liver disorders indicating their hepatoprotective nature.

Gucchi Ki Sabzi

Gucchi or Sponge Mushroom (*Morchella esculanta*) is a wild edible mushroom commonly found in the upper cold areas of Western Himalayas. They are very expensive and is one of the traditional ingredients in the cuisines of Shimla, Kinnaur, and Kullu regions of Himachal Pradesh. It is generally served with rice or roti (Indian flatbread).



Ingredients

- Gujhi - 100 g
- Mustard oil - 1/4 cup
- Coriander powder - 1 tbsp
- Red chilli - 2 no.
- Fenugreek seeds - 1 tbsp
- Cumin seeds - 1tbsp
- Asafoetida - 1/4 tbsp
- Ginger garlic paste - 1 tbsp
- Onion - 2 no.
- Tomato - 2 no.
- Turmeric powder - 1/2 tbsp
- Coriander leaves - 50 g
- Salt (as per taste)
- Spice mix - 1 tbsp
- Bay leaf - 2 no.

Method of Preparation: Firstly, the gujhi is washed thoroughly under running water to remove soil particles. In a pan, mustard oil is heated and freshly chopped onions, ginger-garlic paste, bay leaf, fenugreek seeds, cumin seeds, asafoetida, red chilli, spice mix, salt coriander powder, and turmeric powder are added and cooked until they turn golden brown. To this mixture, tomato puree is added and cooked on low flame for a few minutes to obtain an aromatic gravy. To this gravy, gujhi along with the required amount of water is added and cooked on a medium flame for 10-15 min. The prepared “Gujhi Ki Sabzi” is then garnished with coriander leaves and generally served with rice or roti.

Health Benefits: Gujhi (the fruiting body of the mushroom) contains bioactive compounds mainly tocopherols, carotenoids, phenolic compounds, and organic acids. Traditionally, gujhi is used in treating stomach pain, blood stool, and asthmatic problems. Traditionally, it is given as a supplement, in the form of soups, to the lactating mothers and for wound healing.

Kachru

Kachru is a delicacy across Himachal Pradesh. It is a tea-time snack commonly prepared during the winter season. The main ingredient of this dish is spinach leaves.



Method of Preparation: Spinach leaves are washed thoroughly with water and finely chopped. A fresh paste of bengal gram flour containing spice mixes, salt, green chillies, coriander leaves, turmeric powder, and carom seeds is prepared. Salt is added as per the required taste. To this paste, chopped spinach leaves are added and mixed thoroughly to form a thick batter. The batter is spread over a hot pan greased with mustard oil and cooked until it turns brown and crispy on both sides. The dish is locally called as “Kachru” and is served hot along with tomato ketchup or chutney.

Health Benefits: Spinach is a great source of carotenoids (lutein and beta-carotene) and vitamin B complex and micronutrients such as iron and folate, while bengal gram is an excellent source of protein. Spinach leaves are known to possess antioxidant and hepatoprotective activities.

Ingredients

- Spinach leaves - 2 cups
- Bengal gram flour - 2 cups
- Coriander leaves - 1 cup
- Carom seeds - 1 tbsp
- Green chillies - 3-5 no.
- Turmeric powder - 1/2 tbsp
- Salt (as per taste)
- Mustard oil - 1/2 cup
- Spice mix - 2 tbsp

Kaddu Ka Khatta

Kaddu Ka Khatta is a dry curry made of pumpkin. It is a sweet and sour curry especially served in Himachali dham.

Method of Preparation: Firmly ripened pumpkin is washed, peeled, and chopped into grits.



The pumpkin grits are then pressure-cooked for 3-4 whistles and kept aside. Meanwhile, in an iron vessel, mustard oil is heated to which dried mango slices are added and cooked on a low flame for 5-6 min. To the leftover oil, mustard seeds, cloves, red chilli powder, asafoetida, fenugreek seeds, cumin seeds, coriander powder, salt, and turmeric powder are added and cooked until golden brown. The cooked pumpkin grits are then added to this mixture, mixed uniformly, and cooked on a low flame for 15-20 min. The prepared “Kaddu Ka Khatta” is then garnished with coriander leaves and generally served hot with rice or bhaturu.

Health Benefits: Pumpkin is considered good for health as it is a source of carotenoids (β -Carotene), vitamin B complex and minerals, specifically magnesium. Pumpkin is a natural diuretic and has cooling properties and traditionally used in pitta nivarana in Ayurveda. Further, pumpkin is given during gastrointestinal disorders such as loose stools, intestinal worm infestation.

Ingredients

- Pumpkin - 3 cups
- Asafoetida - 1/4 tsp
- Red chilli powder - 1/2 tsp
- Mustard seeds - 1/2 tsp
- Salt (as per taste)
- Turmeric powder - 1 tsp
- Fenugreek seeds - 1 tsp
- Cumin seeds - 1 tsp
- Coriander powder - 1 tsp
- Clove - 4 no.
- Mustard oil - 4 tsp
- Dried mango slices - 7-8 no.

Kaddu Ka Meetha

Kaddu Ka Meetha is a traditional sweet dish and is generally consumed across the state of Himachal Pradesh. This celebratory dish is served with rice or bhatura.



Method of Preparation: Fresh pumpkin is washed, peeled, and chopped into grits. The pumpkin grits are then pressure-cooked for 3-4 whistles and kept aside. Meanwhile, in an iron vessel, desi ghee is heated and the boiled pumpkin grits are added and cooked on a medium flame for 2-3 min. To this, sugar and water are added and cooked until a one string consistency is achieved. To this sugary preparation milk and cardamom powder are added and boiled on a low flame for 4-5 min. The dish is then garnished with dry fruits and coconut powder.

Health Benefits: Pumpkin is considered good for health as it is a source of carotenoids (β -Carotene), vitamin B complex and minerals, specifically magnesium. Pumpkin is a natural diuretic and has cooling properties and traditionally used in pitta nivarana in Ayurveda. Further, pumpkin is given during gastrointestinal disorders such as loose stools, intestinal worm infestation.

