

10

INDEX OF NON-VEGETARIAN DISHES OF KASHMIRIS

Kashmīrī Pandīts, as the 'Saraswatī' Brahmins of Kashmir are called, formed the major part of the population of Kashmir Valley, before the conversion of most of them, along with other Hindūs, to Islam by the Muslim invaders and subsequent rulers. Their influence, especially that of Mughals, made these Brahmins meat eaters, who were all vegetarians previously. Most of the Hindūs, and especially Brahmins, in rest of India, are generally vegetarians. Climatic conditions, and non-availability of fresh vegetables, for most of the year in olden days, when Kashmir got snow bound in winter, and was cut off from rest of the country, and also lack of transportation and good roads in those days, promoted and popularized meat-eating amongst Kashmīrīs. Now, even on some religious festivals and rituals, meat, fish and game are a must for Pandīts. The day following 'Shivārātrī' of Kashmīrī Pandīts, is called 'Salām', as on this day their Muslim friends come to greet them, and they (friends) especially enjoy the well-spiced fish curry, which generally forms a part of the festival dinner. This also is the practice on 'Novreh' the New Year's Day of K.P.s.

A detailed list, of different Non-vegetarian and Vegetarian Kashmīrī Dishes, is given next, followed by Recipes for their preparation, cooking etc.

Note:-

Kashmīrī names of Dishes are followed by their English and their 'Hindī' versions, written within brackets, onwards. Abbreviation K.E, or H, stand for names and version in 'Kashmīrī', English or 'Hindī' respectively. Kashmīrī and Hindī names and words are written within inverted commas.

A. Staple & other Cereal Foods eaten in Kashmir.

1. 'Baṭā' (E-Plain Cooked Rice) (H-'Bhāṭ'). It forms the main common staple food. It is eaten in accompaniment of a large variety of Vegetarian and Non-vegetarian Dishes.

RECIPE NO. 7.

Other Cereal Dishes, mentioned below, are also eaten alone or sometimes in addition to Plain Cooked Rice.

2. 'Ṭahaer', (E. Yellow Cooked Rice, Salted and mixed with 'Ghī' or Oil) (H-'Ṭahaarī, yā, Kēsīrī Bhāṭ').

RECIPE NO. 8.

3. 'Vaishnau Polāv', (E-Vegetable 'Pulāv') (H-'Vaishnau Pulāv').

RECIPE NO. 9.

4. 'Nēnī Polāv', (E-Mutton 'Pulāv') (H-'Gōshī Pulāv').

RECIPE NO. 10.

5. 'Koakar Pulāv', (E-Chicken 'Pulāv') (H-Murgā 'Pulāv').

RECIPE NO. 11.

6. 'Biryān', (E-'Biryānī') (H-'Biryānī').

RECIPE NO. 12.

7. 'Khechier', (Rice and Green Gram cooked with Spices and Mustard Oil) (H-'Khichdī').

RECIPE NO. 13.

8. 'Girḍā' (E-Flat oval leavened bread, baked in a 'Ṭaṇḍūr') (H-'Nān').

RECIPE NO. 14.

9. 'Ḍhoet Yā Phulek' (E-small flat and thin rounds of unleavened bread baked on a Griddle) (H-'Chapāṭī').

RECIPE NO. 15.

10. Parāṭā. (E-Sort of layered flat fried unleavened bread made on a Griddle) (H-'Parāṭhā').

RECIPE NO. 16.

11. 'Pūr', (E-Small round of deep fried puffed wheaten cake) (H-'Pūrī').

RECIPE NO. 17.

12. 'Luch', (E-Deep fried puffed pan-cake made of sifted wheat flour, kneaded with curd etc.) (H-'Luchāyī').

RECIPE NO. 18.

Miscellaneous Cereal Preparations:-

These are some Dishes which are occasionally cooked in Kashmirī homes, for a change, or on some functions of Wedding and 'Yageopaviṭ' or in 'Fasts' ('Bṛat') of Pandīṭs, or else when and where Rice, the common staple food, is not available freely.