Ingredients

- Pumpkin - 1/2 cup
- Ghee - 4 tbsp
- Sugar - 200 g
- Milk - 1/2 cup
- Dry fruits (Almond, cashew, walnuts) - 1/2 cup
- Coconut powder - 3 tbsp
- Cardamom powder - 1 tbsp
- Water - 2 cups

Kulfa Ka Saag

Kulfa Ka Saag also known as Luni ka saag is prepared using Purslane leaves (*Portulaca oleracea*). This green leafy vegetable is a delicacy in the Mandi and Kangra districts of Himachal Pradesh and is



generally consumed in the summer season. This dish is generally served with roti (Indian flatbread) or rice.

Method of Preparation: Firstly, the purslane leaves are washed thoroughly, finely chopped and kept aside. Meanwhile, in a pan, mustard oil is heated and potatoes are fried until they turn golden brown. The fried potatoes are kept aside. To the leftover oil, freshly chopped onions, ginger-garlic paste, asafoetida, urad dal, red chilli, salt, cumin seeds, coriander powder, and turmeric powder are added and cooked for a 2 – 3 min. To this mixture, pureed tomato is added and cooked on low flame for a few minutes to obtain a gravy. To the gravy, Kulfa leaves along with fried potatoes are added and cooked on a medium flame for 10 – 12 min. Ghee is added to the dish and is generally served hot with rice or roti.

Ingredients

- Kulfa - 3-4 bunches
- Mustard oil - 2 tbsp
- Potato - 1 no.
- Cumin seeds - 1/2 tbsp
- Split urad dal - 1 tbsp
- Asafoetida - 1/4 tbsp
- Coriander powder - 1 tbsp
- Onion - 1 no.
- Ginger-garlic paste - 1 tbsp
- Tomato - 1 no.
- Salt (as per taste)
- Turmeric powder - 1/2 tbsp
- Red chili powder - 1/2 tbsp
- Ghee - 2 tbsp



Kulfa Ka Saag

Health Benefits: Kulfa leaves are one of the few vegetables that's rich in omega-3-fatty acids that support cardiac health. The carotenoids (beta-carotene) present in the leaves are a potent antioxidant and offer wide range of health benefits. The abundance of essential micronutrients such as calcium and magnesium make them an ideal food for osteoporosis. Traditional and folk medicine in Himalayas use kulfa leaf as antipyretic, diuretic, antidysenteric, and anti-helminthic. Further, the decoction of the kulfa leaf is beneficial in treating gout and headache. It also helps to control excessive menstrual flow and stomach ache. A mixture of plant juice and honey is used for curing cough.

Lungru Ki Sabzi

Fiddlehead fern locally called as Lungru, Lingad, Lingri and Kasrod is one of the traditional dishes across Indian Himalayan Region (both Eastern and Western Himalayas). In Himachal



Pradesh, the edible fern is extensively consumed in Kangra, Mandi, Shimla, and Chamba regions during monsoon season. Dishes such as Lungru ki sabji (dry curry) and Lungru ka achar (pickle) are generally prepared and consumed with roti (Indian flatbread) or rice.

Method of Preparation: Lungru stalks are washed, peeled, and chopped into grits. The grits are boiled in water for 10-12 minutes and the excess water is drained and kept aside. For the preparation of Lungru Ki Sabzi, oil is heated in a pan and freshly chopped onions, ginger-garlic paste, green chilli, spice mix, asafoetida, cumin seeds, coriander powder, and turmeric powder are added and cooked until they turn golden brown. To this mixture, pureed tomato is added and cooked on low heat for a few minutes to obtain a thick gravy. To the gravy, boiled lungru pieces are added and cooked on a low flame for a close to 10 minutes. Finally, salt and curd are added to the gravy and cooked for further few minutes to obtain a delicious lungru ki sabzi.

Ingredients

- Lungru - 500 g
- Onion - 2 no.
- Tomato - 2 no.
- Ginger garlic paste - 1 tbsp
- Green chili - 2 no.
- Cumin seeds - 1 tbsp
- Asafoetida - 1/4 tbsp
- Turmeric powder - 1/4 tbsp
- Coriander powder - 1 tbsp
- Spice mix - 1/2 tbsp
- Salt (as per taste)
- Curd - 1/4 Cup
- Mustard oil - 3 tbsp

Lungru Ki Sabzi

Health Benefits: Lungru is rich in antioxidants like vitamin C and beta carotene. They contain anti-inflammatory omega-6 fatty acid, di-homo gamma linolenic acid. Traditionally, lungru is used by pregnant women as protection against difficult childbirth. Leaf paste is used externally in the wounded place to cure bone fractures.



Patrodu

Patrodu is a tea-time snack commonly prepared during the monsoon season and are generally eaten along with roti (Indian flat bread). The main ingredient of the dish is Taro (Arbi) leaves.



Ingredients

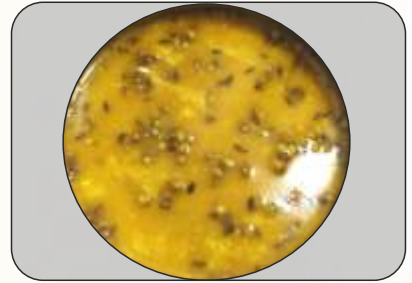
- Arbi leaves (3-4 leaves for one time use)
- Bengal Gram Flour - 1 cup
- Salt (as per taste)
- Red chilli powder - 1/2 tbsp
- Cumin powder - 1 tbsp
- Turmeric powder – 1/2 tbsp
- Coriander powder - 2 tbsp
- Carom seed - 1/2 tbsp
- Mustard oil - 1/4 cup
- Spice mix - 1 tbsp

Method of Preparation: Fresh Arbi leaves are washed thoroughly, destalked and kept aside. A fresh paste of bengal gram flour containing spice mixes, salt, and red chilli powder (as per the taste) is prepared and applied uniformly over the washed Arbi leaves. 4-5 leaves applied with the bengal gram paste are rolled into compact bundles. The leaf bundles are then steamed for 20-30 min in a pressure cooker until 3-4 whistles. The steamed leaves are then cooled and cut into thin slices. The sliced portions are then fried on a pan using mustard oil until the slices turn brown and crispy on both sides. The dish is served hot along with tomato ketchup or chutney. The steamed leaf bundles can be stored in the refrigerator up to one week. The fried slices are to be consumed within a day.

Health Benefits: Arbi leaves are rich source of polyphenols and carotenoids. The soluble dietary fibres present in the leaves improve intestinal (bowel) movements. Traditionally, the leaves are used for treating liver disorders indicating their hepatoprotective nature.

Redu

Redu is a delicacy across Himachal Pradesh. The main ingredient for the preparation of redu is curd (dahi) or lassi (butter milk). It is generally consumed with makki ki roti (flatbread of maize flour).



Ingredients

- Curd (one medium bowl)
- Green garlic - 1-2 no.
- Onion - 1 no.
- Green chilli - 2-3 no.
- Cumin seeds - 1/2 tbsp
- Coriander seeds - 1/2 tbsp
- Fenugreek seed - 1/4 tbsp
- Turmeric powder - 1/2 tbsp
- Asafoetida – 1/4 tbsp
- Mustard oil – 3 tbsp
- Salt (as per taste)
- Spice mix – 1 tbsp

Method of Preparation: Oil is heated in a pan and freshly chopped onion, green chillies, asafoetida, and turmeric powder along with spice mix, cumin seeds, coriander seeds, fenugreek seeds are added and cooked until they turn golden brown. To this, curd is added and cooked on a low flame and stirred continuously for 4-5 min. Now, salt along with green garlic is added and mixed uniformly. The dish locally called redu is generally served with makki ki roti or chapatti.

Health Benefits: Buttermilk or curd in redu has positive benefits such as cholesterol reduction, blood pressure reduction, antiviral effects, and anticancer. Proteins in buttermilk are a rich source of natural antioxidants. Curd contains lactic acid bacteria and is rich in the niche of probiotics, boosts immunity, and improves stamina.

Sarson Ka Saag

Ingredients

- Mustard leaves – 300 g
- Spinach and Fenugreek leaves - 250 g each
- Mustard oil - 4 tbsp
- Green chilli - 2no.
- Onion - 1no.
- Ginger garlic paste – 1 tbsp
- Tomato - 2 no.
- Fenugreek seeds - 1/2 tbsp
- Asafoetida – 1/4 tbsp
- Cumin seeds – 1 tbsp
- Turmeric powder – 1/2 tbsp
- Coriander powder - 2 tbsp
- Salt (as per taste)
- Maize flour - 2 tbsp
- Ghee - 3 tbsp
- Spice mix – 1 tbsp
- Rice - 1 cup

Sarson Ka Saag is one of the most famous dishes of Punjab and Himachal Pradesh. It is prepared using mustard greens (leaves) along with spinach or fenugreek leaves. This dish is usually served with Makki ki roti (flatbread from maize flour) and consumed during the winter season.



Method of Preparation: Mustard, spinach, and fenugreek leaves are washed and finely chopped. The chopped leaves along with rice along with appropriate quantity of water are pressure-cooked for 6-7 whistles. The preparation is cooled at room temperature and pureed in a blender and set aside. Now, in a pan mustard oil is heated, and freshly chopped onions, ginger-garlic paste, spice mix, cumin seeds, asafoetida, coriander powder, and turmeric powder are added and cooked until they turn golden brown. To this mixture, fine maize flour and pureed tomato are added and cooked on a low flame for further few minutes to obtain a thick gravy. To the gravy, the steamed saag (leafy vegetable) puree is added and tempered at a low flame for 10-12 min. Ghee or butter is added to the dish and served hot along with roti or rice.

Health benefits: Mustard leaves are a great source of antioxidants and contain many bioactive compounds that have health-promotional and disease-prevention properties. Mustard leaves are a good source of vitamin C, phenolics, flavonoids, carotenes, lutein, and zeaxanthin.

Tardi

Tardi also known as kandmool is a wild root vegetable grown in the districts of Mandi, Kangra, Hamirpur, and Bilaspur regions of Himachal Pradesh. It is a climber plant that grows during the rainy season and becomes edible during the spring season (February -April).



Ingredients

- Tardi root – 1 cup
- Onion – 1 no.
- Tomato – 1 no.
- Ginger garlic paste – 1 tbsp
- Mustard oil – 1 cup
- Cumin seeds – 1 tbsp
- Turmeric powder- 1/2 tbsp
- Red chilli – 2 no.
- Coriander powder- 2 tbsp
- Salt (as per taste)
- Spice mix – 1 tbsp

Method of Preparation: The fresh Tardi is washed thoroughly, chopped into small pieces, and kept aside. Meanwhile, in a pan, mustard oil is heated freshly chopped onions, ginger-garlic paste, asafoetida, red chilli, salt, cumin seeds, coriander powder, and turmeric powder are added and cooked for a few minutes until they turn golden brown. To this mixture, pureed tomato is added and cooked on low flame for a few more minutes to obtain a gravy. To the gravy, chopped tardi is added and pressure cooked for 3-4 whistles.

Health Benefits: Tardi has a medicinal value they are used externally to treat wounds, sores, boils, and inflammations. These are applied as dressings for treating dermal parasitic and fungal infections. These are crushed and mixed with palm oil, and massaged onto areas of rheumatism, and for troubles of the breasts. Traditionally, dried and pounded tubers are used in treatment of ulcers, piles, dysentery and syphilis.



**FRUIT BASED
DISHES**

Dheu Ka Achar

Dheu also known as Monkey Jackfruit, is a fruit traditionally used for making pickles. Dheu pickle is a delightful blend of sweet, sour, and tangy flavors, commonly enjoyed in the states of Himachal Pradesh and Punjab.



Method of Preparation: Fresh dheu fruit is cleaned and chopped into small pieces. Meanwhile, in a pan, mustard oil is heated and spice mix, coriander seeds, red chilli powder, black pepper, turmeric powder, salt, fenugreek seeds, fennel seeds, caraway seeds and cumin seeds are cooked on low flame. To this mixture, lime juice or vinegar is added and cooked on low flame for 4-5 min. Now, the chopped dheu fruit pieces are added to the mixture and uniformly mixed. The prepared Dheu Ka Achar is then transferred to the clean glass vessel.