13. 'Yāji'. RECIPE NO. 19.
14. 'Vāer! RECIPE NO. 20.
15. 'Māyir', RECIPE NO. 21.
16. 'Makāyi Vāth', RECIPE NO. 22.
17. 'Gāri Vugrā', RECIPE NO. 21.
18. 'Buziṭh Gāer', RECIPE NO. 24.
19. 'Moānji Gūel'. RECIPE NO. 25.
20. 'Vushki Vāth', RECIPE NO. 26.
21. 'Makāyi Choet' RECIPE NO. 27.
22. 'Rōth' RECIPE NO. 28.
23. 'Moḍuir Pūer' RECIPE NO. 29.
24. 'Laed' RECIPE NO. 30.
25. 'Churmā', RECIPE NO. 31.
26. 'Shakkar Pārā' RECIPE NO. 32.
27. 'Kreḥh Vaor' RECIPE NO. 33.
28. 'Gāri Vūn' RECIPE NO. 34.
29. 'Ṭomlā Choet' RECIPE NO. 35.
30. 'Gāri Choet' RECIPE NO. 36.
31. 'Gāri Pūr' RECIPE NO. 37.
32. 'Vushki Choet' RECIPE NO. 38.

B. The following Mutton Dishes are common among Kashmirī Pandīṭs. Both, Meat of a Goat or a Sheep is called 'Mutton' generally. For Feasts and Dinners, after choosing 3 to 5 (sometimes more) items out of these, some more Vegetable Dishes, as mentioned in the list of Vegetarian Dishes, are added to the menu, along with some Sweet Dishes etc, to suit the occasion, and the pocket of the host. The 'Mutton' and other Dishes, common amongst Kashmiri Muslims and their Recipes are described separately in the chapter on 'Muslim Cuisine'. Meat, as also mentioned elsewhere, is called 'Nēni' by Pandīṭs and 'Māz' by Muslims in Kashmir generally. In Hindi, it is called 'Māṅs' and 'Gōshṭ' in 'Urḍū'. Sometimes in place of calling Mutton 'Nēni', it is called 'Siun' by Kashmirī Pandīṭs, just to avoid the mention of meat because of inherent prejudice against meat-eating. 'Siun' is actually translation of the 'Hindūstānī' word 'Sālan', which means any vegetable or other salty dish accompanying a staple cereal food.

Main Mutton dishes cooked by Pandīṭs are as under :-

1. 'Nēni Qaliyā' RECIPE NO. 39.
2. 'Nēni Rōḡan Jōsh' RECIPE NO. 40.
3. 'Maḥh' RECIPE NO. 41.
4. 'Nēni Yaḳheān' RECIPE NO. 42.
5. 'Shyāem' RECIPE NO. 43.
6. 'Kabargāh, Tā, Tabaq Māz'. RECIPE NO. 44.
7. 'Sikḥā Maḥh' RECIPE NO. 45.
8. 'Ḍeok-Ḍarvan' RECIPE NO. 46.
9. 'Matar Maḥh' RECIPE NO. 47.
10. 'Ḍarvan' RECIPE NO. 48.
11. 'Bokāvachi ḥhāgael' RECIPE NO. 49.
12. 'Hēri Tā Pāchi Ras' RECIPE NO. 50.

13. 'Tálit, Káed'

RECIPE NO. 49.

14. 'Káed Pakorá'

RECIPE NO. 52.

15. 'Chhāgael Yaḡhean'

RECIPE NO. 53

16. 'Náih Kalá Tá Fēñdeir Yaḡhean'

RECIPE NO. 54.

C. Mixed 'Mutton' and Vegetable preparations.

1. 'Goagji Tá Nēni Shabḡeg', (E-Turnips and Mutton) (H-'Shalgam aur Gōshṡ')

RECIPE NO. 55.

2. 'Phūlgūpi Tá Nēni' (E-Cauliflower and Mutton) (H-'Phul Gōbhī aur Gōshṡ').

RECIPE NO. 56.