Health Benefits: The fruit extract has been found to effectively reduce hair loss and alleviate skin diseases. It stimulates hair growth and helps prevent skin darkening. Moreover, these fruits are commonly used in the treatment of arthritic swelling. They are rich in polyphenols, vitamin C, and beta-carotene, which further highlight their antioxidant properties.

Ingredients

- Raw mangoes – 3 no.
- Onion – 1 no.
- Coriander leaves – 50 g
- Salt (as per taste)
- Pepper – 1/2 tbsp
- Sugar – 2 tbsp
- Spice mix – 1 tbsp
- Green chilli – 2-3 no.

Chhachha

Raw mangoes are commonly used to make a local chutney called "Chhachha," which is typically enjoyed as a side dish with meals.



Method of Preparation: The raw mangoes are first washed thoroughly, then peeled and chopped into small pieces. Next, the chopped onion, mango pieces, and coriander leaves are combined with spice mix, consisting green chilli, salt, sugar, and pepper, according to taste preferences. This mixture is then blended together using a pestle and mortar, commonly referred to as a "Sil-batta," or a mixer grinder. The resulting dish is now ready to be served as a side dish with a meal or alongside pakoras (fritters).

Health Benefits: Mango peel and flesh are rich sources of dietary fibers and bioactive compounds, including carotenoids, vitamin C, tocopherols, and mangiferin. The seasoned spices used in the preparation of chhachha aid in the activation of salivary glands. Traditionally, this dish is considered a coolant.

Ingredients

- Raw mangoes – 3 no.
- Onion – 1 no.
- Coriander leaves – 50 g
- Salt (as per taste)
- Pepper – 1/2 tbs
- Sugar – 2 tbs
- Spice mix – 1 tbs
- Green chilli – 2-3 no.

Aam Ka Meetha

Aam Ka Meetha is a sweet dish prepared from firmly ripened mangoes and is generally consumed across the state of Himachal Pradesh during the months between May and July. This celebratory dish is served with rice or bhaturu.



Ingredients

- Mangoes - 4 no.
- Ghee - 1/4 cup
- Sugar/Jaggery - 2 cups
- Milk - 20 ml (optional)
- Dry fruits (Almond, cashew, walnuts) - 1/2 cup
- Coconut powder - 2 tbsp
- Cardamom powder - 1/2 tbsp
- Water - 1 cup

Method of Preparation: Fresh, fully ripened mangoes are first washed and peeled. They are then set aside. In a pan, ghee is heated and the peeled mangoes are added and cooked over medium heat for 2-3 min. Next, sugar or jaggery and water are added to the pan and cooked until a thread-like consistency is achieved. Occasionally, milk is included in this sweet mixture to create a creamy texture. A pinch of cardamom powder is then added, and the dish is cooked for an additional 3-4 min over medium heat. Additional sugar can be added according to taste preferences and to reduce the tartness of the mango pulp. The finished dish is known locally as "Aam Ka Meetha" and is finally garnished with dried fruits and coconut powder.

Health Benefits: Mango pulp is an excellent source of carotenoids and flavonoids, which are known for their powerful antioxidant properties. Additionally, the soluble fiber found in mango pulp has been proven to enhance gastrointestinal health. Mangiferin, a polyphenol derived from mango, has been associated with potent free radical inhibition abilities, further highlighting its antioxidant potential.

Ambua

Ambua is a delectable sweet and sour dish made from perfectly ripe mangoes. It is a popular delicacy enjoyed throughout the state of Himachal Pradesh during the months between May and July. This delightful dish is traditionally served with rice or bhatura, adding to the festive atmosphere.



Ingredients

- Mangoes - 4 no.
- Asafoetida - 1/4 tbsp
- Red chilli powder - 1/2 tbsp
- Mustard seeds - 1/2 tbsp
- Turmeric powder - 1/2 tbsp
- Fenugreek seeds - 1/2 tbsp.
- Cumin seeds - 1 tbsp
- Coriander powder - 2 tbsp
- Salt (as per taste)
- Ginger garlic paste - 1/2 tbsp
- Mustard oil - 3 tbsp

Method of Preparation: Fresh, fully ripened mangoes are washed, peeled, and set aside. In the meantime, oil is heated in the pan, to which mustard seeds, asafoetida, fenugreek seeds, red chilli powder, cumin seeds, coriander powder, salt, turmeric powder, and ginger-garlic paste are added and cooked until golden brown. The peeled mangoes are then added to this mixture, and cooked on a low flame for 15-20 min. The prepared dish is locally called “Ambua” and is generally served hot with rice or bhatura.

Health Benefits: Mango pulp is an excellent source of carotenoids and flavonoids, which are known for their powerful antioxidant properties. Additionally, the soluble fiber found in mango pulp has been proven to enhance gastrointestinal health. Mangiferin, a polyphenol derived from mango, has been associated with potent free radical inhibition abilities, further highlighting its antioxidant potential.

Galgal

Galgal or Dudunj is a citrus fruit that belongs to the lemon and orange family and is a plentiful source of Vitamin C. Winter is eagerly anticipated by the people of Himachal Pradesh, as they gather under the sun to savor this local daytime snack known as "galgal or dudunj".



Method of Preparation: For the preparation of galgal or dudunj, a fresh paste of coriander and spinach leaves are prepared by adding spice mix, salt, jaggery, and green chillies according to the taste requirements. The paste is prepared by grinding the aforesaid ingredients using a traditional pestle and mortar, known as a "Sil-batta". Meanwhile, the galgal or dudunj fruit is washed thoroughly and chopped into small pieces mixed with prepared spicy paste. To add a smoky flavor, a piece of burning charcoal dipped in hot mustard oil is placed inside the galgal preparation and covered with a lid for 2-3 min. The mouthwatering snack is now ready to be served.

Health Benefits: Galgal is a highly nutritious fruit that is abundant in vitamin C, offering a multiple health benefits such as antioxidant and immunoboosting properties. Moreover, galgal is also packed with folate, which is crucial for maintaining neural health. Additionally, this fruit is a valuable source of essential micronutrients like potassium and vitamin B complex.

Ingredients

- Coriander leaves - 100 g
- Spinach leaves - 1 cup
- Green chillies - 3-4 no.
- Salt (as per taste)
- Spice mix - 1 tbsp
- Sugar or jaggery - 2-3 tbsp
- Galgal/ Dudunj - 1 no.
- Charcoal

Lasura Ki Sabzi

Lasura or lasyade, *Sebesten plum* is a wild edible fruit commonly used in the preparation of sabzi (dry curry). Lasura is traditionally consumed across Himachal Pradesh between May and July months.



Ingredients

- Lasura - 2 cups
- Tamarind - 100 g
- Raw mango - 1 no.
- Cumin seeds - 1 tbsp
- Dried mango powder - 3 tbsp
- Jaggery - 1/2 cup
- Spice mix - 1 tbsp
- Fenugreek seeds - 1 tbsp
- Turmeric powder - 1/2 tbsp
- Red chilli powder - 1/2 tbsp
- Asafoetida - 1/4 tbsp
- Mustard oil - 1/4 cup
- Coriander powder - 2 tbsp
- Salt (as per taste)

Method of Preparation: The lasura fruits are first washed, then chopped into two pieces, and the seeds are removed. Next, the chopped pieces are soaked in tamarind water along with dried mango pieces and thoroughly washed in running water. Meanwhile, oil is heated in a pressure cooker, and spice mix, cumin seeds, coriander powder, asafoetida, fenugreek seeds, dried mango powder, jaggery, salt and turmeric powder are added and sauteed on a low flame for 2 minutes. To the sauteed spice mix, chopped pieces of lasura fruit are added and pressure-cooked for 1-2 whistles. The prepared Lasura Ki Sabzi is generally consumed with bhatooru or rice

Health Benefits: Lasura are rich in vitamins and polyphenols and traditionally recommended for hair growth. Lasura fruit is very effective and used as a local remedy against cough, cold, and various other ailments connected with indigestion and throat problems. It has medicinal properties and acts as an anthelmintic, diuretic, demulcent, and expectorant.

Nashpatti Ka Khatta

Pear is one of the most well-known fruits grown in Shimla, Mandi, and Kangra regions of Himachal Pradesh districts. The dish is extensively prepared during the harvesting season between May and July.



In the district Mandi, “Nashpatti Ka Khatta” is a widely consumed dish with rice.

Ingredients

- Pears - 6-7 no.
- Ginger garlic paste - 1/2 tbsp
- Salt (as per taste)
- Dried mango powder - 3 tbsp
- Rice flour - 1tbsp
- Jaggery - 1 slice
- Water - 2 cup
- Mustard oil - 3 tbsp
- Spice mix - 1 tbsp
- Coriander powder - 1 tbsp
- Red chilli - 2 no.
- Turmeric powder - 1/2 tbsp

Method of Preparation: Fresh pears are washed, peeled, and chopped into small slices and kept aside. In the meantime, oil is heated in the pan and the spice mix, coriander powder, red chillies, turmeric powder, salt, ginger-garlic paste are added and cooked until they turn golden brown. To the mixture, pear slices, rice flour, amchur powder, and a slice of jaggery are added and cooked for 5-6 min on a low flame. Now, the required amount of water is added to the mixture and cooked till it comes to boil. Nashpatti Ka Khatta is generally consumed with rice.

Health Benefits: Pears are an excellent source of fiber and vitamins, particularly vitamin A and vitamin C. The pectin polysaccharide found in the pulp has been proven to regulate cholesterol levels, thereby promoting cardiovascular health.

Seb Ka Meetha

Himachal, known as "**The Apple Garden of India**," is renowned for its crisp and delectable apples. Apple orchards dot the hills of Himachal, with the main crop production occurring in Shimla, Kullu, Sirmour, Mandi, Chamba, and Kinnaur regions. The apple harvesting season spans from July to October. This mouthwatering fruit is used to prepare a variety of sour and sweet dishes, including popular favorites like apple jam, seb ki sabji, and seb ka meetha.



Ingredients

- Apple - 4 no.
- Ghee - 2 tbsp
- Sugar - 1- 1/2 cup
- Milk - 20 ml
- Dry fruits (Almond, cashew, walnuts) – 1/2 cup
- Coconut powder - 2 tbsp
- Cardamom powder - 1/2 tbsp
- Water - 1 cup

Method of Preparation: Fresh apples are washed thoroughly, peeled and chopped into small pieces, and kept aside. Meanwhile, ghee is heated in a pan, and the chopped pieces of apples are added and cooked on a medium flame for 6-7 min. To these cooked apples, sugar and water are added and cooked till a syrup-like consistency is obtained. To this slurry, milk and cardamom powder are added and boiled on a low flame for 2-3 min. The prepared dish is then garnished with dry fruits and coconut powder. The sweet dish is ready to serve with roti or rice.

Health Benefits: Apples are an excellent source of polyphenols and possess strong antioxidant properties. The pectin polysaccharide and other soluble fibers found in apples have detoxification potential and exhibit anti-diabetic and cholesterol-reducing properties. Additionally, apples are attributed with strong anti-inflammatory benefits.

Trayambal Ki Sabzi

Trayambal or Wild Fig is a popular wild edible fruit consumed around Mandi, Hamirpur, Kangra, and Bilaspur regions. They are known under several local names such as Timal or Timbal or Tiryamal, or Tremal. The fruits are available during June and July months. Trayambal ki sabzi is usually served with rice or roti (flatbread).



Method of Preparation: Raw trayambal fruits are washed thoroughly, chopped into slices, and boiled for 10-15 min. The excess water is drained and boiled trayambal is mashed with a ladle and kept aside. Meanwhile, in a pan mustard oil is heated and freshly chopped onions, ginger-garlic paste, cumin seeds, coriander powder, red chillies, and turmeric powder are cooked until they turn golden brown. Now, the mashed trayambal fruit along with salt and dry mango powder (amchur) are added as per the taste and cooked on a low flame for 12-15 min. The dish is generally served with rice or flatbread.