3. 'Baṅḡ Gūpi Tá Nēni' (E-Cabbage and Mutton) (H-'Baṅḡ Gōbhī aur Gōshṡ').

RECIPE NO. 57.

4. (a). 'Vāṅgan Ōluv Tá Nēni' (E-Brinjals, Potatoes and Mutton) (H-'Baṅgan Ālū aur Gōshṡ').

(b). 'Vāṅgan Ōluv, Veth Marḡhāvāṅgān, Tá Nēni'. (E-Brinjals Potatoes, Capsicum and Mutton) (H-'Baṅgan Ālū, Simlā Mirch aur Ghōshṡ').

RECIPE NO. 58.

5. 'Alá, Torēlá, Yā Lár Tá Nēni', (E-Bottle Gourd, Sponge Gourd or Cucumber and Mutton) (H-'Laukī yā Ṣōri yā Khīrā aur Gōshṡ').

RECIPE NO. 59.

6. 'Voasṡhāh Tá Nēni', (E-'Voasṡhāh' Mutton) (H-'Voasṡhāh aur Gōshṡ').

RECIPE NO. 60.

7. 'Pālak Mīṡh Tá Nēni' (E. Spinach, Fenugreek and Mutton) (H-'Pālak Mēṡhī aur Gōshṡ').

RECIPE NO. 61.

8. 'Naḡeir Tá Nēni', (E-Lotus Roots and Mutton) (H-'Bhēñ aur Gōshṡ').

(b). 'Naḡeir Ōluv Tá Nēni' (E-Lotus Roots, Potatoes and Mutton) (H-'Bhēñ Ālū aur Gōshṡ').

RECIPE NO. 62. (a & b)

9. 'Moāñji Siun' (E-Knol Khol and Mutton) (H-'Gāñṡh Gōbhī aur Gōshṡ').

RECIPE NO. 63.

10. 'Hāk Tá Nēni' (E-Collards or Kales and Mutton) (H-'Karam sāg aur Gōshṡ').

RECIPE NO. 64.

11. 'Hedar Tá Bokāvachi, Chhāgael, Tá, Kṡeṡhná Māz' (E-Mushrooms with Kidneys, Testes and Liver) (H-'Khumbī Gurḡḡ Kapūrē aur Kalēji').

RECIPE NO. 65.

12. 'Daffar Tá Goagji Yā Mīṡh Yā Pālak'. (E-Innards of Sheep or Goat with Turnips or Fenugreek or Spinach) (H-'Bēdh yā Bakrē kī ōjhdī, āñṡ vegērā aur Shalgam yā Mēṡhī yā Pālak').

RECIPE NO. 66.

13. 'Maḡiṡh Bhariṡh Samōsá' (E-Triangular fried patties stuffed with Minced Meat etc.) (H-'Samōsē Kimā Bharkē').

RECIPE NO. 67.

D. 'Shikār' (Hunted Game Birds and Animals).

1. 'Shikār Rōganjōsh'. (E-'Rogan Jōsh of Shikār') (H-'Shikār Raḡan Jōsh').

RECIPE NO. 68.

2. 'Naḡeir Tá Shikār'. (E-Shikār and Lotus Roots) (H-'Bhēñ aur Shikār').

RECIPE NO. 69.

E. 'GĀDÁ' (E-Fish preparations) (H-Machhli).

1. 'Raniṡh Gādā'. (E-Fish curry Kashmīrī style) (H-'Kashmīrī Ṣāriḡā sē pakāyī huyī Machhli').

RECIPE NO. 70.

2. 'Masālāḡar Talit Gādá'. (Fried fish pretreated with spices etc.) (H-'Masālāḡar talī huyī Machhli').

RECIPE NO. 71.

3. 'Gādá Tá Muji Yā Goagji Yā, Moāñji Yā Baṅḡ Gūpi'. (E-Fish cooked with Radishes, or Turnips or Lotus Roots or Knol Khol or Cabbage) (H-'Machhli aur Muṡī, yā, Shalgam yā Bhēñ yā Gāñṡh Gōbhī yā Baṅḡ Gōbhī').