Health Benefits: Trayambal fruit is an excellent source of vitamin C, and minerals (Ca and K) and helps in detoxification, iron absorption, wound healing, collagen biosynthesis, and preventing the blood vessels from clotting. The fresh is traditionally used in treating hemorrhoids, and other tumor treatment. In folk medicine, Trayambal fruits are recommended for skin infections, and stomach disorders.

Ingredients

- Trayambal fruit - 2 cups
- Mustard oil - 3 tbsp
- Cumin seeds - 1 tbsp
- Red chillies - 2-3 no.
- Turmeric powder - 1/2 tbsp
- Onion - 1 no.
- Ginger garlic paste - 1/2 tbsp
- Dry mango powder - 1 tbsp

A close-up photograph of several pink flowers, likely azaleas, with water droplets on their petals. The flowers are in various stages of bloom, showing their intricate petal structures and stamens. The background is a soft, out-of-focus green, suggesting foliage. The overall image has a slightly faded, ethereal quality.

**FLOWER BASED
DISHES**

Buransh Ka Sharbat

The delicious Buransh Ka Sharbat is a popular specialty in the Himalayan Mountain States of Himachal, Uttarakhand, and North-eastern India. It is made from the naturally grown



Himalayan Rhododendron flowers, commonly known as "Buransh Ke Phool," and enjoyed throughout Himachal. These flowers bloom in the middle and upper regions of the Himalayas and are harvested from December to March.

Method of Preparation: Firstly, the water is boiled in a pan. To this, sugar is added and boiled till a slurry-like consistency is obtained. Now, rhododendron flower petals are added to the slurry and boiled on a low flame for 5-10 min to obtain a dark red colour concentrate. The concentrate is then filtered through muslin cloth and citric acid is added. For the preparation of Buransh Ka Sharbat, the concentrate is diluted with water and refrigerated. The concentrate can be stored in the refrigerator for up to 3 months and the sharbat should be consumed within a day.

Ingredients

- Buransh ke phool - 50 g
- Sugar - 50 g
- Citric acid - 0.1%
- Water - 200 ml

Buransh Ki Chutney

The delicious Rhododendron Chutney is a beloved local delicacy in the Himalayan Mountain States of Himachal, Uttarakhand, and North-eastern India. It is made from the naturally-grown Himalayan Rhododendron flowers, commonly referred to as "Buransh ke phool," and enjoyed throughout Himachal. These flowers bloom in the middle and higher regions of the Himalayas and are harvested from December to March.



Ingredients

- Buransh ke phool - 250 g
- Mint leaves - 12-14 leaves
- Onion - 1 no.
- Yogurt - 2 tbsp
- Spice mix - 1/2 tbsp
- Green chillies - 2 no.
- Salt (as per taste)
- Jaggery powder - 1 tbsp
- Black pepper - 1/4 tbsp
- Lemon juice - 1 tbsp

Method of Preparation: Buransh flower petals, mint leaves, and green chillies are carefully washed and then blended together in a pestle-mortar known locally as "Sil-Batu" or in a mixer-grinder until a paste is formed. In this mixture, onion, jaggery, salt, spice mix, and yogurt are also added and ground until a coarse paste is achieved. Finally, the chutney is completed by squeezing lemon juice into it, and it is now ready to be served.

Health Benefits: Rhododendron flowers are a rich source of antioxidants, particularly anthocyanins. The primary anthocyanin found in these flowers is cyanidin-3-O-glucoside, which is known for its anti-inflammatory, hepatoprotective, and cooling properties. In traditional practices, the flower and stem are used for skin conditioning, while a paste made from the flowers is used to alleviate headaches and gastrointestinal issues like diarrhea.

Karyale Ka Achar

Kachnar (*Bauhinia variegata*) is a unique edible flower found in the Western Himalayas. Locally known as Karyale, it is a popular seasonal food widely enjoyed by the Himachali people. Various dishes are prepared using this flower, including kachnar pickle, sabzi, and kachru. One particularly famous dish is Kayale ka achar, which is made from Kachnar flower buds.



Ingredients

- Kachnar buds - 2 cups
- Mustard oil - 1 cup
- Red chilli powder - 1tbsp
- Turmeric powder - 1/2 tbsp
- Fenugreek seeds - 2 tbsp
- Coriander seeds - 1 tbsp
- Jeera powder - 1 tbsp
- Fennel seeds - 1 tbsp
- Black pepper - 1/4 tbsp
- Cumin seeds - 1 tbsp
- Lime juice/ vinegar - 1/4 cup
- Salt (as per taste)

Method of Preparation: Kachnar buds are first cleaned thoroughly and then boiled in water for 7-8 min until they soften. After boiling, the excess water is drained and the buds are spread on a muslin cloth. They are then left to dry under shade for 1 to 2 days.

Preparation of Achar: The pan is heated and mustard oil is added. Then, the spice mixture consisting of coriander seeds, red chillies, black pepper, turmeric powder, salt, fenugreek seeds, fennel seeds, and cumin seeds is added to the oil. Lime juice or vinegar is also added to the mixture. The mixture is cooked on low flame for 4-5 min. Next, the dried buds are added and mixed evenly. Finally, the prepared Karyale Ka Achar is transferred to a clean glass vessel.

Karyale Ka Achar

Health Benefits: Kachnar buds are abundant in antioxidants, particularly polyphenols. The primary component of these polyphenols is quercetin, a highly bioactive flavonoid. In traditional medicine, Kachnar flowers and buds have been utilized to address conditions such as obesity, dysentery, excessive gastric secretion, and headaches associated with malaria fever.



Sunane Ki Chutney

Sunane or Sehjan, also known as moringa flower buds, are traditionally consumed in the Mandi, Kangra, and Hamirpur districts of Himachal Pradesh to prepare chutney or pickles.



Sunane Ki Chutney is a nutritious delicacy consumed as a side dish with chapati.

Method of Preparation: Sunane Ki Chutney is made by washing and crushing moringa buds, mint leaves, and green chillies in a pestle-mortar known as "Sil-Batu" or in a mixer-grinder to create a paste. Lemon juice, spice mix, black pepper and salt are then added to the mixture, and the chutney is ready to be served.

Health Benefits: The Moringa flower is well known for its abundant nutrients, especially polyphenols and amino acids. These nutrients possess powerful antioxidant, anti-inflammatory, and anti-microbial properties.

Ingredients

- Sunane or Moringa buds - 1/2 cup
- Mint leaves - 12-14 leaves
- Spice mix - 1/2 tbsp
- Green chillies - 2 no.
- Salt (as per taste)
- Black pepper - 1/4 tbsp
- Lemon juice - 1 tbsp

A top-down view of a white ceramic bowl filled with a thick, white, creamy substance, likely a fermented food like yogurt or kefir. The bowl is garnished with several small, fresh green leaves, possibly basil or dill, scattered across the surface. The bowl sits on a white lace tablecloth with a dark, patterned background. The text "FERMENTED FOODS & BEVERAGES" is overlaid in the center in a bold, red, sans-serif font.

**FERMENTED FOODS
&
BEVERAGES**

Angoori

Angoori or Kinnauri is a traditional fermented alcoholic beverage made from grapes. It is a renowned and beloved drink in the Kinnaur district of Himachal Pradesh. This special libation holds great significance

and is often enjoyed by the tribal community of Kinnaur, both as a regular indulgence and during religious ceremonies.

Method of Preparation: Red or green grapes are crushed in a specially made vessel called Lamthu and mixed with sugar, water, and Phab, a traditional fermentation starter. The mixture is left to ferment for 12-15 days in warm conditions. The fermented liquid is then filtered and distilled using a special apparatus called Jochok, or it can undergo long-term underground fermentation in a vessel called Bragdum. The resulting distillate is known as Angoori. Freshly prepared angoori can be consumed immediately or stored in an airtight bottle for up to 10-12 months.

Health Benefits: Grapes are rich sources of antioxidants such as polyphenols specifically anthocyanidins. These phytochemicals impart cholesterol-reducing, anti-obesity, and cardio-protection properties to grapes.



Ingredients

- Grapes (Red/Green)
- Sugar
- Water
- Phab (inoculum)

Chhang

Chhang/Lugri/Jhol is a traditional rice beer that originates from Himachal Pradesh and is primarily enjoyed in the Lahul-Spiti, Kullu, Kangra and Kinnaur districts. It is prepared using the solid-state fermentation technique. Chhang/Lugri is a well-liked fermented drink that is served during the traditional Lahulis New Year celebration called



Phagli. This delightful beverage is prepared in a vessel made of metal or stone, known as a Uthi. Additionally, chhang is often sprinkled on guests as a shagun during religious ceremonies.

Method of Preparation: Rice or barley grains are naturally fermented in a vessel by soaking them in water for 8-10 hr in a 1:1 ratio. After draining the excess water, the swollen grains are cooked in an open vessel for 30 minutes. Once cooked, the rice is allowed to cool to room temperature and spread over a mat. Phab, a traditional fermentation inoculum, is then added to the rice and mixed thoroughly. The mixture is then left undisturbed for 4-5 days in warm conditions to ferment. As a result, the mixture transforms into a semi-solid sticky substance.

Ingredients

- Rice/Barley
- Water
- Phab (traditional fermentation inoculum)



Chhang

The entire mixture is then transferred to a vessel called 'Uthi' and stored in an air-tight condition for another 4-5 days. During this time, a fermented liquid is formed along with the semi-solid mass, giving it a distinct fermented aroma. Finally, the mixture is gently filtered, and the resulting filtrate is known as Chhang or Rice Beer. The freshly prepared chhang can be consumed freshly or stored in an air-tight bottle for up to 6 to 7 months.

Health Benefits: Traditionally, chhang or rice beer is recommended for individuals suffering from a cold. Chhang contains health-promoting natural microflora like *Candida caco*i and *Saccharomyces cerevisiae*.

Jhol

Jhol is a traditional beverage primarily prepared in the Mandi, Hamirpur and Kangra region of Himachal Pradesh. It is commonly consumed during the summer to maintain proper fluid balance in the body.



Method of Preparation: Rice, maize, and soybean grains are thoroughly washed and added to chaa or buttermilk and cooked on low heat for nearly 1 hour until it reaches a semi-solid consistency. The resulting beverage is locally known as Jhol and is typically served hot with traditionally prepared salt consisting of a mixture of spices and condiments like basil leaves, chilli, black pepper, and cumin seeds. Alternatively, in some places, besan flour and traditional salt are added to the buttermilk and stirred on low heat till a bright yellow color is achieved.

Health Benefits: Buttermilk is commonly used to treat ulcers, diabetes, and coronary vascular disorders. It is particularly beneficial for individuals with lactose intolerance, as the microorganisms present in buttermilk can metabolize lactose into easily digestible lactic acid. Additionally, when consumed with rice, buttermilk can alleviate stomach pain, colds, and coughs. Moreover, it has a long-standing tradition of being used to address indigestion issues.

Ingredients

- Buttermilk - 1lt
- Rice - 200 g
- Maize grains - 100 g
- Bengal gram flour - 100 g
- Soyabean - 50 g
- Traditional salt (Common salt, basil leaves, chilli, black pepper, cumin seeds)

Namkeen Chai

Namkeen Chai also known as Po Cha, is a typical beverage originating from the cold desert regions of Lahaul & Spiti, Kinnaur, and Chamba districts of Himachal Pradesh. This beverage offers a one-of-a-kind flavor and has a refreshing feel with health-promoting properties



Method of Preparation: Arjun tree bark is boiled in water over medium heat. To this brew, tea leaves and milk are then added and boiled on low heat for 4-5 min. Next, butter and salt are added and boiled for another couple of minutes, filtered, and served hot.

Health Benefits: Drinking namkeen tea is beneficial for rejuvenating the body after intense physical exertion at work. This tea serves as an excellent source of energy and warmth particularly for individuals residing in cold regions during winter, thanks to the inclusion of butter in its preparation. Further use of Arjun tree bark offers immunity-boosting property to the Po Cha.

Ingredients

- Tea powder - 2 tbsp
- Arjun tree bark powder - 1 tbsp
- Salt - 1/3 tbsp
- Butter - 1/2 tbsp
- Milk - 1/2 cup
- Water - 1 cup

Sura

Sura is a traditional millet-based naturally fermented alcoholic beverage prepared by tribal communities of Kullu and Mandi districts of Himachal Pradesh. It is made up of finger millet locally known as Kodra and inocula known as Dhaeli which consists of a blend of herbal mix. This popular beverage is generally served during local festivals like Shoeri Saja and in marriages.