RECIPE NO. 72.

4. 'Hogādā Tā Hāk Yā Bum'. (E-Dried Fish with 'Karam Sāg' or dried Water-lily Stems) (H-'Sukhī Machhlī aur Karam kā Sāg, yā 'Bum').

RECIPE NO. 73.

5. 'Kānz Tā Gāda Yā Guran'. (E-Fish, big or small, fresh or dried, cooked with fermented Rice-water etc.) (H-'Badi, yā, Tāzā yā Sūkhī Chhōī Maḥhliyan, 'Kānz' dāl kē').

RECIPE NO. 74.

F. 'KOĀKAR' (E-Chicken preparations) (H-'Murḡā').

1. 'Koākar Rōgan Jōsh'. (E-Brown Chicken Curry)(H-'Murḡā Rōgan Jōsh').

RECIPE NO. 75

2. 'Koākar-Ḍam Poākhtā'. (E-Chicken 'Ḍam Puḡhā')(H-'Dam Puḡhā Murḡā').

RECIPE NO. 76

3. 'Koākar Tā Mīth Yā Pālak'. (E-Chicken with Fenugreek or Spinach)(H-'Murḡā aur Mēḥlī yā Pālak').

RECIPE NO. 77.

G. The Mutton preparations mentioned in (A) (1 to 9), are usually, cooked by Kashmīrī professional Hinḡū cooks, and are generally served in big Feasts and Dinners (K-'Sāl') of Pandīṭs, or marriages, festivals and social parties etc. The Cuisine of Kashmīrī Muslims on such occasions, is different and has a speciality of its own. Following are the main Mutton and other Non-vegetarian and Vegetarian Dishes of a Muslim 'Vāzāvān',-Food cooked by professional Muslim Cooks. Their Recipes are given separately in Chapter 23.-'Cuisine of Muslims of Kashmīr'.

Part A. Cereals & Desserts

1. 'Baṭā',

RECIPE NO. 7.

2. 'Namkīn Polāv'.

RECIPE NO. 192.

3. 'Muṭanjān'.

RECIPE NO. 193.

4. 'Firiñ'.

RECIPE NO. 166.

5. 'Sūjā Halvā'.

RECIPE NO. 169.

Part B. Meat & Chicken and other dishes.

1. 'Mēḥlī Māz'.

RECIPE NO. 194.

2. 'Ṭabaq Māz'.

RECIPE NO. 195

3. 'Kabāb'.

RECIPE NO. 196.

4. 'Koākūr'.

RECIPE NO. 197.

5. 'Rōgan Jōsh'.

RECIPE NO. 198.

6. 'Ḍanī Foel'.

RECIPE NO. 198.

7. 'Hēndī Rōgan Jōsh'

RECIPE NO. 199.

8. 'Ḍānīvalī Qoārmā',

RECIPE NO. 200.

9. 'Marḥāvāngan Qoārmā'.

RECIPE NO. 201.

10. 'Ab Gōshṭ'

RECIPE NO. 202.

11. 'Ristā'.

RECIPE NO. 203.

12. 'Pālak Ristā'

RECIPE NO. 204.

13. 'Goashṭābā'.

RECIPE NO. 205.

14. 'Ruvāngan Ḍhāman'

RECIPE NO. 206.

15. 'Ḍhoek Vāngan'

RECIPE NO. 207.

16. 'Raniṭh Bam Ḍhūṭh'.

RECIPE NO. 208.

17. 'Chatīñ'

RECIPE NOS. 209 to 212.

18. 'Moarḡ-E-Mussallam'

RECIPE NO. 213.

19. 'Hāersā'.

RECIPE NO. 214

20. 'Fari'.

RECIPE NO. 215.

(19 & 20 are miscellaneous preparations).

Although some names of Muslim Dishes are same as those of Pandīṭs, yet the flavours differ altogether, due to difference in method of cooking and the quantity of spices used, and also because of the liberal use of Onions, Garlic and Shallots by Muslims, in place of Asafotida.