Method of Preparation:

Preparation of Dhaeli: Dhaeli is prepared by blending a mixture of herbs with roasted barley flour (sattu). The barley is kneaded in water along with the herbal mix to form a hard dough and then dried under shade. The drying technique is a unique practice where the dough is placed in between the bhaang leaves (*Cannabis sativa*) for over a month.

Preparation of Sura: Finger millet flour is mixed with water and kneaded to create a soft, dough. Additionally, flours of wheat or buckwheat or barley are added along with finger millet in the preparation of dough. The dough is then left to naturally ferment for 10 days in warm conditions. Once fermented, the dough turns into a slurry-like substance.

Ingredients

- Finger Millet Flour
- Roasted barley flour (sattu)
- Water
- Dhaeli (inocula containing a blend of herbs)
- Bhaang leaves
- Wheat or Barley or Buckwheat

Sura

This slurry is spread onto a hot pan and partially cooked, resulting in a half-baked pancake. The pancake is then cut into small pieces and allowed to cool. These small pieces are combined with Dhaeli and water in an earthen pot at a ratio of 1:10. The mixture is then left undisturbed for 8-10 days to undergo fermentation. After this period, the mixture is gently filtered, and the resulting filtrate is called Sura. The freshly prepared sura can be consumed immediately or stored in an air-tight bottle for up to 4-5 months.

Health Benefits: Finger millet is a rich source of micronutrients (calcium, iron), dietary fibre, and polyphenols. Fermentation of finger millet has been found to increase the bioavailability of these micronutrients and polyphenols. Further, the presence of probiotic bacteria and phytochemicals from the herbal mix dhaeli in sura has been associated with several health benefits

Chhurpe

Chhurpe, is the traditional cottage cheese produced in the Spiti valley. It is a naturally fermented dairy product commonly prepared from cow or yak milk. Chhurpe is the main ingredient used in the preparation of a variety of dishes such as Thukpa (soups), Thuth and Femer/Dhuru (Sweet dishes), and Tsunalik (noodle-like preparation).



Method of Preparation: Firstly, the raw cow or yak milk is pasteurized by boiling and then allowed to cool at room temperature. The warm pasteurized milk is then mixed with previously fermented curd and kept in a warm place for curdling (fermentation). The freshly prepared curd is then homogenized in a mixer-blender and the cream is separated to obtain buttermilk. Chhurpe is made by heating the buttermilk and then separating the coagulated solid mass and liquid whey. The coagulated solid mass is wrapped in a thin cloth and hung to drain out the liquid. Once the liquid whey has been completely drained, the cheese is shaped into strips and manually rubbed to achieve a floury texture. The cheese strips are then left to dry in the sun. Chhurpe can be stored in an airtight container for 5 to 6 months.

Ingredients

- Raw milk
- Curd (Starter culture)

Chhurpe

Health Benefits: Chhurpe is traditionally used as a chewing gum or masticator to provide additional energy for the body and promote jaw movement during harsh winters. It is a rich source of proteins, essential fats, and calcium. Chhurpe is made from probiotic bacteria, including *Lactobacillus* sp., *Bifidobacterium* sp., and *Leuconostoc* sp., which have immunomodulatory and cholesterol-lowering properties.



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Glossary

Sr. No.	Common Name	Scientific Name
1.	Bajra	<i>Pennisetum glaucum</i> (L.) R.Br.
2.	Jowar	<i>Sorghum vulgare</i> Pers.
3.	Kuttu	<i>Fagopyrum esculentum</i> Moench.
4.	Mandal	<i>Eleusine coracana</i> (L.) Gaertn.
5.	Swank	<i>Panicum sumatrense</i> Roth.
6.	Buransh	<i>Rhododendron arboreum</i> Sm.
7.	Karyale	<i>Bauhinia variegata</i> L.
8.	Sunane	<i>Moringa oleifera</i> Lam.
9.	Dangal	<i>Colocasia esculanta</i> (L.) Schott
10.	Petha	<i>Benincasa hispida</i> Cogn.
11.	Black gram	<i>Vigna mungo</i> (L.) Hepper
12.	Moong gram	<i>Vigna radiata</i> (L.) R. Wilczek
13.	Chickpea	<i>Cicer arietinum</i> L.
14.	Rajma	<i>Phaseolus vulgaris</i> L.
15.	Raung	<i>Vigna unguiculata</i> (L.) Walp.
16.	Bathua	<i>Chenopodium album</i> L.
17.	Bichoo Butti	<i>Urtica dioica</i> L.
18.	Chilli	<i>Capsicum annuum</i> L.
19.	Elon (Seena tora)	<i>Cassia tora</i> L.
20.	Gucchi	<i>Morchella esculanta</i> (L.) Pers.
21.	Spinach	<i>Spinacia oleracea</i> L.



22.	Pumpkin	<i>Cucurbita pepo</i> L.
23.	Kulfa	<i>Portulaca oleracea</i> L.
24.	Lungru	<i>Diplazium esculentum</i> (Retz.) Sw.
25.	Mustard leaves	<i>Brassica juncea</i> (L.) Czern.
26.	Tardi	<i>Dioscorea alata</i> L.
27.	Mango	<i>Mangifera indica</i> L.
28.	Dheu	<i>Artocarpus lakoocha</i> Roxb.
29.	Galgal	<i>Citrus pseudolimonum</i> Wester
30.	Lasura	<i>Cordia obliqua</i> Willd.
31.	Nashpatti	<i>Pyrus communis</i> L.
32.	Apple	<i>Malus pumila</i> Mill.
33.	Tarayambal	<i>Ficus auriculata</i> Lour.



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उद्देश्य: सामाजिक, औद्योगिक, पर्यावरणीय और अकादमिक हित हेतु हिमालयी जैवसंपदा से प्रक्रमों, उत्पादों और प्रौद्योगिकियों की खोज, नवोन्मेश, विकास एवं प्रसार



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